
THE BEACON

Al-Anon Family Group | District 159 | Naples, Bonita Springs, Immokalee & Marco Island

The 12 STEPS, TRADITIONS, & CONCEPTS guide us in recovery and show us a better way to live.

“ The Steps show me how to love myself; the Traditions show me how to love others, and the Concepts show me how to love the world that I live in.” *Paths to Recovery* Page 341

STEP 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of his will for us and the power to carry that out.

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, video, films, and TV. We need guard with special care the anonymity of all AA members.

CONCEPT 11

The World Service Office is composed of selected committees, executives and staff members.



I experience the world through smiles and laughter.

-*Hope for Today* pg 97

I will observe and enjoy what is good and pleasant in the world around me.

-*ODAT* pg 245

Let me make this day a celebration of the spirit.

-*Courage to Change* pg 325

By letting go... we become freer to experience the present, to feel all of our feelings while they are happening and to more fully enjoy those precious moments of joy with which we are blessed.

-*Courage to Change* pg 202



**MARK YOUR
CALENDAR!**

**District Meeting
November 10, 2021/6:30pm**

Due to COVID-19 this is still a
ZOOM meeting. Please check
with your GR for the ID &
Passcode or go on [naplesal-
anon.org](http://naplesal-anon.org) & tap on events

To all GROUP REPRESENTATIVES (GR's) in District 159. If you can't make the meeting, ask someone from your group to step in for you and bring back the message.

Concept 4: Participation is the key to harmony.

Looking forward to seeing you at the next District Meeting!



**DO YOU KNOW SOMEONE
WHO WOULD ENJOY READING
THE BEACON?**

The Beacon can be delivered to any email address each month by going online to

naplesal-anon.org

and follow the Newsletter link at the top of the page. Fill out the contact form and tap SEND.



Slogans are wisdom written in shorthand.

AS WE DEVELOP A WILLINGNESS to be receptive, we find unexpected wisdom and guidance in the words and actions of those around us.

-Having Had A Spiritual Awakening pg 103

ONE DAY AT A TIME - ONE SEASON AT A TIME.

The Foraging Season

I used to gather wild food on my nature walks. In Michigan, it was always a bountiful Fall harvest of elderberries, wild roots, and mushrooms. To survive, our ancestors searched for and gathered food and medicinal resources. But, they would always leave enough for the wildlife.

When I went on my walks, I was connecting to something powerful, nature. She was my first Higher Power. Years later, I joined Alanon. I knew that nature had rules and yet, provided for me a place to process my life. I've keenly learned the cycle of plants – what I could gather and what I needed to let go of, and now, I use the 12 Steps.

The Fall is my favorite foraging season. What do I need to gather? Do I need to increase the contact with my sponsor? Do I need to attend more meetings? Do I need to read Al-Anon material and journal afterward? What can I gather to help me?

Each nature walk had choices. So, what do I leave behind? What people are unhealthy for me now? What thought patterns needed to be re-sown to become something more life-affirming? What previous resources that I used have now been revealed to be poisonous to my recovery?

Nature is continually in a state of change. As a result, each season offers different choices. That is true of my recovery. When I go on my next nature walk to forage, I wonder, "What will I gather and what will I leave behind?"

-Annie, Detroit

DO YOU KNOW?

What are the words that make up this acronym?

STEPS*



It's a Fact !

31st Florida South Area 10, 2021 Convention, Big Island of Serenity, walked away with a profit of \$2,391.00. 🙌🙌🙌

AFFIRMATIONS

I can face my fears and work to overcome them.

I am enough. I am enough. I am enough.

I will not be intimidated.

I can be vulnerable with someone I trust.

My body is healthy; my mind is brilliant; my soul is tranquil.



Answer
Solutions To Every Problem

Celebrate

17th ANNIVERSARY !

