

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 3

Made a decision to turn our will and our lives over to the care of God as *we understood him*.

TRADITION 3

The relatives of alcoholics when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

CONCEPT 3

The right of decision makes effective leadership possible.



Laughter has a way of making us realize we're all going through the same stuff.

-Heard at a Meeting

Worrying is like shoveling smoke. It gives me something to do but doesn't accomplish much.

-Heard at a Meeting

Happiness is an inside job.

-Hope for Today pg 182

Worrying will not protect me from the future. It will just keep me from living here and now.

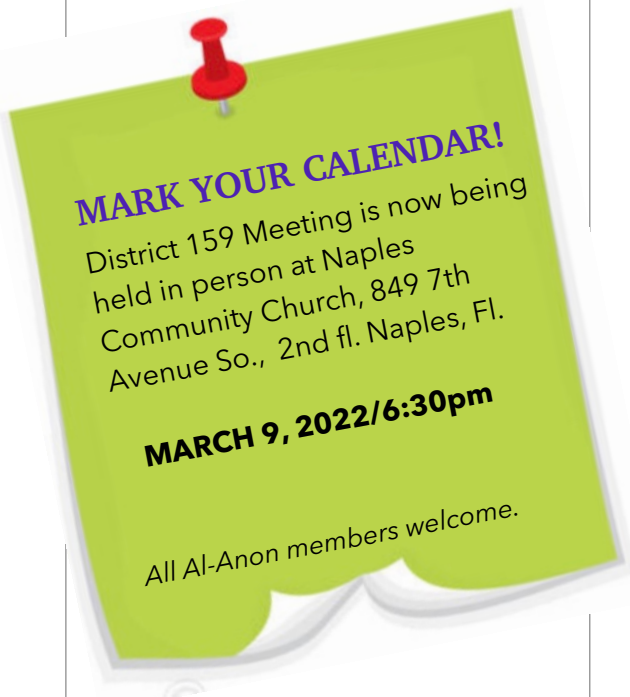
-Courage to Change pg 15

For me the priceless gift of Al-Anon has been freedom from worry.

-Hope for Today pg 98

When I have a good laugh, I know that my Higher Power is restoring some of my sanity.

-Courage to Change pg 323



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 DOESN'T HAVE A SUBSCRIPTION YET ?

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

Newsletter@naplesal-anon.org



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

Postpone Action Until Serenity Enters

PAUSEhuh? Don't react instantly to a person or situation? ...This is new.

PAUSE.... I can wait? I can give my Higher Power a chance to work? ...Interesting?

While it seems simple, as all of our slogans do, it turned out to be quite a challenge. You see, I am a fixer. Send me your problems and I can find a way to fix it. NOW!

The concept of doing nothing almost short-circuited my control-driven brain, but the beauty of Al-Anon is progress not perfection. So I gave it a try.

My pause started with a few minutes during a heated conversation...not too bad. I actually felt the anxiety release in my chest. When I spoke, the volume was down. Was that me? Then the response I received was positive. Cool! I'll have to try this again. Not all the time of course. I'm a slow learner. Each instance that I would remember to pause, I would try to pause a little longer. It kept working! Sometimes I didn't even recognize the words coming out of my mouth...my Higher Power at work. Amazing!

My pause now occasionally takes days. I have even taken weeks to pause and let my Higher Power work. That's been really hard. But every time that I remember to use a simple slogan and let my Higher Power into my control-driven brain...it actually works. Imagine that!

-Naples/Detroit

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

DO YOU KNOW?

What are the words
for the acronym

F I N E

A NEW PRAYER

In the newspaper this morning I read this prayer, quoted from the window of a local pet shop:
“Dear God, please help me be the person my dog thinks I am.”

This has been my prayer for the day, and it has kept me smiling. With my dog, I am very much the person I want to be, and when I am not, my dog doesn't seem to hold it against me.

This joking prayer has helped me take myself less seriously and be more honest about my own behavior, and just for today it has helped me feel the presence of a higher power.

Laughter may not have made me a better person today but it has made me better company for my dog.

