

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 2

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

CONCEPT 2

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.



To me, there is nothing more important I can do with my life than becoming more **loving** and spiritual.

-Hope for Today pg 65

Nothing in this world is as strong, powerful, and all encompassing as the **love** and friendship I receive in my Al-Anon family.

-Hope for Today pg 105

When I offer unconditional **love**, it eventually comes back to me multiplied.

-Courage to Change pg 355

I know that God **loves** me just as I am—a work in progress.

-Hope for Today pg 143

I **love** everything about Al-Anon, and today I **love** my life.

-Paths to Recovery pg 200



MARK YOUR CALENDAR!

District 159 Meeting is now being held in person at Naples Community Church, 849 7th Avenue So., 2nd fl. Naples, Fl.

FEBRUARY 9, 2022/6:30pm

All Al-Anon members welcome.

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 A SUBSCRIPTION ?

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

Newsletter@naplesal-anon.org

Click on the contact form. Fill it out and click 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

TOGETHER WE CAN MAKE IT

I was eating my breakfast, reading the Daily Readers, and thinking about a situation that happened yesterday when I slipped and made an unfortunate comment. I was called on it in an abrupt and harsh way. I paused for about 5 minutes to sort it out in my own head. We both apologized and then let it go. The negativity didn't hang around long and we resumed our normal joyful long-term relationship.

-Bonita Springs

LET GO (of the ones I love the most) AND LET GOD

When I start having anxiety, when my fear has reached fever pitch and I'm feeling desperate, I have learned to reach out to my Higher Power and my sponsor. With their help, I have learned to work towards lowering the temperature by talking through my fear and using Let Go and Let God as a mantra.

I have learned that the people I love are going to do whatever they want to do and there's nothing I can do to convince them otherwise. They are on their journey learning their own lessons and I am on my journey learning my lessons. I have learned to be the observer and stop trying to be their Savior. It's not easy and I do slip at times. I am learning to trust - to Let Go and Let God.

-Naples/New York

Do you have a favorite slogan? Why and/or how do you use it? Please share it by emailing it to newsletter@naplesal-anon.org

HOT OFF THE PRESSES

NAPLES...

The **11th STEP AFG** Friday noon meeting has smoothly transitioned to a hybrid meeting. One new member and one visiting member were welcomed in-person.

The **11th STEP AFG** meets at Naples United Church of Christ, 5200 Crayton Road, Nelson Hall, Room 104, Naples, Florida *and* on Zoom. The Zoom ID and Passcode can be accessed through the NaplesAl-Anon.org website by clicking on Meetings and then *Where and When*.



The Thursday 10:30am **Discovering Choices, AFG** has also transitioned into a hybrid meeting. On their first day they welcomed 2 new members and 3 visiting members in-person.

Discovering Choices, AFG meets on Thursday, at 10:30am at The 24 Hour Club, 1509 Pine Ridge Road, Naples, Florida *and* on Zoom. The ID# is 800691628
The Passcode is 121121

If your meeting has changed, please let The Beacon know!



6th YEAR ANNIVERSARY!

In 2016, Leah, Jeanne, Janet and Lauren got together after an Al-Anon meeting to discuss starting a new meeting devoted to parents and grandparents. "Usually people share about their spouse, a parent, sibling or friend. I had never heard of a meeting devoted to parents and grandparents," said one founding member. "First of all, we weren't sure if there would be enough interest in such a specialized meeting." "Temporary" flyers were printed for their "experimental" meeting. A room at the 24 Hour Club at 9:45 on a Sunday morning was available. As time went on more and more people started showing up.

The **Serenity for Parents & Grandparents, AFG** group registered with the WSO.

One member reflected on how this meeting helped her realize that "her children had their own lives to live and especially had their own Higher Power-which is not me. As much as I would like to take away their pain and suffering, I am powerless and must release them to live their own journey."

The meeting quickly grew from 10 to 34 members filling the Couch Room to capacity 34. This was the impetus to start additional parents meeting which is on Wednesdays at 10:30am.

The Sunday meeting has transitioned to Zoom, and membership has grown numbers to 40-50 participants logging-in from all over America.

If you are interested in attending and do not have the Zoom code, please feel free to text me at 239-514-1885 or email me at serenitynaples2018@gmail.com. Having a child or grandchild is not a requirement.

LISTEN & LEARN



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

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)

Audio edition of more daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives. Nine hours and 15 minutes long.

Available through:

e-commerce.al-anon.com

Category: AV/Audio

Daily Reader

Also through:



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

Re-printed from Al-Anon.org/shop

AN INTIMATE VALENTINE'S DAY

As the season changes and Christmas is over, the cards in Hallmark have changed to those expressing love. Valentine's Day is coming and everyone is looking to show their partner how important they are.

