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# THE BEACON

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

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**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 5**

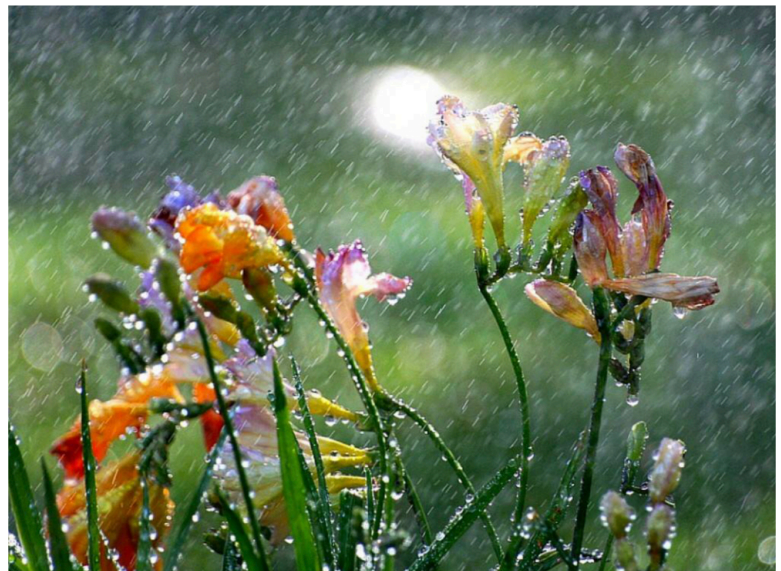
Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

## **TRADITION 5**

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

## **CONCEPT 5**

The Rights of Appeal and Petition protect minorities and insure that they be heard.



**“As I walk, As I walk, The universe is walking with me.”**

*-Courage to Change pg 253 —from the Navaho rain dance ceremony*

**“Today I will remember to rest in the beauty of God’s care and concern for me.”**

*-Hope for Today pg 342*

**Life isn’t about waiting for the storm to pass; it’s learning to dance in the rain.**

*-Heard at a Meeting*

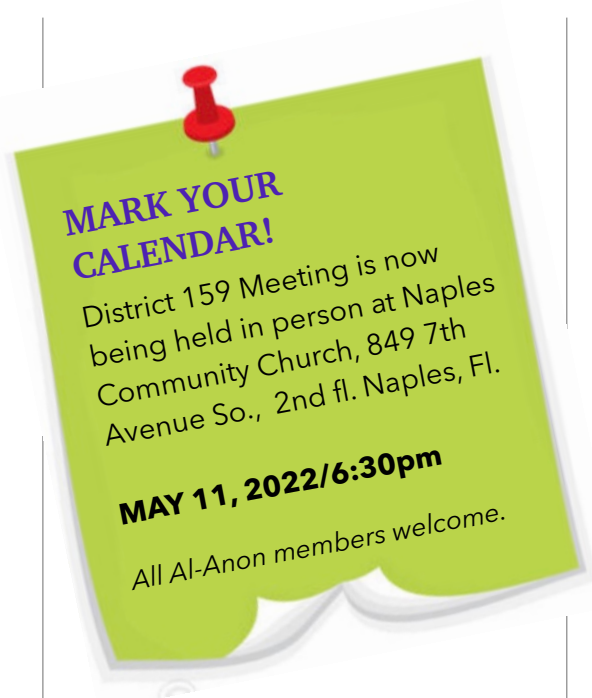
**“Spring is a time of renewal, clearing & new growth. I do this with my program as well.”**

*-SB Naples*

**I take time to enjoy the beauty that surrounds me.**

*-Hope for Today pg 299*

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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](mailto: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

### **ACCEPTANCE IS THE ANSWER**

For me Acceptance is one of the first steps in my recovery. After becoming aware of the truth concerning my relationships, I had to accept the people in my life just the way they are. I cannot change anyone. I can change my reaction to people, places and things. I cannot blame folks for being who they are. I can make boundaries for myself regarding people and situations that I do not find acceptable. I cannot expect others to change to fit my expectations of who they should be. That is God's work. I don't have any idea of what their journey is supposed to be. I do believe that "Nothing, absolutely nothing, happens in God's world by mistake." I find great comfort in the fact that I am exactly where I am supposed to be at any given moment. Bless them, change me. All is well.

