

# 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 p 34!

## STEP 6

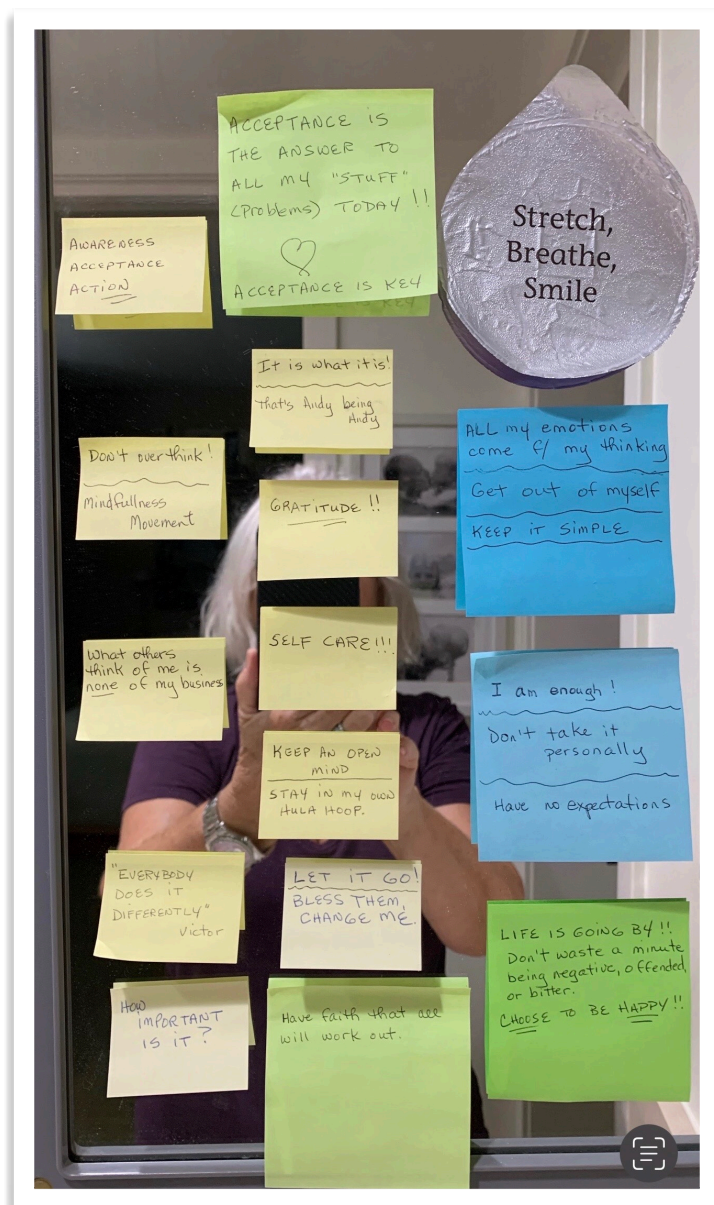
Were entirely ready to have God remove all these defects of character.

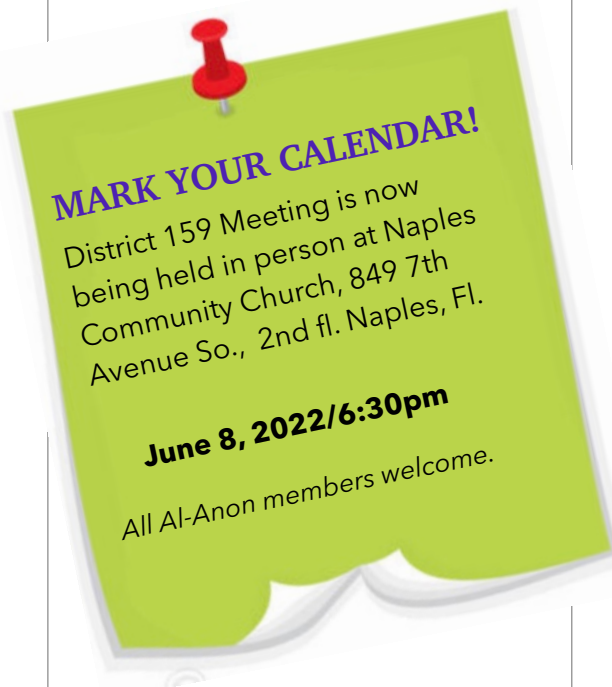
## TRADITION 6

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.