-Having Had a Spiritual Awakening pg 73

ANSWER:

F — — — **e**d-up **I**nsecure **N**eurotic
Emotional



HOPE FOR TODAY, AFG began with a conversation between two strangers in the restroom of a church where a Saturday morning Al-Anon meeting was being held in March of 2004.

As Katie M. tells the story, “I believe it was an HP moment for both of us to meet when we did. I was in an Al-Anon meeting that I didn’t usually go to. While in the Ladies room, we just started to talk about the need for a Sunday meeting to bridge the gap between the Saturday morning meeting and the next meeting Monday night. I don’t even remember her name. I saw her a few times after and as far as I know she has moved from the Naples area. The plans almost unfolded organically. We both loved the book *Hope for Today* and settled on a format. We agreed a Sunday morning would work and the 24 Hour Club had a slot open at 11am.” No coincidences!!

From the very beginning people started stepping up to do service whether chairing a meeting or being the treasurer or the GR. One member remembers that at times there would be 70-80 people at the Sunday meeting with “a large male presence.” The annual anniversary celebrations were spectacular, drawing people & food from all over! Noteworthy speakers shared from the heart, their experience, strength and hope coming into Al-Anon and working the program.

Katie suggests a moral to the story, “I was used to denying my needs, dismissing them. I had to learn to be open and willing to meet my needs. Obviously, other people had the same need. I believe this meeting became popular because it offered a safe space where a *gentle* recovery was the focus.”

Hope for Today, AFG meets in-person at the 24 Hour Club on Sunday mornings at 11am. An anniversary celebration with a speaker, food & refreshments is planned for April 3rd following the Sunday meeting.

HEARD AT A MEETING

Feel the fear and do it anyway.

Al-Anon is a program for 'life', not just how to deal with my alcoholics.

The power is in the pause.

Life is messy and magnificent.

What happened to me got me here.

Serenity is when what you say, what you think and what you do, is all in harmony.



ANNIVERSARIES & CELEBRATIONS

In this time of COVID when we can't celebrate anniversaries in the traditional way we can still acknowledge each group.

Send us your info and how your group will celebrate—a speaker on line or an in-person cake and refreshments to:

newsletter@naplesal-anon.org



43 YEARS !!!

Today's 10am **SATURDAY, AFG** began as a 4th Step Group meeting at the 24 Hour Club on Pine Ridge Road. As the original members moved to other towns and states, it was decided that the Naples community would be better served with a general discussion group. The Saturday Al-Anon Group was registered with WSO in February, 1979. In 1981 the meeting moved to the North Naples Methodist Church located at the time on the corner of Seagate and Crayton Road. Then in 2000 moved with the church to its present location on Goodlette-Frank north of Pine Ridge.

The Saturday Al-Anon group was the answer for people who could not make a meeting during the week because of work or family obligations but they could make a Saturday meeting. An Alateen meeting was available at the same time, in the same building, making it even more convenient.

From the very beginning, the Saturday meeting attendance was large. People filled the room; every chair and floor space was taken. And to the credit of the people who came before them, today's members have kept the meeting going strong with shared experience, strength and hope reaching out to newcomers as well as long-timers.

The warm welcome, the inviting smiles, the hearty laughter as well as the heartfelt tears and the nodding of heads upon hearing and identifying with a member's share is the reason why so many people keep coming back after 43 years.

This meeting is on Zoom. The ID and passcode can be found at NaplesAl-Anon.org ; click on meetings.

-Naples/NY

STEPS TO BUILDING SELF ESTEEM

At the end of the day, write:
3 things I did well
2 things I did ok
1 thing I could do better

LOOKING FOR A GIFT?



The FORUM is a gift that keeps on giving 12 times a year.

It features timely sharings from Al-Anon & Alateen members, suggested meeting topics and the latest information on world wide Al-anon recovery

You can receive the FORUM through the mail or get the electronic version by ordering either one online at

Al-Anon.org

It is said that The FORUM is like a meeting in your pocket.



EMOTIONAL Abuse ?