-Naples/MA

### **LET GO & LET GOD**

My son has been sober for five years. He doesn't go to meetings any more. I could remind him that he has a disease and of the consequences for not making meetings but I know he doesn't want to hear it from me. I will trust that his Higher Power will take care of him. I will remember that I'm not in charge of anyone. My program teaches me to keep the focus on my own recovery. I'm just here to do the best I can. With that in mind, and it's not always easy, I "Let Go & Let God."

-Naples/NJ

The gift I have received from  
Al-Anon has been the gift of self.

-Having had a Spiritual Awakening pg 134



## AFFIRMATIONS

I deserve love and kindness from  
others.

I want respect.

I set boundaries for me.

I can change my mind.



## PRACTICE STAYING IN THE MOMENT

5 things I can hear now - listen  
for subtle background noises

4 things I can touch/feel now -  
such as a breeze, clothing on my  
skin, texture, breathing

3 things I can see now - such as  
shadows, a bird, a freckle

2 things I can smell now -  
fragrance, a meal, a flower

1 thing I can taste now - put a  
raisin in your mouth for 5  
minutes.

## FEELINGS v FACTS

Sometimes I need help in understanding my feelings. A while ago an Al-Anon friend sat with me. She wrote two words on a napkin-FEELINGS and FACTS. I still refer to it when I'm "twisting in the wind."

FEELINGS: I feel like I'm going to be abandoned.

FACT: Is it true? (Be honest) No. History has shown me that this is not true. When I become self-critical I abandon myself.

FEELINGS: I feel like I'm not good enough, smart enough.

FACT: Am I good enough? I have judged myself based on the choices I made earlier in life. In retrospect, I learned to survive.

FACT: Am I smart enough? I have always compared my success with others. Today, I don't have to be perfect. It's ok if I make mistakes.

FEELINGS: I feel like I'm not worthy/not lovable.

FACT: Old thinking- not true. False evidence appearing real. My opinion of myself used to depend on others. Today I don't look for validation. I must learn to love myself before I can accept love from others.

Feelings are not facts, but it is a fact that I am feeling them. I need to acknowledge my feelings and to continue to work the Al-Anon program.

Eventually we learn to accept ourselves as we are, to respect ourselves for what we have lived through, and even to appreciate some of the good qualities that are important parts of our personalities.

-Blue Print for Progress pg 14

"Al-Anon gives me a safe environment to experience and let go of the painful feelings I hold deep inside me."

-Hope for Today pg 256

## DO YOU KNOW?

What are the words  
for the acronym

**I B S C**

## THOUGHTS

What made me think  
that I could have a  
better plan than God's?

## HEARD AT A MEETING

If you're thinking of going to a meeting, go to the meeting first and think about it later.

God is the color of the wind. We are surrounded.

I wanted God to answer my prayers immediately but then I realized He's like my crock pot, I have to wait.

Let go and let it happen!

The STEPS are so that I don't kill myself. The TRADITIONS are so that I don't kill someone else!



Itty Bitty Shitty Committee



One of the spiritual symbols of Al-Anon is the transformative butterfly. It can take a Monarch butterfly 5 generations to make the round trip pilgrimage north from the Sierra Madre Mountains in Mexico to eastern Canada and back again. Each generation lives very different lives than their parents, grandparents and great-grandparents. Yet, it is in their DNA that each generation continues on its primary journey of going back to its origin of safety, renewal and community.

The members of the **Friday Noon, AFG** meeting are similar to the Monarch butterfly. Their journey is very different from their parent's and grandparent's. It is a journey to a place they had never imagined where safety, renewal and community are offered to those who keep coming back.

When a long time member was asked why she keeps coming back to this particular meeting, she said, "...because of the shares. They are deep and meaningful." Another remembers hearing the meeting referred to as "like being in God's living room."

