
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 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION 8

Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.

CONCEPT 8

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.



Today I can practice appreciating myself, my world, and my Higher Power.

-Courage to Change pg 264

This is a lifelong journey.

-Heard at a Meeting

I will end each day with prayers and gratitude...

-Heard at a Meeting

Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.

-ODAT pg 64



MARK YOUR CALENDAR!

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

August 10, 2022/6:30pm

All Al-Anon members are welcomed..

To all GROUP REPRESENTATIVES (GR's) in District 159, if you can't make the meeting ask someone to step up for you and bring back the message to your group.

Concept 4: Participation is the Key to Harmony.



DO YOU KNOW SOMEONE WHO WOULD LIKE A SUBSCRIPTION?

Each month *The Beacon* can be delivered to your 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

Man's Rejection is God's Protection

(How Does Rejection Protect Me?)

Growing up in an alcoholic and dysfunctional family affected my self image. My initial reaction to a recent rejection was sadness followed by negative feelings about myself-not being good enough, flawed, confused and angry with "me".

My sponsor pointed out that when I become negative about me, I am rejecting myself. I am trying to get others to love me when maybe I don't love myself enough. With the help of my sponsor I realized that I was not paying attention to what "I" wanted. I was so focused on their needs that I had dismissed my own wants and needs. I was not being honest with myself about what I wanted but was not getting. I was settling for something that did not truly align with my own desires and values.

Al-Anon teaches me that my experiences in life is about learning, growth and loving myself.

I slowly began to see that this rejection was my Higher Power's way of teaching and protecting me. Today I have confidence that I will move through the sadness, a normal emotion during a situation of loss. I will build on a foundation of loyalty, trust and love within myself while finding happiness. And I will not do this alone.

This is not my favorite slogan but it has helped me to change my perspective.

-Naples/MA

Do you have a favorite slogan? How have you used it? Please share it by emailing it to newsletter@naplesal-anon.org

DO YOU KNOW?

What are the words for the acronym

A S A P *



“Let go of the people who dull your shine, poison your spirit and bring you drama, trauma and chaos. Cancel your subscription to *their* issues.”



A SHORT PRAYER

God grant me the grace to find the space between impulse and action.



As I progress in my recovery, I've noticed that

- I catch myself much quicker
- I make amends sooner
- I accept life on life's terms



* Always Say **A Prayer**



CELEBRATING 19 YEARS

We don't remember exactly what was said, or who said it, but we do remember how we felt," pinpoints exactly what a newcomer shared recently, "When I first walked into the room I felt so anxious, but by the end of the meeting I felt like I belonged; I was getting hugs from people I didn't know."

Formed in August, 2003 the **Saturday Morning Life Savers, AFG** chose *The Forum*, (the monthly magazine of Al-Anon Family Groups) as their prompt for discussion and developed a format around it. The group opens their meeting with individual introductions and in a word or two of how they are feeling. "It is such a beautiful way to own our feelings," said one member.

Each week the chairperson chooses a sharing from *The Forum*, reads the article and shares briefly about the reading. Then they go round the room as each member shares their experience, strength and hope.

"Coming to this meeting was like walking into a room full of friends even though I knew no one. I could feel the experience, strength and hope emanating through the circle," offered one member. While a long-timer observed, "Through the years, I have seen many newcomers 'keep coming back,' grow in their recovery and then serve in many of the group service positions."

The support and friendliness felt during the meeting is extended through the fellowship that follows in the 'meeting after the meeting'. The many genuine expressions of affection expressed about the group and its members is a true testament to the group's continuing health and vibrancy in the Al-Anon family. They continue to make people feel welcomed with real hugs.

The **Saturday Morning Lifesavers, AFG** is hybrid as well as in-person. Their Zoom info can be found on the NaplesAl-Anon.org website.

HEARD AT A MEETING

Life is messy and magnificent.

I feel lost.

I never thought detachment was a loving act.

Keep coming back and back and back.

My HP is with me in this mess.

THOUGHTS

You can make excuses,
Or you can make it happen.

AFFIRMATIONS

I will let go of resentments.

I will be kind to myself.

I can be counted on.

I have a lot to be happy about.

MY STORY

EXPERIENCE: Detroit owned and operated I carry the soul of Motown and the never-give-up attitude of the Motor City. Sometimes, it turned out OK. Other times – well – I landed in the rooms of Al-Anon for a reason.