Emotional abuse is one of those secret abuses. It leaves invisible scars. Emotional abuse can be hard to identify. It's often unrecognizable covered up by sarcasm or a joke. It's not like a physical abuse that one can point to and identify. Do we know what it is? Do we know what it does to another person? And then, what can we do about it? Some examples of emotional abuse are:

- The silent treatment
- Refusing to except responsibility for actions
- Manipulating to get what they want
- Pushing someone to question their sanity
- Leading someone to believe something is their fault when it is not
- Using shame to make a person feel bad
- Indifference when someone appears hurt, sad or upset
- Ignoring someone when they express deep feelings
- Ridiculing a person for expressing vulnerability

One of the first things heard in Al-anon is that we don't have to accept the unacceptable.

"Al-Anon doesn't give specific advice about relationships... [they] do, however, emphasize our personal responsibility to take care of ourselves."

-Courage to Change pg 273

"Al-Anon helps me remember that I have choices."

-Courage to Change pg 297

"Living with alcoholism has taken a huge toll on my self-esteem."

-Courage to Change pg 311

...I am learning to find my place in this world—a place where I can live with dignity and self respect.

A FUNNY THING HAPPENED...

I was in the dry cleaners today and ran into a church member who attends a meeting the same time our Al-Anon group meets.

She said, "What happened to your group today, we did not see anyone going into your room."

"Yes, there were 6 of us there."
I responded.

She said, "I think some of us should come over to your room. We are so co-dependent. We worried about all of you."

We both got a good laugh.

-Elysee



THOUGHTS

When I apply the slogans, I feel myself slow down. I become aware of my breath and how I might be holding it instead of letting it flow deeply through me. If I allow it, my muscles relax, my mind and heart open trustingly to the realm of possibilities my Higher Power has waiting for me. Finally I am resting in the only place my spirit will ever know — the present moment.

-From *Survival to Recovery*, pg 250



In March of 1986, a half dozen women gathered with their friend Kay (Catherine G from Ohio, an Al-Anon member since 1977) in the choir room of the United Church of Marco Island for the very first Monday Mornings on Marco, AFG subsequently changed to **M&M, AFG** .

Kay's love, experience and understanding of the program helped guide the members in structuring the meetings. She believed that while each group is autonomous, maintaining a healthy group adherence to the WSO Al-Anon Guidelines was essential. Service was stressed as a means of creating unity and trust among the members. This perhaps is part of the secret for the lasting success of this meeting.

At times, meetings would grow to 50 or more people during season and whittle down to a half-dozen during the dog days of summer. The meeting before and the after-meeting provided an opportunity to get to know fellow members on a different level and eliminate cross-talk during the meeting. In recent years, the annual anniversary, with a speaker and lunch, would at times attract 80 or more people from all over the globe.

Kay passed away 4 years ago. The dedication of its members to keeping **M&M, AFG** vibrant and their commitment to recovery in the Al-Anon program keeps alive the memory of those who came before us. **M&M, AFG** continues to meet and support each other through Zoom ID# 576 707 179, Password 070 857

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

PURSUING OUR PIONEERS'

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

August 19-21, 2022

Bonaventure Resort & Spa
250 Racquet Club Road
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



NEWS ACROSS THE DISTRICT

Juliette has offered to re-start the 7:30pm Tuesday night **Tranquility, AFG** meeting at St. Monica's Episcopal Church, 7070 Immokalee Road if she can get a commitment of 5-8 people to attend for at least 8 weeks. You can text or call Juliette at 239-249-0379. (Bring an Al-Anon friend.)

The **Serenity Wednesday, AFG 10:15** morning meeting is ready to close due to lack of support on Zoom. Originally located in St. Peter's Ministry on the East Trail it soon went to Zoom once COVID struck. The group is trying as a last attempt to save the meeting by switching to Hybrid for the month of April and then to in-person meetings if members start showing up. If the group can't get more support, the meeting will close.

The **Step & Study, AFG** on Thursday at 7pm on Zoom is looking for support. Studying the Steps and learning to apply them to one's life with a small group of people is so gratifying. It promotes trust and brings new perspective to working the Steps. The group's Zoom ID# is 8753 917 8115 and passcode # is 314 437.

Have you heard the new Al-Anon/Alateen announcement on Sunny 106.3fm?