There are no records of who started the **Friday Noon, AFG** meeting in May of 1985. What is important is that through working the Al-Anon program, today's members discover that like the Monarch butterfly, it is possible to create a better life for themselves and future generations as long as they keep coming back.

**Friday Noon, AFG** meets on Fridays at Noon at the 24 Hour Club, 1509 Pine Ridge Road, Naples.

## 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

- LITERATURE CHAIRPERSON
- SPEAKER SEEKER
- PUBLIC OUTREACH CHAIRPERSON
- LATINO PUBLIC OUTREACH CHAIRPERSON
- ARCHIVES CHAIRPERSON

*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.*



## SERVICE IN DISTRICT 159

### What is an AMIAS?

An AMIAS is an acronym for *Al-Anon Member Involved in Alateen Service*, also known as an *Alateen Sponsor*. I am an AMIAS, which means I've been certified with a background check and trained by South Florida Area guidelines. I became an AMIAS to help the often ignored and vulnerable to the affects of alcoholism . . . our kids.

Guiding young people with the same program principles as adults can be very rewarding. Generally speaking, they are more open minded than adults, less in denial, and crave to understand what's happening in their homes. Alcoholism is a

family disease whereby kids are affected by what they see and hear . . . thus causing anxiety and fear in them.

**When I am feeling  
down...I am lifted  
up by these  
Alateens.**

-Hope for Today p 322

Lucky are those kids who make it into the rooms of Alateen. Most kids enter meetings with great

apprehension. Alateens get to learn about the disease of Alcoholism, and share their feelings and concerns with other kids with the same problem. This awareness and understanding of the disease begins to ease their discomfort. I start to see smiles and hear laughter.

This is the joy of being an AMIAS. Yes, I hear heartbreaking stories, but there's so much hope that Alateen is helping to ease their pain. Being an AMIAS is a very special service for my personal growth as well as for the kids.

-Deborah S.

Alateens have much to offer Al-Anon members. Today I'll consider how we can help one another. -Hope for Today p 21

**To volunteer in the Alateen program email:  
[alateen@naplesal-anon.org](mailto:alateen@naplesal-anon.org)**



## Spiritual Principle of the Month

**INTEGRITY** - integrity comes when character is tested; keep true and never be ashamed of doing what is right; being conscious of how words and actions impact those around you.

Al-Anon does not tell me how to behave...but encourages me to look searchingly and fearlessly at myself, my feelings, motives and actions. -*Courage to Change* pg 24

I know deep down in my heart and mind what is right and wrong for my recovery. When I don't follow the suggested guidelines...the price I pay in terms of my integrity and self-esteem—just isn't worth it. -*Hope for Today* pg 55

"With the help of Al-Anon, I gain the courage to live with honesty and integrity..." -*Hope for Today* pg 120



## HOW TO VOLUNTEER FOR THE DAVID LAWRENCE CENTER

To volunteer or get more information, email Susan D. at [institutions@NaplesAl-Anon.org](mailto:institutions@NaplesAl-Anon.org) or [dunnsed7@gmail.com](mailto:dunnsed7@gmail.com) or text 303-919-8852.



## ON A SUNDAY AFTERNOON

The David Lawrence Center's purpose is "to serve all who have addiction and behavioral health issues through education, prevention, intervention and treatment." While it offers help to those with addictions, it offers us in Al-Anon an opportunity for meaningful service with the relatives of the residents.

Sunday is visitation day at the David Lawrence Center. After family members have been with their loved ones, they are invited to meet with two Al-Anon volunteers. Family members usually don't know that Al-Anon is available to support *them*. The volunteers' job is to share their experiences as well as the principles and hopes of the Al-Anon program. We're all equally qualified to do this.

My husband and I decided to volunteer. We were given a notebook with guidelines for conversation and a variety of Al-Anon pamphlets to give out.

On our first Sunday afternoon, we met for an hour with the mother of an alcoholic who came for herself and her granddaughter. The next Sunday, we met for a shorter time with the wife of a resident. The talk was intimate, focused and worthwhile for us all. One Sunday, no one asked for Al-Anon information, so we weren't called to come to the Center. We expect each Sunday will be different.