## CONCEPT 6

The Conference acknowledges the primary administrative responsibilities of the Trustees.





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!



**Front Cover:**

On the inside of an AI-Anon member's bathroom mirror are Post-It notes of AI-Anon slogans and sayings. They are helpful reminders to work her program each day.

## ***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

## **LISTEN & LEARN**

When faced with a problem or a conflict, whether my own or someone else's, I become anxious to solve it. I've learned that when I become focused on trying to solve a problem or imposing my will, I'm shutting down and I'm disconnected from my Higher Power.

When I remind myself to "Listen and Learn," I acknowledge that I'm not in control and that I'm not responsible for solving all problems. I am able to relax and begin to listen. I allow myself to observe what is going on around me, hear what is being said and, most importantly, I open myself to the guidance I will inevitably get from my Higher Power.

"Listen and Learn" reminds me to be humble and to put my ego aside so I can truly hear what is being said. I have learned that I am not threatened by putting my ego aside, opening myself to hearing a different perspective, or allowing my Higher Power to guide me. The awful things I thought would happen if I didn't fix the situation or get my way don't happen. I'm able to put things in perspective.

When I "Listen and Learn," my words and actions are more thoughtful and compassionate and I'm better able to connect with others. Only by making myself vulnerable have I been able to truly listen and learn. As I continue my journey, I remind myself to "Listen and Learn" many times throughout the day. It helps me put things in perspective and to experience the serenity that I find when I surrender my will to the will of my Higher Power.

Naples/LI, NY

Do you have a favorite slogan? How and/or when do you use it?

Please share it by emailing it to [naplesai-anon.org/newsletter](mailto:naplesai-anon.org/newsletter)

## SERVICE

1. Service keeps Al-Anon alive for those who need it in the future.
2. Service helps me in my recovery.
3. I always receive more than I give when I do service.



## ENCOURAGE

...your sponsee to start participating in the Al-Anon program with the baby-step of chairing a meeting. The resulting growth in self esteem will lead to the next step of volunteering for an open position in their home group.



## On Being a Sponsor

A good sponsor keeps in touch, gently conveys the idea that it's always darkest just before the Dawn, and gives a lift to the bruised ego.



## NEWS ACROSS THE DISTRICT

**SERVICE** is vital to the workings of Al-Anon. Each group needs 4-5 volunteers filling open positions. These positions are a GR and a GR Alternate to attend District Meetings & Assemblies and promote *The Forum*; a Treasurer to collect donations, pay group expenses and forward money to WSO, Area & District; a Secretary to record business meetings and, a Literature person to order CAL for the group. Remember, you never have to do it alone. Please open your heart and step up.

## LETS HAVE FUN WITH BASKETS!

Our annual AFG Florida South Area 10 Convention is scheduled for this August 26-28, 2022. As a fund raiser, each AFG group creates a basket for raffling off. Don't wait 'til the last minute!

*Here's what you need to know:*

Each group decides how much money they will donate towards their basket. It's usually \$75-\$100.

One or two volunteers from your group will shop for the basket keeping a theme in mind. Some ideas are Spa Day, Gardening, Ethnic Food, Gift Cards, Games, Self Care, Crafts, Pets, Al-Anon, etc. Be as creative as you want!!

Once the basket is created, either deliver it to the person from your group who will be attending the convention or pass it to a member from another group who will be attending the convention.

Most of all, **HAVE FUN!**

The **MONDAY NOON, AFG** meeting has you covered! There is an in-person meeting at the 24 Hour Club. *And* there is a Zoom meeting at the same time for those who can't do the in-person. Zoom ID: 8791 845 1391 Passcode: 009 286 This is not a hybrid meeting.

### THOUGHTS

I used to look back on my past with dread, shame and guilt. Now I look back without judgment or justification. Now I look back and find the little miracles that have brought me to this day.

## IT'S UP TO YOU

### PURSUING OUR PIONEER'S PATH

Attending the Area 10 convention is a great opportunity to get away with friends, hear fabulous speakers and participate in having an Al-Anon fun time.

Members are now able to register online at [southfloridaal-anon.org](https://southfloridaal-anon.org). There you can visit the 2022 Convention page where you can register for the convention, add your food options, and even follow the link to make your hotel reservations.

