

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 341

STEP 7

Humbly asked Him to remove our shortcomings.

TRADITION 7

Every group ought to be fully self-supporting, declining outside contributions.

CONCEPT 7

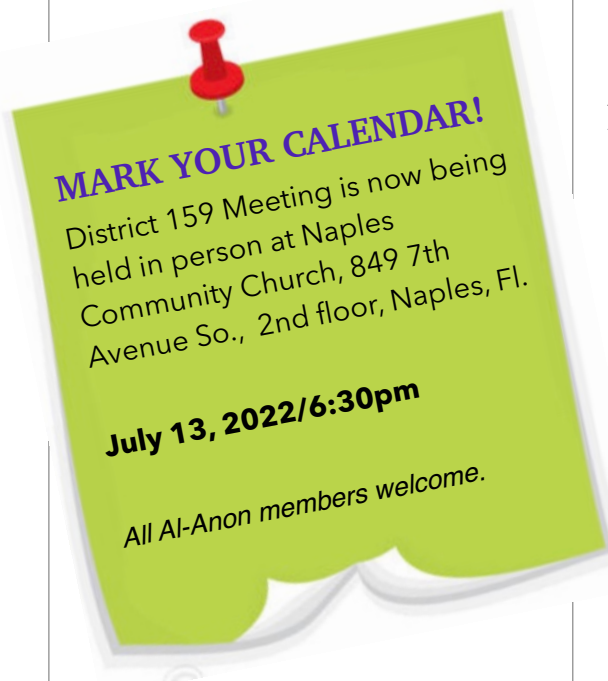
The Trustees have legal rights while the Rights of the Conference are traditional.



TIME TO MAKE A GRATITUDE LIST



A.....	J.....	S.....
B.....	K.....	T.....
C.....	L.....	U.....
D.....	M.....	V.....
E.....	N.....	W.....
F.....	O.....	X.....
G.....	P.....	Y.....
H.....	Q.....	Z.....
I.....	R.....	



To all GROUP REPRESENTATIVES (GR's) in District 159. If you can't make the meeting, please find someone who can cover for you.

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

Click 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

FIRST THINGS FIRST

Before joining Al-Anon, I believed I could only show people I cared for them by investing a lot of time learning about them, their hobbies and interests. I dangerously sacrificed myself especially when they were faced with problems. I did not understand they could find their own solutions if they really wanted them. Instead, I volunteered so quickly to do what they said they wanted or needed that I neglected my own interests and well-being. I was spinning around and around not knowing what task to work on first. I was exhausted.

Thanks to our miraculous program, I am learning what to do and how to do it. My appreciation for the value of our slogan 'First Things First' grows deeper every day. If I stop to meditate and ask the God of my understanding for direction, I am rewarded, especially if I listen. I am grateful to get to practice this ritual every day. My higher power has shown me how enjoyable it can be to put the focus on myself and to create boundaries I never had.

I now know that it is essential for me to attend to my own physical, mental, emotional and spiritual well-being. My feet can be firmly planted on the ground and pointed in the right direction. Only then can I make meaningful contributions and enjoy healthy sustainable relationships with others.

-Naples/Pittsburg

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

DO YOU KNOW?

What are the words
for the acronym

P U S H *



HEARD AT A MEETING

Everything can be solved with
WD40, duct tape and my Higher
Power.

Try meditating on the Serenity
Prayer one word at a time.

I have a choice to do something
different.

Practice does not make perfect,
however practice does make
practice easier.

THE LESSONS OF AL-ANON

1. Ask for Help
2. Keep It Simple
3. Don't make the
problem bigger than
what it is

* Pray Until Something Happens

Celebrate

HAPPY 15th ANNIVERSARY

In 2007, Susan Kay was browsing in the literature room of an AFG Florida South Convention when she came across the book, *Opening Our Hearts, Transforming Our Losses* and thought it sounded perfect for a new meeting that she and some friends were thinking of starting on Tuesdays at the 24 Hour Club. The **Together We Can Make It, AFG** group was formed using this book as the basis for their recovery.

The first sentence on page 1 in *Opening Our Hearts, Transforming Our Losses* says, "Alcoholism is a disease of many losses." It was important to the members not to be seen as a grief support group but as an Al-Anon Family Group where they could acknowledge and understand that there are many types of losses: the loss of a dream, of a relationship, of a childhood or of self.

The meeting began in the Quiet Room at the 24 Hour Club but quickly outgrew the space thus moving to the much larger Big Room during season. "Our group has benefited by focusing on using all our Al-Anon tools to deal with the many losses experienced by those affected by the family disease of alcoholism," explains Susan Kay.

A passage in the book on page 9 reminds us, "Through our willingness to face our losses openly and honestly, we discover our strength and resilience-not despite it but because of it."

Together We Can Make It, AFG is hybrid, meeting every Tuesday morning at 10:30 at the 24 Hour Club, 1509 Pine Ridge Rd., Naples in the Couch Room and on Zoom
ID: 463 741 057 Passcode: 121121

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 is responsible for creating 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, deliver it to the person from your group who will be attending the convention or to another member from another group who will be attending the convention.

Most of all, **HAVE FUN!**

AFFIRMATIONS

Today I'll do a kitchen dance.

I deserve to be treated with respect.

I will listen to my own heart.

PURSUING OUR PIONEERS' PATH

CONVENTION WORKSHOPS

The 32nd Annual AFG Florida South Area 10 Convention, with AA Participation, PURSUING OUR PIONEERS' PATH, 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. 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 such need, and practice Tradition 5. Remember you don't have to do this alone. you can always share the topic with someone else.

Contact our District Representative, Mike S. by email drmcshaffer@gmail.com and let him know you are going to the convention and would like to volunteer.