Meeting the individuals was easy and comfortable as we learned from each other what info was wanted and needed. We had so much in common. It was, in spite of the pain in the situation, a lovely experience because Al-Anon offers hope.

Naples/Indiana

## HUMOR IN AL-ANON

An elderly woman was asked if she wanted to be buried or cremated.

She gave it some thought and then replied, "Surprise me!"



## HOW TO GET SERENITY

- Double up on meetings
- Pause
- Meditate-Mindfulness
- Fellowship
- Stay present
- Journal
- Reach out to sponsor



## HEARD AT A SUNRISE MEETING

In order to be old and wise,  
one must be young and stupid.

## I CAME TO BELIEVE

I came - I *showed* up

I came to - I *woke* up

I came to believe - I *opened* up.

## NEWS ACROSS THE DISTRICT

Thursday's 5:30pm **12 STEPPERS, AFG** meeting is looking for support. They use the book, *How Al-Anon Works*.  
Zoom ID: 907 290 227 Passcode: 34113

**NEW!** Sunday 9:30am **A NEW YOU, AFG** meeting at the 24 Hour Club, Quiet Room, 1509 Pine Ridge Road, Naples

**MONDAYS ON MARCO, AFG** has transitioned to a hybrid meeting. They meet at 11:00am. The in-person meeting is held at St. Mark's Episcopal Church, 1101 N. Collier Blvd, Marco Island, 34145. Zoom: 576 707 179 Password: 070 857.



The **ALATEEN** Program is back again and looking for volunteers. Sign up for training and easy certification by emailing [alateen@naplesal-anon.org](mailto:alateen@naplesal-anon.org) Suggest being an Alateen volunteer to an Al-Anon friend.

**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 which is the 2nd Wednesday of the month.

**ADDRESS UPDATE:** District 159 AFG for donations and District 159 LDC for CAL will now share the following address:  
6017 Pine Ridge Road, #443  
Naples, Florida 34119

The Tuesday 10:30am **Together We Can Make It, AFG** meeting is transitioning to hybrid for the next three months. The group will meet at the 24 Hour Club, Couch Room, 1509 Pine Ridge Rd, Naples. Zoom ID: 436 741 057 Passcode: 121121

**VOLUNTEERS ARE NEEDED** for the August convention. See last page of this issue for the many ways in which you can be of service.

## CALENDAR OF EVENTS

### SPRING ASSEMBLY

**MAY 13-15, 2022**

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

### CONVENTION NEWS -

All convention registrations  
submitted either with your GR or  
personally at the May 13-15  
Assembly will receive 5 FREE  
Raffle tickets for the Raffle Room.

### ANNUAL CONVENTION

**AUGUST 26-28, 2022**

OUR PIONEERS' PATH - 32nd  
Annual AFG Florida South Area 10  
Convention with AA Participation  
Marriott West Palm Beach,  
1001 Okeechobee Blvd.,  
WPB, Florida 33401

### FALL ASSEMBLY

**October 21-23, 2022**

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

For registration forms for the  
Assemblies or Convention go to  
[naplesal-anon.org](http://naplesal-anon.org) website.

Or print convention registration  
form from the last page of the  
BEACON.



## Something to THINK about

Let's consider the acronym **THINK**

Is it **T**houghtful

Is it **H**onest

Is it **I**ntelligent

Is it **N**ecessary

Is it **K**ind

Say what you mean.  
Mean what you say.  
But don't say it mean.

Does it have to be said now?  
Does it have to be said by me?  
Does it have to be said at all?

If you can't say yes to all of these, then  
chances are you shouldn't be saying it at all.



### 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.





## WANTED:

The 2022 Area 10 Convention, "Pursuing Our Pioneers Path" needs your help:

The **HOSPITALITY COMMITTEE** is on the lookout for your baked or store-bought Donations:

Non-Perishable Items may be donated prior to convention by giving to your District's subcommittee Chair for delivery to the Hospitality Committee: Bags of Coffee, Protein Bars (Individually Wrapped), Single Serving bags of Chips, etc.