In 2004, Juliette L. remembers wanting to start an early evening meeting. Since there was a Monday 5:30 pm AA meeting, it made sense to her to have an AI-Anon meeting at the same time; a time that fit conveniently between getting out of work but before going home. After approaching a few people about her idea, they met, came up with a name - **Happy Hour, AFG**, created a simple format - chairman's choice, made up a flyer, and registered with the WSO. They were lucky enough to secure a room in the same North Naples, Community Congregational Church where the AA meeting was being held. Eventually, both meetings moved to Bay Presbyterian Church in Bonita Springs.

From the beginning there was a strong commitment of people stepping up to do service-chairing, treasurer, secretary and GR. As time went on Speaker meetings were established once a month drawing a large crowd.

One AI-Anon member remembers, before COVID, how people came early to claim their seat and stayed late for the meeting after the meeting. Attendance rose to 20-25 regular members showing up each week. "Our meeting took a hit during the pandemic. Attendance dropped to a core 5 or 6 members on Zoom, but since we have gone back to in-person meetings our numbers are growing. We follow the CDC guidelines for masking as required by the host church, and/or vaccination cards are shown at the door. We don't want to go back to isolating."

Another member shared that this particular meeting gave her a reason to hope. I was encouraged to join the "meeting after the meeting". As one member noted, "Fellowship is important, we are not alone in this disease. We offer a new way to live. We are *family*."

The 5:30 pm Monday **Happy Hour, AFG** meets in person at Gulf Shore Church, 25300 Bernwood Dr., Bonita Springs,

AFIRMACIONES

Estoy tranquilo y tranquilo.

Me respeto a mí mismo y merezco el respeto de los demás.

Soy una persona cariñosa.

Puedo expresar mi decepción de manera abierta, honesta y apropiada.

Me siento bien conmigo mismo.

SERVICIO

Les recordamos que el servicio de difusión al Público Latino sigue aun disponible, requisitos: El deseo de servir y llevar el mensaje de recuperación a los familiares y amigos de los Alcohólicos.

ESCUCHADO EN UNA REUNIÓN

Al ser un padrino, enseñamos lo que necesitamos aprender.

... Aprender a afrontar el cambio sin miedo.

Tenemos la oportunidad de elegir: ser un elector o un perdedor.

Todo sucede por una razón.



EL RINCON LATINO de AL-ANON

The Latin Corner of Al-Anon

María Elena es hija y madre de un alcohólico y, en sus propias palabras, “ha soportado toda una vida de disfunción”. Se vio obligada a solicitar asilo aquí en los Estados Unidos debido a los disturbios políticos de los años 70 y 80 en su país natal de Colombia, América del Sur, pero vino con el programa y llevó los principios del programa en todos sus asuntos. Verá, ella había estado asistiendo a las reuniones de Al-Anon durante años.

Después de vivir en Miami durante 30 años, donde había muchas reuniones de Al-Anon en español, María se mudó al área de Naples. Pronto se dio cuenta de que solo había una reunión de habla hispana y que estaba a una distancia considerable de su casa. En ese momento, conoció a otras dos mujeres, Carmen y Marcella, quienes también viajaron una gran distancia. María Elena decidió que necesitaban una reunión de Al-Anon de habla hispana más cerca de casa y les pidió ayuda a sus nuevos amigos.

En 2004, María Elena se acercó a un Club de AA y les pidió que le permitieran establecer un grupo de Al-Anon usando su habitación. Al principio solo asistieron 6 o 7 personas. Recuerda que “... bastantes personas no leían ni escribían, hablaban un dialecto. Un miembro leería en voz alta Courage to Change. Para que la gente pudiera asistir a las reuniones, se proporcionó cuidado de niños”.

Para 2006, Nueva Esperanza, GFA estaba registrada con OSM. En su primera reunión de negocios, María Elena se convirtió en la Representante del Grupo, Marcella, la tesorera y Carmen, la secretaria. El grupo había crecido a 20 miembros.