Humans instinctively wish to be a couple and unconditional love is the ticket we all wish to hold. Alcoholism, the ultimate thief,

**I fear intimacy
as much as I
crave it.**

-Hope for Today pg 86

however, has robbed many of the notions of trust as well as any example of anything unconditional. So it is that we work to be what we believe someone else will want. We create a persona of what we think is a person worthy of love. We

become disconnected from our true self in the belief that as we really are is not good enough.

Many of us have not been wired accurately for love. We mix-up the notion that if someone is sexually attracted to us that means we must be lovable. We conclude that if someone will have sex with us they must love us. We mix-up intimacy with sexuality.

Everything in life comes with a price tag. If we want a coffee at Starbucks it comes with a cost and if we want love, it too comes with a cost. The cost of love is intimacy. In order to be intimate, we must have the willingness to trust and be vulnerable. Though intimacy may include sexuality often sexuality has little or no intimacy.

The definition I generally use for intimacy is the willingness to care about another human being as much as one cares about one's self. According to my definition the assumption for intimacy is that all parties will have a healthy relationship with self. Getting to know and except self, unconditionally without a need to change anything, is necessary before one can love and except anyone else.

-continue on next page

AFFIRMATIONS

Bless them; **love** me.

I **love** and approve of myself.

Where I am right now is exactly where I'm supposed to be.

I have done a good job.



HEARD AT A MEETING

You can't be miserable and have gratitude at the same time.

I want to approach life with recovery and grace.

I use to think of **love** as disposable.

I don't know myself when I judge others.

What's turned over, turns out.



AN INTIMATE VALENTINE'S DAY (CON'T)

Learning to separate self from a partner, allowing each person to be exactly who they are, is primary if intimacy is to grow. By creating an environment that is safe for each person to be vulnerable, to be able to ask for help when needed, to be willing to share true feelings even when scared to do so, a healthy relationship can be created based on trust, intimacy and love.

An intimate relationship is filled with love and warmth. There is frequent touching in sensuous ways even if there is little or no sex. The couple know each other well and each shares their feelings openly and honestly. Though sometimes fearful or unpleasant, all concerns are open for discussion. Each person believes they can count on their partner to be there for them to share times that are good as well as times of trouble. They are playful with each other and often express that they love each other. There is a sense of connectedness and true commitment despite the challenges life may present.

Loving relationships grow over time. They may meet challenges however, the willingness to work things out together allows the couple to weather the storm. Life is often messy, yet, true love finds a way to survive the mess and continues to bloom and grow.

So on this Valentine's Day instead of platitudes of love, fancy cards, gifts or expensive dinners, I will let go of these expectations and look to find intimacy. I will show my beloved that I accept him just the way he is with all the goodness he possesses. I will continue to support him as he works one day at a time to grow and become the best version of himself that he can be. With continued effort on both our parts, I will be grateful, if he does the same for me.

Happy Valentine's Day!

-Shelley G. Naples/Toronto

WHAT ARE THE 6 “P’s”



JUST FOR TODAY

“I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anyone knows of it, it will not count. I will do at least two things I don’t want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.”



THOUGHTS

The meeting today makes no reference to former meetings or better ones. It is what it is. It exists with the members and God today. It is perfect in every moment.

Perspective, Pain, Prayer, Patience,
Process, Payoff.



In 2016 Susan Kay and Tracy H. began a new Al-Anon meeting **Discovering Choices, AFG** based on the book, *Discovering Choices- Recovery in Relationships*. The book embraced what the program is all about—self discovery and making new, positive choices. “I love the personal stories in the book,” said Susan Kay. “These stories offer insight into what others are thinking, feeling and going through and give us opportunities to share on how we can relate”. “I learned in Al-Anon that I had choices in my relationships which offered me hope,” added Tracy H.

Scheduling the meeting for Thursday mornings at 10:30 at the 24 Hour Club on Pine Ridge Road proved to be convenient for many members. The meeting started with four members and had grown to 40 members during season just before COVID forced the meeting to go on Zoom.

The meeting is now a hybrid meeting for those who want to attend an in-person meeting and for those who feel more comfortable at home. The continued popularity of this meeting is due to the amazing people who come together to share their experience, strength and hope.

As one member said, “We are so blessed to have a safe place to meet and share our own stories.” The **Discovering Choices, AFG** meeting continues to provide endless opportunities for spiritual growth.

Hybrid Meeting at The 24 Hour Club, 1509 Pine Ridge Rd 10:30a
ZOOM ID. 800 691 628. PASSWORD 121121

CALENDAR OF EVENTS

Assemblies are for working on issues. GR's vote. Observers are welcome.

Conventions are for fun and fund raising. All are welcome.

SPRING ASSEMBLY

MAY 13-15, 2022

Marriott Coral Springs Hotel & Convention Center, Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076

PURSUE OUR PIONEERS'

PATH - 32nd Annual AFG Florida South Area 10 Convention with AA Participation.