## PURSUING OUR PIONEERS' PATH

### CONVENTION WORKSHOPS

The 32nd Annual AFG Florida South, Area 10 Convention, PURSUING OUR PIONEERS' PATH, with AA Participation is coming up fast — August 26 to the 28th. The venue will take place at

Marriott West Palm Beach,  
1001 Okeechobee Blvd.,  
West Palm Beach, Florida 33401

—an easy ride to the east coast from the Naples area.

Now is the time for our District to step up for service. Our District 159 has been assigned four workshops aptly named in coordination with our convention - Pursuing Our Pioneers' Path.

Saturday 08:00am **Putting Lipstick on a Pig**  
-UNACCEPTABLE BEHAVIOR

Saturday 10:00am **Stampede -**  
-ANGER

Saturday 12:00pm **Watch out for the Quicksand**  
-HOW IMPORTANT IS IT?

Saturday 05:00pm **Blue Skies Ahead**  
-LET GO AND LET GOD

This is a wonderful opportunity to participate in service; share your experience, strength and hope with those in need and practice Tradition 5. Remember you don't have to do this alone, you can always share this topic with someone else.

Contact our District Representative, Mike S. by email [drmcschaffer@gmail.com](mailto:drmcschaffer@gmail.com) and let him know that you are going to the convention and would like to volunteer.

## AN ASSIGNMENT

Here is a list of some of the things we might have done to get the Addict/Alcoholic to stop using/drinking.

*Circle the ones that worked.*

Poured out bottles of alcohol

Pleaded

Humiliation

Anger

Had a friend speak to him/her

Ultimatums

Silent treatment

Biting sarcasm

Paid their bills

Played the victim

Managed the Crisis

Cried



## LET HIM FALL GENTLY

Get off his back  
Get out of his way  
Get onto yourself  
Get to meetings  
Give him to God

-Hope for Today p 122

## UNDERSTANDING OURSELVES

“YOU CAN SEE WHAT DRINKING is doing to the alcoholic. But can you see what it is doing to you?”

“Even well-meaning people often begin to count the number of drinks another person is having. We may pour expensive liquor down drains, search the house for his new bottles, or listen for the sound of opening cans. All I was thinking becomes directed at what the alcoholic is doing or not doing and how to get her to stop drinking. This is our **obsession**.”

“Watching fellow human beings slowly kill themselves with alcohol is painful. While the alcoholic doesn’t seem to be worrying about the bills, the job, the children, the condition of his or her health, the people around them begin to worry. We often make the mistake of covering up. We try to fix everything, make excuses, tell little lies to mend damaged relationships, and we worry some more. This is our **anxiety**.”

“Sooner or later the alcoholic’s behavior makes other people angry. As we realize that the alcoholic is telling lies, using us, and not taking care of responsibilities, we may begin to feel that the alcoholic doesn’t love us. We often want to strike back, punish, and make the alcoholic pay for the hurt and frustration caused by uncontrolled drinking. This is our **anger**.”

“Sometimes those who are close to the alcoholic begin to pretend. We accept promises and trust the alcoholic, however brief, we want to believe the problem has gone away forever. When good sense tells us there is something wrong with the alcoholic’s drinking and thinking, we still hide how we feel and what we know. This is our **denial**.”

“Perhaps the most severe damage to those of us who have shared some part of life with an alcoholic comes in the form of a nagging belief that we are somehow at fault. We may feel it was something we did or did not do—that we were not good enough, not attractive enough, I’m not clever enough to solve this problem for the one we love. These are our **feelings of guilt**.”

-How Al-Anon Works pg 18



## HEARD AT A MEETING

Faith, Acceptance and Gratitude  
are the keys to Serenity.

If you can't help them, then don't  
hurt them by enabling.

My son has been a great lesson.

I don't want to pass this life living  
someone else's life.

We're all in the same boat just a  
different storm.

REASONS  
FOR COMING TO  
AL-ANON

JOY  
LAUGHTER  
LOVE  
CONNECTIONS  
LESSONS

## AFFIRMATIONS

I choose happiness today.

I am enough.

I will replace negative thoughts  
with positive thoughts today.



Many times gratitude has been expressed in the rooms for “the people who came before us.” They are the people who started the meetings and those who kept them going. They created different formats within the framework of Al-Anon principles and adhered to Al-Anon Guidelines and suggestions as a road map to pass on to those who keep coming back.