Lamentablemente, la reunión se cerró en 2008 pero se reabrió en 2014. María Elena y Carmen fueron invitadas al aniversario de 2018. María recuerda, “mi corazón estaba lleno de gratitud al ver a los hombres y mujeres allí. Los animé a mantener abierta la reunión y a llevar el mensaje”.

Drumroll please...

We are so excited to announce that **Welcome, Newcomer!** (eK-10) is now available in an electronic format. That's right, now



you can purchase **Welcome, Newcomer!** wherever you buy your eBooks. You can buy one for yourself or send a gift code or redemption link directly to a newcomer's email address.

Welcome, Newcomer! has been reformatted and streamlined to reflect its new life as an electronic recovery tool. The new eBooklet guides newcomers in understanding Al-Anon and how it can help, learning about alcoholism, finding meetings, and discovering program tools and Conference Approved Literature.

-Reprinted from Al-Anon.org/ In the Loop 8/13/21

Available through:



This announcement is informational only, and not an endorsement of any electronic media provider, reader, or other products sold by electronic media providers.



Maria Elena had moved from Miami, where there were numerous Spanish speaking Al-Anon meetings, to Naples where there was only one. And, that meeting was quite a distance from her home. While attending the meeting she met Carmen and Marcella who also wished for a meeting closer to home.

In 2004, Maria Elena approached an AA Club and asked to be allowed to establish an Al-Anon meeting using their room when they weren't using it. At first six to seven people attended. Maria Elena remembers that "quite a few people did not read or write. They spoke a dialect. One of the members read aloud to them from *Courage to Change*." Childcare service was provided for those who needed it in order to attend a meeting.

By 2006 **Nueva Esperanza, GFA** was registered with WSO. At the first business meeting, Maria Elena volunteered to be the Group Representative (GR), Marcella the Treasurer and Carmen the Secretary. The group grew to 20 members. However, by 2008 the meeting was inactive due to low attendance.

In 2014, Nueva Esperanza, GFA re-opened with the support of the AA group. Maria Elena and Carmen were invited to the 4th anniversary in 2018. "My heart was full of gratitude," remembers Maria Elena. "I was emotionally excited to see the men and women. I encouraged them to keep the meeting open. I acknowledged their growth thru recovery and how they carried the message of hope to others."

Today, the group welcomes newcomers and long timers. **Nueva Esperanza, GFA** continues to meet on Tuesday and Wednesday at 6:30pm at 3673 Prospect Ave, Unit B, Naples, Florida.

Spiritual Principle of the Month

Spiritual Awareness-living a life that has a deeper meaning than the search for daily necessities.

Every activity can have a spiritual motive.

-Having had a Spiritual Awakening pg 5

To me, meditation is a higher spiritual awareness. I practice remembering that every action can serve a spiritual purpose.

-Courage to Change pg 338

I saw and felt in my heart the great love, compassion and protection with which my Higher Power carries me through every moment of my life.

-Hope for Today pg 114



HEARD AT A MEETING

The truth will set you free, (but first it will piss you off).

Feelings. Sometimes I'm sad and it's OK.

As a Mom, I thought I had power.

I learn lessons from my mistakes.

Some days I'm a doormat and other days I'm a samurai warrior.



CALL TO SERVICE FROM OUR DR

The annual AFG Florida South, Area 10 Convention committee is in the planning stages for next year's convention **Pursuing Our Pioneers' Path**, August 19-21, 2022.

Each District is *responsible* for an assigned subcommittee. We - District 159 - have been assigned HOSPITALITY.

I am asking for a volunteer to step up for service and chair this position. This is a great way to give back and enlighten your recovery. Remember, you don't have to do it alone.

I am asking all GR's to mention this at all of your meetings please. It is a *time sensitive matter* and planning for this *starts* in January of 2022.

I thank you for your consideration in this very important matter. If you have questions or need more information you can contact me at: dr@naplesal-anon.org.



Serenity Prayer

**God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.**
