
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 4

Made a searching and fearless moral inventory of ourselves.

TRADITION 4

Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

CONCEPT 4

Participation is the Key to Harmony.



Light-heartedness can put troublesome situations into perspective.

-*Courage to Change* pg 91

Reaching out to others helps us gain perspective on our own lives.

-*Paths to Recovery* pg 122

Sometimes happiness and serenity are a matter of perspective.

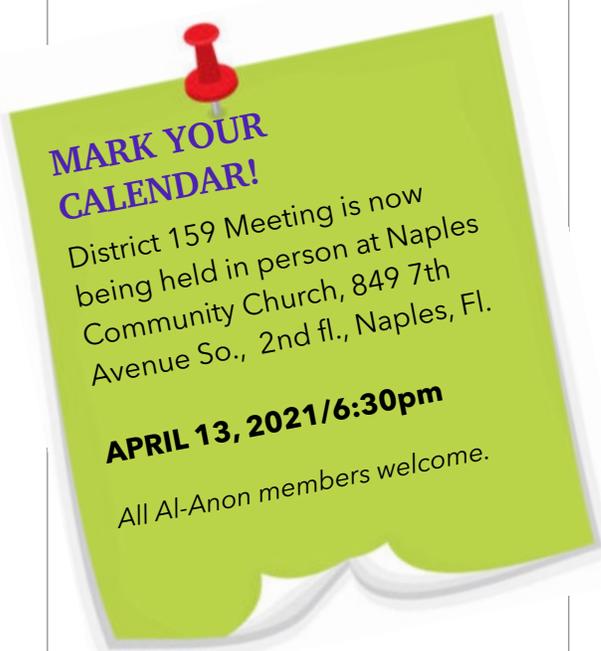
-*Hope for Today* pg 30

I am constantly making choices about how I perceive my world.

-*Courage to Change* pg 243

Steps 1 and 2 give me a new perspective.

-*Paths to Recovery* pg 20



MARK YOUR CALENDAR!

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

APRIL 13, 2021/6:30pm

All Al-Anon members welcome.

To all GROUP REPRESENTATIVES (GR's) in District 159

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

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

JUST FOR TODAY

There is so much meaning packed into those three little words- Just for Today. I must admit that before I came to Al-Anon I did not realize how much time, energy, stress, etc I expended on worrying about things that had already happened or perhaps would happen sometime between tomorrow and forevermore.

The mere thought that by the idea of *Let Go and Let God*, another great slogan, opened the way to have me realize that we only have this very day on earth and no other is promised. I need to make the most of this day through contact with my Higher Power, whom I choose to call God, first and then tackle what I absolutely need to do beyond that point.

This slogan is so important that there is a *Just For Today* pamphlet/bookmark with lots of ideas and reasons why it is in my very best interest to keep things, mentally, physically and emotionally, in today alone.

I always do better when I pray first to begin my day and then use some readings to settle my mind. Then, I can decide *what I want to get done Just For Today*.

-Naples

FIGURE IT OUT (?)

I just need to figure it out. How many times have I said this at a meeting? If I could figure it out, my life would return to normalcy. If I could figure it out, I could tell them what to do.

Then I was reminded, "Figure it out" is not a slogan.

-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

DO YOU KNOW?

What the words are
for the acronym

C A L M

Wisdom

There are two truisms that I have heard in the rooms that help me with the Serenity Prayer.

- I cannot change the truth, the past and other people.
- I can change what I think, say, and do.

They help me with the “Wisdom to know the difference.”

-Fran



AN AL-ANON PRAYER

“God, let me see what I need to see, so I can do what I need to do.”

ANSWER:
Cherish And Love Myself



Lois W. once said, “It takes only one person to start something, but many others to carry it out”.* The meeting’s founder, Sandy Barger from the north, selected the book, *Having Had a Spiritual Awakening*, and created the meditation format. At first the 11th Step group was known only by word of mouth, a meeting at noon on Fridays at St. Williams’ Ministry on Seagate (which has since been torn down). Neither the founder nor any original members attend the meeting now but there are many others who have continue to “carry it out.”

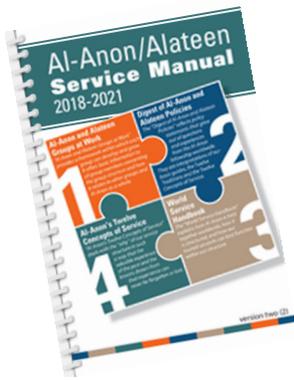
In 2002 the group registered with the WSO as the **11th Step, AFG**. By 2012 the meditation meeting found a new home in The United Church of Christ on the corner of Seagate and Crayton Road in Nelson Hall and continues to meet there today.

