
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 pg 341

STEP 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

TRADITION 12

Anonymity is a spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

CONCEPT 12

The spiritual foundation for Al-Anon's world services is contained in the general Warranties of the Conference, Article 12 of the Charter.



There exists no more fulfilling way of giving thanks for gifts received than passing those same gifts on to others.

-Having Had a Spiritual Awakening pg 163

My Higher Power's gifts sometimes take unusual forms.

-Courage to Change pg 259

Al-Anon believes that our benefits are measured for our willingness to share them with others. For we know we can never give as much as we receive.

-Hope for Today pg 101

God gave us memories so that we might have roses in December.

-Courage to Change pg 262



MARK YOUR CALENDAR!

District Meeting

January 12, 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 & tap on events

All AI-Anon members welcome.

To all GROUP REPRESENTATIVES (GR's) in District 159, if you can't make the meeting please ask someone from your group to step up for you.

Concept 4: Participation is the key to harmony.



DO YOU KNOW SOMEONE WHO MIGHT LIKE TO HAVE A SUBSCRIPTION ?

Each month *The Beacon* can be delivered to an email address by going online to

Newsletter@naplesal-anon.org

Tap on the contact form. Fill it out 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

HOW IMPORTANT IS IT?

When I did steps 4 and 5 I discovered two glaring defects of character - control and perfectionism. I had a need to control situations. The slogan that helped me so often and still does is, HOW IMPORTANT IS IT? Over time, as I was able to change my perspective and see how unimportant and mundane some thoughts and actions could be and how human it is to make mistakes, I freed myself. HOW IMPORTANT IS IT? The more I asked the question, the more I was able to stop, pause, let obsessions go and see it in a new way. I received the priceless gift of serenity and inner peace, both of which I cherish today. Thank you AI-Anon for all your tools and slogans.

-Naples/MA

KEEP IT SIMPLE

Keep it simple is one of my favorite slogans. It keeps me from getting caught up in too many details and reminds me to let go of my perfectionism.

I finally realized how much easier life is when I'm able to keep it simple.

Simple doesn't mean the end product or the plan is haphazard; instead, I have learned to let go so I can invite my Higher Power in to help me. It reinforces the value of asking HP and others for help, and then having the humility and willingness to accept that help.

I get to takeoff my "God suit," trust the process, and relax so I am able to learn the lessons being taught.

-Naples

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.

INVITACION

Se invita a nuestros miembros bilingües o hispanoparlantes para que envíen sus Experiencias, Fortaleza y Esperanza a nuestra boletín mensual, "The Beacon".



AFIRMACIONES

Soy un amigo mío.

Hoy me regocijaré en mis habilidades.

Puedo encontrar nuevas oportunidades sin miedo.

Puedo dárselo a otros sin ataduras adjunto.



EL RINCON LATINO de ALANON

The Latin Corner of Al-Anon

ESCUCHADO EN UNA REUNIÓN

Si hago lo que es bueno para mí, es bueno para todos los demás.

Cuando estaba en esa relación, lo culpé por todas las decisiones que no tomé.

De niño eres una víctima; como adulto eres voluntario.

Agradar a la gente es una situación en la que todos pierden.



¿CUÁN IMPORTANTE ES?

Mi necesidad de controlar y siempre tener la razón era agotadora y frustrante, a menudo parecía crítica y crítica, y me impedía disfrutar de la vida en el momento.

Desde que llegué a Al-Anon me he dado cuenta de que no tengo las respuestas. Hay muchas formas de hacer las cosas y, lo que es más importante, me di cuenta de que todos tenemos nuestros propios caminos a seguir.

Ahora, cada vez que siento la necesidad de insertarme en una situación, doy un paso atrás y pregunto: "¿Qué importancia tiene?". Me aseguro de que la mayoría de las cosas no son responsabilidad mía. Muchas cosas se resuelven solas cuando me aparto del camino, hago una pausa y se las entrego a mi Poder Superior.