August 19-21, 2022

Bonaventure Resort & Spa
250 Racquet Club Rd,
Weston, FL 33326

FALL ASSEMBLY

October 21-23, 2022

Marriott Coral Springs Hotel & Convention Center, Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076

Registration forms for the Assemblies and the Convention can be found on the naplesal-anon.org website



DISTRICT 159 NEWS

What a fabulous turn out on Wednesday, January 12th at our district meeting! Seeing old friends walk through the door of the 'Sunshine' room on the second floor of Naples Community Church, 849 7th Avenue South, heightened the feeling of connection and carrying out a common purpose of keeping Al-Anon current.

Four main issues discussed were:

1. Which meetings are active and in what format-an in-person meeting, a zoom meeting or a hybrid meeting. Groups need to make sure that their information is correct by checking the *Where and When* online and if there's a discrepancy emailing Grouprecords@naplesal-anon.org

2. District Positions are *still* open. Volunteers are needed. The only requirement is willingness. All open positions are listed on the NaplesAl-Anon.org website. Volunteers can choose one and ask a friend to help. You don't have to do it alone.

3. Information on upcoming assemblies and the Annual Convention was handed out to the GR's to be carried back to their groups. See left side of this page for dates and places. See *page 8* in this issue for information on being a Co-chair for the Annual Convention and supporting volunteers on the day of the Convention.

4. The David Lawrence Center has asked the Naples Al-Anon Family Groups to help spread the message of hope by introducing the Al-Anon program to the families who find themselves in crisis. This requires being available on a Sunday afternoon possibly one afternoon a month. See the *last page* of this issue for detailed information.

Hope to see you at the next District 159 meeting!
(Masks are required.)

A CALL TO SERVICE

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

Each District is *responsible* for an assigned subcommittee. We-District 159-have been assigned HOSPITALITY-cake, cookies and refreshments. What could be more fun than yummys!! The Hospitality committee will provide the refreshments in a designated room at the convention site.

We are lucky to have a Chairperson but we need a Co-Chair. The Chair and Co-Chair are invited to attend a monthly planning meeting the 3rd Saturday of each month January thru July. District 159 members are invited to participate by working a 1-hour shift during the convention. If unable to attend the convention, members can provide snacks and beverages. More specific requests will be coming soon.

Anyone interested in being co-chair text Cindy S. at [239-777-0738](tel:239-777-0738)



The **12 Steppers**, AFG meeting was formed 11 years ago and found a home at the then new Naples Hazelden treatment center. It was initially formed to introduce family members from the center to Al-Anon but was always open to the public as well, with an emphasis on healing all who love an alcoholic.

Because a lot of people were coming in 'in crisis', it was agreed that the Conferenced Approved Literature *How Al-Anon Works* would be a good match for the group. At the same time it would be a nice refresher for people already familiar with the program. The 5:30pm time slot on a Thursday evening promoted quick growth.

The group has continued to grow mainly by word of mouth. All who come can feel the strength of commitment to recovery and the healing of the lives of those who attend.

Hope is the hallmark of the group.

The meeting continues on zoom.
Zoom ID 907290227. Password 34113



Spiritual Principle of the Month

Hope - a desire for things to change for the better. In the hands of a Higher Power, sanity and serenity become realistic hopes.

When I count my blessings,
I remember to count Al-Anon's
gift of hope

-Hope for Today pg 366

The Second Step is about
possibility, about hope.

-Courage to Change pg 156

Al-Anon is helping me to learn
that it is safe to feel, to hope,
even to dream.

-Courage to Change pg 258

The recognition that we have
choices opens the door to hope.

-Discovering Choices pg 76

A MESSAGE TO ALL AFG GROUPS

There is a question as to which meetings are active or inactive. You don't need to be a GR to answer this question since some meetings don't have a GR. Please email our district chairperson at GROUPRECORDS@NAPLESAL-ANON.ORG and let her know if your meeting is active or if you know that a particular meeting is inactive.

HOPE

AL-ANON IS A PROGRAM OF HOPE. It shows us the way to become students of life on life's terms: we start to recognize the opportunities for growth hidden within every situation. We learn that it is possible to find serenity within ourselves, even when surrounded by chaos. As an old Chinese proverb observes, "If I keep a green bough in my heart, the singing bird will come."

Like the movement of a glacier, we may not recognize our progress right away, but the effects of working the Al-Anon program are profound and lasting. No matter how hopeless we may feel in response to personal tragedy, there is every reason to hope. So very many of us have not only survived similar events but have flourished. The miracle of recovery is that no matter what circumstances we must face, we are able to live and love once more.

-In All Our Affairs pg 207, 211

I place my restless hope in Your power.

-Heard at a meeting.

LOVE

Nothing we do, however virtuous, can be accomplished alone; therefore, we are saved by **love**.

-Anonymous



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 DLC 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. 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 DLC 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: dunnshed7@gmail.com

Text me: 303-919-8852