NEW! A Beginner's Meeting sponsored by **Saturday Morning Life Savers, AFG**. Located at

Vanderbilt Presbyterian Church, 1225 Piper Blvd., Naples, the Beginner's meeting starts at 9:30am followed by the regular meeting. The group welcomes the support of all Al-Anon members. It's a wonderful way to encourage beginners as well as reinforcing your own recovery.

There are many groups in District 159 that do not have a GR to represent them at District meetings or to bring back messages from the District to the group. Check if your group has a GR and if not, then think about volunteering. Service is a wonderful opportunity to grow.

HOW IMPORTANT IS IT?

Is it a lump in my oatmeal?
Is it a lump in my throat?
or, Is it a lump in my breast?

This slogan “will help me think things through before I act and it will give me a better picture of just what is important in my life.”

-Courage to Change pg 250



AFFIRMATIONS

I am enough.

I have enough.

I do enough.

I have a lot to be happy about.

I deserve to be treated with respect.



A SIMPLE PRAYER

God, your words, not mine.
your purpose, not mine
your direction, not mine



In the Spring of 2011, **Living in the Solution, AFG** was “formed from the ashes” of another group that was announcing it was closing due to lack of participation. Alison A. and Patricia C. stepped up to the challenge of reorganizing the group. Keeping the same WSO number, they changed the time and day of the week but kept the same meeting place at St. Monica’s on Immokalee Road. This coordinated with another on-going 12 Step program hoping to promote attendance.

The group settled on a format that still works for them. The Chairperson chooses a topic based on Conference Approved Literature (CAL), shares and then opens the meeting for discussion. One meeting a month is devoted to a Step or a Tradition. The meeting consistently has 10-15 members along with a large turnout for annual anniversaries.

Long time members have been involved in service for the group and the district. Openness and honesty is encouraged in order to heal and grow in recovery. One member said, “Giving service and having a willingness is what made this meeting successful and will continue for a long time.” Another member shared that “it is so nice not to have to travel so far to a meeting.”

This month **Living in the Solution, AFG** will be celebrating their 11th Anniversary on March 28th, 2022. The meeting is conveniently located on the northeast side of Naples at St. Monica’s Episcopal Church, 7070 Immokalee Road. (See page 9 of this issue for anniversary details).

A decorative border in shades of pink and purple. It features clusters of stylized flowers, green leaves, and several butterflies in flight. The border is composed of a wavy, ribbon-like line that frames the central text area.

LIVING IN THE SOLUTION
2022
ANNIVERSARY CELEBRATION

Monday Night March 28th
6:30pm Cake and Fellowship
7 pm Speaker

St. Monica's Episcopal Church
7070 Immokalee Rd. , Naples

JOIN US!

Spiritual Principle of the Month

FAITH - is not about everything turning out ok. Faith is about being ok no matter how things turn out.

-Heard at a Meeting

We receive, through spiritual enlightenment, the gift of faith.

-ODAT pg 311

(Faith) is the source of confidence and strength that will help me face life in an entirely new way.

-ODAT pg 248

Faith surrounds us in our daily living.

-Paths to Recovery pg 21

The phrase "came to believe" reminds me that faith is the process, not an event, from which sanity arises.

-Hope for Today pg32



Hope for Today, AFG will be celebrating their 18th Anniversary on Sunday, April 3rd at the 24 Hour Club right after their 11 o'clock meeting.

There will be refreshments, food and a speaker accompanied by laughter and gratitude.



THE WORKING PRINCIPLES OF AL-ANON

The basic ideas of Al-Anon, like those of AA, are as old as recorded history. They are the concepts on which all spiritual philosophies are based. These elements are:

- Acknowledgement of our dependence and a supreme being
- Love for our fellow man and recognition of his dignity and value
- Awareness of the need to improve ourselves through self-appraisal and admitting to our faults
- Belief in the effective spiritual power of true personal humility and conscious gratitude
- Willingness to help others

The working philosophy of Al-Anon is a pattern for right living, for overcoming difficulties and for helping us to achieve our aspirations.

-Having Had a Spiritual Awakening pg 173

EXPERIENCE, STRENGTH & HOPE

If I trust my experiences
And face my challenges with strength
Then there's always hope

-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.