Today the members of the **11th Step, AFG** know exactly what to do on Friday. At the stroke of noon, a member volunteers to chair the meeting. After the Opening is read, each person reads one of the 12 Steps and in a few words says how s/he feels. It is the group’s tradition to read from the book, *Having Had A Spiritual Awakening*, and meditate on the reading for 5 minutes. The meeting is then open for discussion.

While the format has transitioned to hybrid, the theme of “living a life that has a deeper meaning than the search for daily necessities”** has not changed.

* Lois Wilson, MVOJ pg 262

** Had A Spiritual Awakening pg 5



A HOW-TO MANUAL

The *2022-2025 Al-Anon/Alateen Service Manual* version one (1) [P-24/27] will be available electronically in English, French, and Spanish at al-anon.org this spring.

"Every Al-Anon and Alateen member is encouraged to actively use and study this *Manual*. It gives a clear and concise picture of the Al-Anon fellowship, its purpose and functions, and how it helps us to resolve group problems and maintain unity." [2018-2021 *Al-Anon/Alateen Service Manual* version two (2), page one]

Updates to the *Manual* will be noted with the use of vertical lines in the outer margins.

The printed version will follow in late summer.

-Reprinted from Al-Anon.org



3 OBSTACLES to SUCCESS in AL-ANON

All Al-Anon discussions should be constructive, helpful, loving and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract from our goals.

1. Discussion of Religion: Al-Anon is not allied with any sect or denomination. It is a spiritual program, based on no particular form of religion. Everyone is welcome, no matter of what affiliation or none. Let us not defeat our purpose by entering into discussions concerning specific religious tenets.

2. Gossip: We meet to help ourselves and others to learn and use the Al-Anon philosophy. In such group therapy, gossip can have no part in program. We do not discuss members of other programs, and particularly the alcoholic; our dedication to anonymity gives people confidence in Al-Anon. Careless repeating of matters heard at meetings can defeat the very purpose for which we are joined together.

3. Dominance: Our leaders are chosen not to govern, but to serve. No member of Al-Anon should direct, assume authority or give advice. Our program is based on suggestion, interchange of experience, rotation of leadership. Each person makes progress in his or her own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony.

-text is from the pamphlet, *Alcoholism, the Family Disease* pg 4



CALENDAR OF EVENTS

CONVENTION NEWS - Be sure to register for the convention. If you send your registration form with your Group Rep to the Spring Assembly you will receive 5 FREE Raffle tickets for the Raffle Room.

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



In 1989, Ruth F. and Dee R. formed the Al-Anon Family Freedom, AFG group. They met weekly at The Willough of Naples, a mental health facility for adults with a dual-diagnose and substance abuse. It was a way of introducing the families to Al-Anon as well as being open to the public. In 2010, as attendance began to fall, the group made the decision to move to St. Peter's Ministry and the meeting began to attract new members.

Tuesday Freedom, AFG is a discussion group where each week of the month has a particular focus. The 1st week is the Tradition of the month and the 2nd week is open topic. The 3rd week is Conference Approved Literature and the 4th week is a business meeting followed by an open topic. **Tuesday Freedom, AFG** offers a warm welcome to newcomers as well as the long-timers who are in search of serenity. In the words of one member, "I came into the room a stranger and immediately felt comfort. I literally felt myself relaxing... and I'm still coming back after 10 years!"

It is noted in the archives of District 159 that since the group's formation, its members have shown, year after year, a strong commitment to service; consistently showing up at District meetings and participating as various Chairpersons.

For 33 years, **Tuesday Freedom, AFG** has continued to provide a place of safety, community and the possibility of a better life.

This hybrid meeting starts at 7:30pm and is conveniently located on the east side of Naples at St. Peter's Ministry, 5025 Rattlesnake Hammock, Rm 101, Naples. Zoom - ID 865 0516 4422; Password 859 652

THOUGHTS

God gives us the opportunity to learn soft lessons so that we will be ready to learn the hard lessons later.



AFFIRMATIONS

I love and approve of myself.

I am proud of my dreams and goals.

I set my boundaries for me.

I will take time for me today.



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.