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 website.

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



MOVING TOWARDS RECOVERY

After 7 years, I finally admitted that I was in a destructive relationship. In the beginning he was sweet, attentive and loving but over time he became impatient and disdainful. I kept making excuses for his hurtful behavior. I questioned my own self-worth. I carried his scornful words in my head which affected my job, my relationships and my self-care.

With the help of my sponsor, upping my meetings and working the Steps I began to recognize that I was being gaslighted, that I needed to start setting boundaries and that I had choices. I knew what I needed to do for me. I let him know that the relationship wasn't working for me anymore. I blocked his number but I still carried the anger, hurt, and betrayal within. I couldn't let it go.

My sponsor suggested I write down what I wanted to say to him *unfiltered*-my resentments. Then she suggested I write down *what I didn't want to say*. I took my time, worked through my feelings, and realized I didn't want to say anything that would invite a reply-another confrontation. I did not want to engage.

Next she suggested writing *what I wanted to say now*. I began to look at myself. What was it about me that I accepted his behavior for so long? I took a look at my issues of abandonment and trust. I became stronger and more confident with the help of the Al-Anon tools of meetings, daily readers, my sponsor and the fellowship. I wrote *what I wanted to say to me*.

She then suggested that I write an amends to him (but not mail it) for my part in the relationship. I kept the focus on myself with no finger pointing, no justifying, no buts. I had to be rigorously honest.

The final step was writing a letter to God sharing my story and then writing a letter *from* God to me to help me *Let Go*.

-Naples/New

Interesting Facts from the 2021 Al-Anon Membership Survey



- Results showed that the average Al-Anon member's age is 62.5 years old. On average, members reported attending their first meeting at 44.1 years old.
- Members identified as female (86.8%), male (12.6%), and neither male nor female (0.6%).
- 49% of members surveyed came to Al-Anon because of a romantic partner's alcoholism/addiction, 14% due to a parent's, and 19% due to a child's.
- On average, 67 out of 100 members reported being affected by alcoholism spanning two or more generations.
- 83% of members report improvement in their mental health within the first year. 93% of members with 4 or more years of Al-Anon involvement indicate improved mental health, with about two out of three indicating significant improvement.

Go to Al-Anon.org for more results.

NEWS ACROSS THE DISTRICT

The **SATURDAY, AFG** 10am meeting has transitioned successfully to a hybrid meeting. They meet at the North Naples Church, 6000 Goodlette-Frank Rd., Naples just north of Pine Ridge Road. The Zoom ID: 899 7409 2714 Passcode: AFGSAT.

HOPE FOR TODAY, AFG Sunday 11am meeting at the 24 Hour Club has changed their format. They are now offering a Speaker meeting the first Sunday of every month. Volunteers are welcome to share their experience, strength and hope. This is an in-person meeting.

The Naples **ALATEEN COURAGE TO CHANGE** has been approved by WSO to restart. The Alateen group will meet on Sundays at 9:30am in the Quiet Room at the 24 Hour Club. Alateen needs more AMIAS'. For those who are interested or would like more information please contact: alateen@naplesal-anon.org

The **THURSDAY NOON, AFG** on Marco Island will transition temporarily to a Zoom only meeting from July 1st to November. In November they will return to their hybrid meeting.

Every quarter, each AFG group reviews their financials. Expenses are planned for and the remainder is divided. WSO's **7th Tradition Guidelines** suggest are:

50% to District
30% to Area
20% to WSO

The operating budget for World Service this year is \$4 million. Due to COVID the projected deficit is \$300,000. Please be as generous as possible in the quarterly appeal.

Go to NaplesAl-anon.org and click on *Members* in the upper right hand corner for a list of addresses for your contribution. Remember to put your group's WSO ID number on your check.

Spiritual Principle of the Month

Humility - the state of being humble; in regards to one's own importance; the key to humility is willingness.

Real humility is to see my true relationship to God and to my fellow human beings.

-Courage to Change pg 161

Humility is seeing things the way they really are and not what I was taught it should be.

-Heard at a Meeting

Am I willing to be more humble?

-Hope for Today pg 117



3 things I will practice every day from now on:

1. I will stop being a crutch for the alcoholic.
2. I will not let myself concentrate on the distressing features of my present existence, but will look for the good things in it.
3. I will remind myself that self-respect can relieve me of the need for pity- my own and others.

-ODAT pg 119

A QUICK 4th STEP

When we are triggered, we start our "Stinking Thinking". This is a time when a specific 4th Step might help by drawing four columns on a piece of paper. The question is - "What Is It About this Person/Situation That Bothers Me".

EXAMPLE:

TRIGGER	WHAT I DO	WHAT I NEED TO DO DIFFERENTLY	MY CHARACTER FLAWS
My husband is going out with his friends tonight	I worry he'll drink I become argumentative I try to control date & time I'm afraid	Acknowledge my fears Call my sponsor Practice trust Send him off with a hug Get busy	Worrisome Fearful Distrustful Controlling

Working Al-Anon's Twelve Steps, we learn how to trust a Higher Power, ourselves, and other people. Just how fast we learn to trust depends on our ability to relinquish control, a control we actually did not have in the first place.

-Blueprint for Progress pg 51

I have little power over what feelings arise, but what I choose to do about them is my responsibility.

-Courage to Change pg 249



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

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 to volunteer and welcome our members!

THANK YOU FOR YOUR SERVICE!

Questions regarding the 2022 Convention, please email pioneerquestions@outlook.com



Pursuing Our Pioneers' Path

Friday, August 26 – Sunday, August 28, 2022
32nd 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

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



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 31st 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 # _____