Perishable Items (Baked Goods – Cookies, Bars, Breads): Mark if Vegan, Gluten Free or containing nuts and place in a disposable container, bag, plastic tray, etc.



**PLEASE BRING YOUR DONATIONS TO CONVENTION OR SEND WITH SOMEONE ATTENDING**

Crafters: Get busy! Get creative! **THE BOUTIQUE COMMITTEE** is in need of your hand-made items, i.e. bookmarks, book covers, jewelry, meetings to go, book bags, greeting cards, magnets, fans, God boxes, 12-step items, note pads, any AI-Anon related items (religious/holiday items not accepted). Requests for the bookmark template, volunteer opportunities & item ideas can be sent to [Afg150conventioncommittee@gmail.com](mailto:Afg150conventioncommittee@gmail.com)

**THE RAFFLE COMMITTEE** needs baskets- Groups start planning now! Baskets must have a list of contents attached. Only Conference Approved Literature is acceptable. No religious nor holiday items – they will be removed....and please save your 32-ounce plastic cups from fast food restaurants and give them to Georgia C. District 140 by July 3. They will be spray-painted and used to collect raffle tickets during the Convention!



## ALSO WANTED:

Kind folks to man (or woman) the Registration Stables

The **PIONEER'S WELCOME WAGON** is looking forward to welcoming some volunteers to help with 3 different registration locations (pre-registered attendees, cash, and credit card payments) for the following shifts: **Friday 3-5pm, 5-7:30pm; Saturday 7:30am-9:30am, 9:30am-11:30am, 11:30am-2pm and 4-6pm**. Please email **Dickie S.** Registration Co-Chair at [dickiespatz@gmail.com](mailto:dickiespatz@gmail.com) to volunteer and welcome our members!

**THANK YOU FOR YOUR SERVICE!**

Questions regarding the 2022 Convention, please email [pioneerquestions@outlook.com](mailto:pioneerquestions@outlook.com)



# Pursuing Our Pioneers' Path

Friday, August 26 – Sunday, August 28, 2022  
32<sup>nd</sup> Annual AFG Florida South Area 10 Convention  
With AA Participation

## Marriott West Palm Beach

1001 Okeechobee Boulevard, WPB, FL 33401

### CONVENTION REGISTRATION

Online: [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

Preferred language (circle one): English Spanish  
Program (check price box):

- ☐ Al-Anon or A.A. postmarked by 8/7/22 \$35  
☐ Al-Anon or A.A. at the door \$40  
☐ Al-Anon Members 18 and younger \$15

*Note: there is no formal Alateen program at the Convention*



### Meals- Saturday

- ☐ Chuck Wagon (Lunch and Banquet) \$75  
☐ Lunch \$25  
☐ Banquet (check below for special requests) \$58  
☐ Vegan ☐ Vegetarian ☐ Gluten Free

**All meal requests must be made by August 7, 2022.**

Paid by check # \_\_\_\_\_ Total Amount \$ \_\_\_\_\_

Make checks payable to: AFG FLS Convention

No refunds or exchanges.

### HOTEL ACCOMMODATIONS

**Please make reservations directly  
with the Marriott West Palm  
Beach at 561-833-1234 by  
August 1, 2022 at 5pm to  
guarantee room rates.**

Be sure to mention “**2022 AFGFLS Convention**” to obtain special rate of \$149 per night plus applicable taxes. All rooms include microwave, mini fridge and coffee maker. Self-parking included for overnight guests, \$10/day for day trippers. Enjoy the same discounted room rate up to 3 days before and 3 days after Convention weekend.

Email questions to:  
[pioneerquestions@outlook.com](mailto:pioneerquestions@outlook.com)



**One form per guest. Please print legibly in blue or black ink.**

Make a copy and mail form along with payment to:

AFG FLS Convention, 5201 SW 31<sup>st</sup> Ave #255, Ft. Lauderdale, FL 33312

Name: (First & Last) \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Email addresses will be used for FL South Convention purposes only.*

Badge Name: \_\_\_\_\_ District # \_\_\_\_\_