NEWS ACROSS THE DISTRICT

NEW! A Beginners' Meeting sponsored by **Saturday Morning Lifesavers, AFG** located at Vanderbilt Presbyterian Church, 1225 Piper Blvd., Naples. The Beginners' Meeting starts at 9:30am followed by the regular meeting. The group welcomes the support of all AI-Anon members. It's a wonderful way to encourage beginners as well as reinforcing your own recovery.

MONDAYS ON MARCO, AFG will be holding their first hybrid meeting on April 4th at 11:00am. The in-person meeting is held at the United Church of Marco Island, 320 N. Barfield Dr., Sunset Conference Room, Marco Island, 34145. The Zoom meeting ID 576 707 179 Password: 070 857.



THE BEACON has reached 200 subscribers !!

The **DAVID LAWRENCE CENTER** is looking for volunteers for one hour on Sunday afternoon. Volunteers explain to the relatives and friends of the alcoholic how AI-Anon works. Literature and pamphlets are provided. Call or text Susan Dunn to sign up: 303-919-8852

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. At the same time check to see if there are any service positions open in your group such as Treasurer, Secretary, or GR Alternate. The health of your AI-Anon group depends upon participation.

District 159 is back to live meetings. Any group that needs a Literature order filled from the LDC, submit your order by the 1st Monday of the month and the Group Rep can pick up the order at the District meeting.

OPPORTUNITIES

TO SHINE

Tap into your skills that you think have been long forgotten and be surprised at how you can help our District stay vibrant.

District Open Positions

Qualification: GR for 3 years

- ALTERNATE DISTRICT REPRESENTATIVE
- AL-ANON INFORMATION SERVICES LIASON [AISL]
- AISL ALTERNATE

Qualification: Willingness

- ALATEEN CHAIRPERSON
- LITERATURE CHAIRPERSON
- SPEAKER SEEKER
- PUBLIC OUTREACH CHAIRPERSON
- LATINO PUBLIC OUTREACH CHAIRPERSON
- ARCHIVES CHAIRPERSON
- COOPERATING with the PROFESSIONAL COMMUNITY [CPC]

Service is vital to the workings of Al-Anon. Look into your hearts. Turn it over to your Higher Power. We need your help.

Get a full description of each position on our website:

*NaplesAl-Anon.org
and then sign up to do service.*

ITS NEVER TOO LATE FOR AL-ANON

It is never too late to come into the rooms of Al-Anon. You come into the program when you're ready. There's no specific time or age. And that's how it happened with Clark.

One day, almost two years ago, a man named Clark, went to the pastor at his church for advice. Clark was concerned about his girlfriend, Mary, who became abusive after 2 glasses of wine. The pastor listened and then suggested Al-Anon, a

Step 4 is hard !!

12-Step program. He referred Clark to an Al-Anon member who brought him to a Beginners meeting. Clark walked into the room, looked over the 12-Steps and immediately commented, "Boy! Step 4 is hard!!" As time passed, an Al-Anon member realized that Clark missed a lot of what was said because of his hearing disability.

The in-person meetings were not possible for Clark. The Al-Anon member began meeting one-on-one every week for lunch to talk about Al-Anon. After a year, other Al-Anon members were invited to join their lunch meetings. This gave Clark a chance to hear the message, ask questions and learn about the program.

Clark said he came to Al-Anon "to learn how to change Mary." He explained that there two Marys, "one was calm and loving and the other, after 2 glasses of wine, was abusive." He wanted to help the abusive Mary.

Clark says he has learned from Al-Anon to respond rather than react. And to detach, with love, when Mary becomes abusive. "I have no control over anyone but myself and I'm enough trouble all by myself."

Clark has a lot of faith in God and humanity. "I've learned a lot from Al-Anon in two years and I'm still learning," says Clark who just turned 93.

IN-PERSON MEETINGS ONLY

MONDAY

Monday Noon - 12 Noon, 24 Hour Club, 1509 Pine Ridge Rd., Big Room, Naples

Monday Steps to Recovery -1:30pm, St. Peter's Ministry, Rm 102, 5025 Rattlesnake Hammock Rd., Naples

Monday Happy Hour - 5:30pm, Gulf Shore Church, 25300 Bernwood Dr., Bonita Springs

Living in the Solution - 7:00pm St. Monica's Episcopal, 7070 Immokalee Rd, Naples

TUESDAY

Nueva Esperanza - 6:30pm 3673 Prospect Avenue Unit B, Naples

WEDNESDAY

Wednesday Noon - 12 Noon, 24 Hour Club, 1509 Pine Ridge Rd, Big Room, Naples

Nueva Esperanza - 6:30pm 3673 Prospect Avenue Unit B, Naples

FRIDAY

Friday Noon -12 Noon, 24 Hour Club, 1509 Pine Ridge Rd, Big Room, Naples

11th Step -12 Noon, United Church of Christ, 5200 Crayton Rd, Nelson Hall, Naples

Keep It Simple - 8:00pm, Anchor Church, 11651 E. Terry St., Bonita Springs

SATURDAY

Adult Children Survival to Recovery-12 Noon, 24 Hour Club, 1509 Pine Ridge Rd.