-Naples / Illinois

LISTEN & LEARN



One Day at a Time in Al-Anon (eA-6)

This is an **audio edition** of Al-Anon's first daily reader. Inspirational readings relate Al-Anon philosophy to everyday situations, helping to make each day better than the one before. Seven hours and 48 minutes long, narrated by anonymous Al-Anon members whose willingness to participate in this service project made the audio book possible.

Courage To Change: One Day at a Time in Al-Anon II (eA-16)

This is an **audio edition** of more daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives. This reading is 9 hours and 15 minutes long.

Available through:

e-commerce.al-anon.com

Category: AV/Audio
Daily Reader

Also through:



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SERVICE AT THE DISTRICT 159 LEVEL

This letter appeared in the December 2020 issue of the Beacon. It was from our outgoing District 159 Representative. I thought it was worth re-printing because it described her journey in service, her personal growth in her own self-confidence and the unexpected rewards received from doing service.

AS THE END OF PANEL 58 NEARS, I am taking time to reflect on the 3 years I have spent as District Representative. It was a journey I never envisioned for myself, yet my Higher Power had plans for me. I was blessed to have wonderful friends who served with me, guiding me with their individual experience, strength, and love.

I was asked to be the speaker for the 2019 Gratitude Dinner and, once again, I rose to the occasion though I never dreamed that it was something I would or could do.

I was published in the Forum, in the Al-Anon Faces Alcoholism, and humbled that people around the world were sharing with me in my journey.

This has been such an experience that I will hold dear to my heart with each and every one of you a part of who I am today.

I am definitely a work in progress and I look forward with hope and promise to the direction my recovery takes me.

Sometimes when district positions, along with their description, were announced at our meetings, I went immediately to "not smart enough, not good enough, not clever enough, not going to be here long enough" and would dismiss the idea. A couple of program friends encouraged me to try editing The Beacon and said, "if in time I still felt I was not capable, I could always quit." I always need an escape clause! Well, it's been a year now.

Because of program, my recovery has taken on a new dimension. I have learned to reach out to the Al-Anon community for help in creating each issue of The Beacon. I love the stories and the people I have been meeting along the way. Your responses to the issues have been amazing and encouraging.

So what I'm saying is "just try it". Try stepping up to service. You might surprise yourself but remember, there's always an escape clause.

-The Editor

DO YOU KNOW?

What are the words that make up this acronym?

H O W *

AFFIRMATIONS

I respect myself and I deserve respect from others.

I am a loving person.

I can express my disappointment openly, honestly, & appropriately.



DISTRICT 159 AFG GROUPS Staying Connected

We used to stay connected by passing around a phone list at every meeting. It was a way for newcomers and visitors to be able to reach out for support. With the creation of Zoom meetings, our phone lists have gone by the wayside.

Please think of a way your group can update your phone list, pass it around and stay connected.

Answer
* **Honest, Open, Willing**



Juliette L. remembers that in 1998 there were no Step meetings in Naples. “While I worked the Steps with my sponsor I felt the need for a more in-depth study.” She broached the subject with other members from various Al-Anon groups in the area and found enthusiasm for the idea of a completely separate meeting focused on the Steps. “We formed the **Thursday Step and Study, AFG** meeting and chose Al-Anon’s fairly new book at that time, *Paths to Recovery*, as a guide”. In the process of looking for a place to hold our meetings, “we approached St. Williams on Seagate Avenue with the idea that they would be more receptive to us since District 159 held their monthly meetings there.”

Juliette L. volunteered to be their first Group Representative (GR) while others stepped up to do service - chair, treasurer etc. As time passed, attendance seemed to dwindle. It was then suggested that 8 pm might be a little too late in the evening for some people. Changing the time to 7 pm seemed to boost attendance.

Today, the 7pm **Thursday Step & Study, AFG** meeting continues as an intimate group on Zoom. One member noted that as time passes, his perspective on his life or on a current personal situation changes just by reviewing the Steps, Traditions and Concepts each week. Another member said that the way the meeting is set up “we are able to take whatever time we need in understanding each Step, Tradition, & Concept and applying them to our lives. There is no timetable.” The important thing is to carry the message of hope.

Zoom ID: 8753 917 8115. Passcode: 314 437

Let's Not Forget!