**31 YEARS** The **MONDAY NOON, AFG** meeting began in June of 1991 and while they don't know the names of its founders, the group continues to benefit from the wisdom of its predecessors and to carry the message forward. According to one member, the meeting continues to “attract a good mix of people at different stages of recovery.” The strength of this meeting is that “members share their vulnerability not just preach Al-Anon talk.” “At one time more men came into this Al-Anon meeting at the 24 Hour Club thinking it was AA and decided to stay,” which says a lot about the quality of the meeting. The **Monday Noon, AFG** meets on Monday at noon in the Big Room at the 24 Hour Club, 1509 Pine Ridge Road, Naples and also on Zoom ID: 8791 845 1391 Passcode: 009 286 This is not a hybrid meeting.

**24 YEARS** The **THURSDAY NOON, AFG** meeting on Marco Island began in June of 1997. It has gone through a number of transformations where it's membership has ebbed and flowed. The group has evolved into a topic/discussion group based on the readings from the 3 daily readers. The members then share their experience, strength and hope on that topic. The strength of commitment to the group, to individual recovery and returning to the adherence of WSO Al-Anon Guidelines will guarantee that the meeting will stay alive and vibrant. The **Thursday Noon, AFG** meeting is now hybrid on Zoom ID: 176 642 700 Passcode: 747 488 and in-person at St. Marks Episcopal Church, 1101 No. Collier Blvd., Marco Island.

## CALENDAR OF EVENTS

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

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

### ANNUAL CONVENTION

**AUGUST 26-28, 2022**

PURSUING OUR PIONEERS' PATH - 32nd Annual AFG Florida South Area 10 Convention with AA Participation  
Marriott West Palm Beach,  
1001 Okeechobee Blvd.,  
West Palm Beach, 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 the convention registration form from the last page of the BEACON.



## QUESTIONS THAT LEAD TO A SOLUTION

When I entered the Al-Anon program I wanted to believe that I was in control of my life and could solve most of the problems I faced. I wanted to believe that I could predict the unpredictable and foresee and avoid problems. For the most part I was successful prior to having to deal with alcoholism but the disease had caused me to question everything.

Alcoholism has made life unpredictable. All of my coping skills were not working when I was dealing with the alcoholics and addicts in my life. I have since learned new skills that would move me from the problems into the solutions. I have learned ways to help myself when I am experiencing unpredictability.

I realized that asking "why" questions always kept me in the problem —questions like, "Why did that have to happen?" or "Why didn't/couldn't she do this?" or "Why can't I catch a break just once?" "Why" questions not only kept me focused on the problem, they almost always turned me into a victim as well.

Now when I have a problem or situation I don't like, I ask questions like, "What are three things I can do right now to remedy this?" or "Who might have experience with this that I can call for help?" or "Where can I get a solution for this?" These questions help me out of the problem and into the solution. Today life is still unpredictable but I know how to ask better questions

-Naples/Toronto, Shelley

This time, like all times, is a very good one, if we but know what to do with it.

-Courage to Change pg 260

With my Higher Power's help, I can find the answer to any problem I face.

-Courage to Change pg 159

## Spiritual Principle of the Month

**Willingness** - a state of being ready.

I came to Al-Anon on my knees,  
willing to live a different way.  
-Hope for Today pg 276

I just had to become willing, and  
my willingness allowed me to  
move on.  
-Hope for Today pg 171

God, please help me be willing to  
be willing.  
-Hope for Today pg 149

### HUMOR IN AL-ANON

The ability to speak several  
languages is an asset, but the  
ability to keep your mouth shut  
in any language is priceless.



## REMEMBER LAST SUMMER

...when there was a 2021 Survey Drive? Everyone was encouraged to go online and fill in the questionnaire. "It took a matter of minutes," as one Al-Anon member reminded us each week.



Well the results are in! But just to refresh your memory, WSO conducts a membership survey every 3 years. The survey documents the benefits of Al-Anon from the perspective of the members.

The objective is to determine the demographics and sociographic profile of Al-Anon members. It also measures the impact of alcoholism on members' relationships and their quality of life.

From June to July, 16,486 Al-Anon members responded in English, French and Spanish.

The conclusion, reviewed by an outside vendor, saw an overall improvement in the quality of life through participation in Al-Anon; an increased length of time in the program and that outside treatment led to even greater improvement.

You can go on <https://al-anon.org/resources-for-professionals/membership-survey/> and click on 2021 Survey Results to read the fun facts and surprising information.



### 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.





# 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 # \_\_\_\_\_



## 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)