SUNDAY

Hope for Today-11am, 24 Hour Club, 1509 Pine Ridge Rd. Big Room, Naples

Man's Drinking Has Become an Everyday Occurrence

DEAR ABBY: I am writing because I'm concerned about my husband's drinking. We have been married 35 years and we love each other very much. We are both retired. He drinks at least a six-pack a day. Although he doesn't appear to be intoxicated, I know this has to mean he is an alcoholic. Because he doesn't drink and drive, he thinks this is fine. Besides being unhealthy and giving him a huge beer gut, it's expensive. Your thoughts, please. -- CONCERNED WIFE IN GEORGIA

DEAR WIFE: Schedule your and your husband's "annual medical checkups," regardless of how long they may have been delayed. Before you go in, the doctor should be informed that your beloved hubby imbibes a six-pack per day -- at the very least. Whether this will motivate the doctor to encourage him to quit or cut back is anybody's guess, but I am hopeful.

You could benefit from attending some Al-Anon meetings. Al-Anon is an offshoot of Alcoholics Anonymous that helps the families and friends of individuals who have an alcohol problem. I am sure if you do, you will not only find it enlightening, but also beneficial for the practical advice and emotional support it offers. Go to al-anon.org/info for more information.

-Abigail Van Buren, Dear Abby, March 12, 2022

THE THREE C's

Directed Outwards

Didn't **C**ause it

Can't **C**ontrol it

Can't **C**ure it

Directed Inwards

Have **C**ourage

Have **C**hoices

Can **C**hange

District 150 Al-Anon Sponsorship Workshop

So You Want To Be A Sponsor Or A Sponsee?

\$5.00

Saturday, April 23, 2022

\$5.00



**St. Hilary's Episcopal Church
5011 McGregor Blvd., Fort Myers**

**ALL ARE
WELCOME**

11:00 am to 2:30 pm

**NO
REGISTRATION
REQUIRED**

Bring your own lunch

“Hand-held tasty treats” welcomed

**If you would like to share a dessert, prepare it in bite size pieces
where plates/forks will NOT be needed.**

**MASKS
OPTIONAL**

**Some Topics to be covered:
Benefits of sponsorship/sponsee.
How to choose a sponsor/sponsee.
When to choose?
Is a sponsor list available?
How often?
Recovery publications/topics.**

**IN PERSON
ONLY**

Experience, Strength & Hope of the Al-Anon Program

Spiritual Principle of the Month

COURAGE - is to tell the story of who you are with your whole heart. *-Heard at a Meeting*

Courage is not the absence of fear. It's choosing to act with love in spite of the fear.

-Hope for Today pg 294

Slowly I gained courage to tell my story...

-Having Had A Spiritual Awakening pg 170

Together we can find the courage to change the things we can.

-from Survival to Recovery pg 14

It takes courage to look at yourself honestly.

-Heard at a Meeting



HEARD AT A MEETING

What did you do for yourself today?

Time takes time.

My whole life is a prayer interrupted only by my thinking.

I always feel better when I leave a meeting.

Their discomfort is not my emergency.

A WORKING CONTRACT

I have been journaling daily for nearly 30 years. Every other year I do the Steps. Off years I write about a range of topics including the Serenity Prayer. I have converted the Serenity Prayer to a contract. As a contract the Serenity Prayer names the parties - God and me. (Note it doesn't name the alcoholic). The Prayer sites the rights and responsibilities of the parties. God grants Serenity, Courage and Wisdom, all the nouns. I need to accept, change, and know.

I sometimes repeat this as a contract saying the Serenity Prayer a different way. "God, grant me Serenity, Courage and Wisdom and I will accept, change and know. The Prayer is especially effective in advancing First Step work on powerlessness. When I do the verbs, God does the nouns and I grow in the recovery zone. Asking God for the nouns, absent me doing the work, is a contract that doesn't work.

-George, Naples

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

Every group...



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.**