There's a Thursday noon Zoom **Beginner's Meeting**. Newcomers, long-timers & middle-timers are welcome. We have a wonderful beginners' format that goes back to basics and explains how Al-Anon works. At the same time we give the rest of the members a refresher course in Al-Anon as well as support for the beginner!

The Zoom Beginner's Meeting
ID: 856 0293 7416.
Passcode: spirit

We welcome your support.

SERVICE

Listening, hearing, thinking, and reading about a spiritual awakening are fine, but if I really want this gift, there is something I can *do* about it: I can get involved.



MEETINGS THAT BIT THE DUST



This is a list of Al-Anon meetings that are inactive either due to poor attendance or the results of the effects of the pandemic. Do you recognize one or two? Each is followed by their start date.

Steps to Serenity, AFG Bonita Springs 06/22/2001

Cambia to Vida, GFA Naples 11/09/2005

No Shame, No Blame AFG Naples 05/11/2006

Luz De Vida, AFG, Immokalee 08/25/2006

Transforming Our Losses, AFG Bonita Springs 12/04/2007

How Important Is It, AFG Naples 12/01/2009

Everglades, AFG Everglades City, 11/28/2011

First Things First, AFG Naples 04/25/2012

New Beginnings, AFG Golden Gate, Naples 02/14/2013

Living the Legacies, AFG Bonita Springs 10/24/2013

AFG In the Glades, Everglades City, 01/23/2014

Reaching for Personal Freedom, AFG Bonita Springs 05/08/2014

Saturday Night Live, AFG Bonita Springs 02/03/2016

Thursday Serenity, AFG Marco Island 02/03/2016

Acceptance, AFG, Naples

Wednesday Night 3rd Tradition, AFG Naples

We hear the 7th Tradition spoken at every meeting but can you recite it without looking?

Every group...

Spiritual Principle of the Month

Gratitude, Service - readiness to show appreciation and to return kindness.

It is said in Al-Anon that gratitude reaches forward.

-Having Had a Spiritual Awakening pg 163

Put a little gratitude in your attitude.

-Heard at a Meeting

As a result of working the program, I learned gratitude for what my Higher Power had given me...I knew I had to give back to the program what it had given me.

-Paths to Recovery pg 59

I will do what I can to ensure that (the Al-Anon program) continues to thrive. I know that any service I offer will strengthen my own recovery.

-Courage to Change pg 276

The biggest gift of service is that it helps me, too.

-Hope for Today pg 101

Gratitude is not the greatest of virtues, but it is the parent of all of them.

-Hope for Today

An Essay on Miracles

"You can become blind by seeing each day is a similar one. Each day is a different one, each day brings the miracle of its own. It's just a matter of paying attention to this miracle." -Paul Coelho

MIRACLES DO HAPPEN EVERY DAY and they do not necessarily have to pertain to the epic events I've been told or read about as a child. See, I had understood that miracles were bigger than life, not life itself! Until Al-Anon I practiced being somewhere else, wanting some thing other than, and not appreciating what was within my reach. What a novel idea, pay attention! Paying attention to life unfolding, is a series of miracles just waiting for me to explore.

Nobody finds recovery by accident. My confusion and discomfort with living in the disease of alcoholism were disguised by my anger and resentment which further disguised the miracle that awaited me behind the doors of my very first meeting. So, tripping into Al-Anon was my first miracle. I remember hearing in the rooms, "don't give up before the miracle happens..." by the same token I wasn't leaving after my first miracle either, and I 'Keep Coming Back' to collect more miracles and to let others see what differences those miracles make in my life.

The real miracles of recovery come from within the structure of the 12 Steps, 12 Traditions, and 12 Concepts of our program. 36 spiritual gifts when applied to my life, with the guidance of a sponsor, help me to see all things, as they are.

I, as well as you, are miracles. Our uniqueness is miraculous. Miracles can be subtle or elusive. Just by applying these principles in my daily life, my thinking and behavior has suddenly changed. This process of a continual transformation occurring is a miracle unraveling. The artful use of breath or a Slogan like, 'Minding my own business' or 'Letting Go and Letting God' amid a crisis, is a miracle.

A miracle is when my perception shifts from fear to love. They are the past-present-future coincidences and intuitions I experience in my life. Today I practice, 'Love All, Serve All,' holding the hand of my Higher Power.

Smile and pass on a miracle...

This essay is based on the workshop presented by Anthony D. at the South Florida Area 10 2021 Convention.

HEARD AT A MEETING

When I am feeling itchy, twitchy and witchy, I am grateful that I have a place to come to receive Al-Anon's experience, strength & hope.

Love only, forgive everything, remember who I am.

I always equated worry with love.

I am not limited in the choices I can make.

What I have learned about God in Al-Anon is that I can have a relationship with Him.



Is this a religious fellowship?

Al-Anon Family Groups is a spiritual fellowship, not a religious one. We avoid discussion of specific religious doctrine, and members of all faiths (or of none) are welcome.

Our Twelve Steps ask us to find a "Power greater than ourselves" who can help us solve our problems and find serenity. Each member is free to define that power in his or her own way

-Reprinted from Al-Anon.org



GRATITUDE

Al-Anon's international spirituality is summarized in one word: gratitude. Members take care to give thanks for the benefits of the Al-Anon program by recognizing the miracles they have seen in themselves and others.

Gratitude can take many forms, from a simple moments' prayer to a detailed inventory. It also includes many actions that arise from the desire to share one's gifts with others. It is said in Al-Anon that, gratitude reaches forward. There exist no more fulfilling way of giving thanks for gifts received than passing those same gifts on to others. -*Having Had a Spiritual Awakening* pg 163

When faced with challenges, Al-Anon suggests that we pay attention to the good things in our lives. Gratitude can be a powerful antidote to despair and hopelessness. By being thankful, we learn it is within our power to maintain our serenity and to have a good day, regardless of what choices our loved ones are making.

"Sure, there are plenty of reasons that I can cry, 'Poor me,' but I have a much longer list of things to be thankful for. I am learning to thank God each morning for His gift: a beautiful day, no matter what the weather or the problems."

-*Blueprint for Progress* pg57



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.**

OPPORTUNITY TO DO SERVICE

What is the David Lawrence Center?

Southwest Florida nonprofit David Lawrence Centers for Behavioral Health (DLC) is a national leader providing compassionate, advanced, and exceptional mental health, substance use, and integrated healthcare solutions, available for children, adolescents and adults. DLC's innovative treatment includes inpatient, outpatient, residential, and community-based services – a comprehensive system of care funded by community and government support. Each year, DLC serves more than 9,000 people through over 290,000 treatment sessions. To learn more, please call 239-455-8500 or visit www.DavidLawrenceCenter.org.

What does it mean to “Volunteer” at the David Lawrence Program on Sunday Afternoon?

Two Al-Anon volunteers provide information and answer questions regarding Al-Anon for family and friends following their visitation time with residents each Sunday beginning at approximately 3:30pm.

Helpful information for the Volunteer.

At approximately 3:00 every Sunday - a DL Staff Member calls me to let me know if any Visitors are interested in attending a short presentation on Al-Anon following Family Visiting Hours. If you have volunteered for that date I will call you to let you know if you should proceed to the Center - or if there are no participants for the day - I will call and thank you for volunteering and hope you will sign up again. (:

- Parking directions at the Center will be provided.
- Upon arrival an employee of DL will meet you
- You will be escorted to and from the Meeting Room.
- In the Meeting Room you will find a basket or box that has a Notebook with the Outline for this meeting and appropriate Al-Anon Pamphlets. It is not an Al-Anon meeting - just an information meeting about Al-Anon.
- Being a parent, family member, or friend of an Alcoholic qualifies you for this Service.

I do understand it is a lot to ask to commit to a Sunday afternoon and then - there is no meeting. We will be HAPPY to give you another opportunity.

Feel free to contact me with further questions or to volunteer:

Email me at the District email: institutions@NaplesAl-Anon.org

My personal email: dunnsed7@gmail.com

Text: 303-919-8852