The legacy of alcoholism went back generations into Ireland and was carried into Detroit, my hometown. I was fortunate that the 12-steps came early into Metro Detroit. My first sponsor's sponsor was Bill W. I was young. He was not. There were no female sponsors available to me at that time.

I was asked to begin my 12-step journey by focusing on being the grandchild of an alcoholic. My father was an ACOA, and my mother was mentally ill with "isms." Growing up, I experienced emotional and physical abuse, neglect, and abandonment. As the grandchild of an alcoholic, I felt the following:

- Numbed out
- Something was missing from my life; I was not sure what it was
- Hollowed out
- Overwhelmed and discouraged
- Low self-esteem
- Perfectionism
- Pronounced sensitivity to rejection

Because of this legacy, I attached to unhealthy people and situations to fulfill the need for drama and trauma. It was the only way I could feel alive.

STRENGTH: The 12-steps are a rotor router to my soul. The deeper I go into my her-story, leading with facts, not denial, and delusions, the healthier and saner I become. Before, I used to detach and run away from people and situations. Now, I pause (at least a week and a day), turn around and process the learning opportunity and find the joy in becoming a wiser woman.

HOPE: My surrender to the truth has led to sanity (most of the time) and has brought serenity. As was shared, "I have to be willing to let my pain tutor my soul." The 12-steps work if you work them. "You may not find a pot of gold at the end of a rainbow," but you will find yourself. Cue up your favorite Motown music. You are in the rooms—dance in celebration.

-Detroit

Everything in life is either a lesson or a blessing.
Every lesson is a blessing, so
Everything in life is a blessing.

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

For \$11 a year-12 issues- it's less than a \$1 a month. It is said that The FORUM is like a meeting in your pocket.



SHE HAS REACHED HER LIMITS

DEAR ABBY: My husband of 20 years has had DUIs in the past. He has always been a binge drinker when socializing. He has been going out once a week after work for three hours, during which he drinks and then drives home. He tells me he has a couple beers, but his tab and his face tell a different story.

We have three teenagers who see his behavior, and it sets a bad example. My other worry is that he may take the kids somewhere after he gets home from his weekly outing. I have instructed them not to let Dad take them anywhere on Wednesdays (his regular bar day). I have also asked him not to drive them anywhere on Wednesdays. I make sure I work from home on that day, but all of this doesn't seem like enough, and I want him to stop.

I have thought about divorce for this and other reasons, but I worry his drinking would get worse. I've also considered doing an intervention with family. I'm at the end of my rope and ready to do something, but what is the next step? — *REACHED MY LIMIT IN ILLINOIS*

DEAR REACHED: Step one should be to attend some Al-Anon meetings. This is an organization founded to help the friends and families of someone with an alcohol problem, which it appears your husband has. Those meetings will give you perspective. Your next step will be to figure out what divorce may mean for you and your children financially. Once you have that information, tell your husband — while he is sober and you are calm — that you have reached your limit and, unless he is willing to quit drinking, you are going to leave him. See how he reacts and, if nothing changes, follow through.

-submitted by Elyse

-Reprinted from DearAbby.com daily

MAKING AN AMENDS

I make an amends to regain my sanity.

Then I write down my amends to help me not repeat it.



HAVING A HIGHER POWER HAS HELPED ME IN 3 WAYS:

1. Higher Power helps me focus on what's really important
2. Higher Power is with me - I am not alone
3. With Higher Power, I am learning to Let Go



What's Your Group's Anniversary Date ?

Are you going to acknowledge your anniversary? Will you have a speaker? Any refreshments? Do you want other people from other AFG groups to celebrate with you? Then send your information to The BEACON at newsletter@naplesal-anon.org and we will get the word out!



NEWS ACROSS THE DISTRICT

As a courtesy to our Estero neighbor, we are happy to list in District 159's *Where and When* Friday noon's hybrid meeting **How Al-Anon Works, AFG**. This group meets at the Estero Church, 8088 Lord's Way, Rm A-10, Estero, FL 33928. For those who live in Bonita Springs this meeting will be very convenient.

DISTRICT 159 is still looking for a "speaker seeker" for our **Speakers Bureau**. This Chairperson maintains a list of Al-Anon members willing to speak about their experience, strength and hope at Al-Anon events, Open AA meetings, schools, etc. The Chairperson arranges for those speakers at these events when requested. It's a wonderful opportunity to meet new people and do service. It's just fun to do!



CHANGES

The Sunday 9:30am **How Al-Anon Works, AFG Beginner's Meeting** has *moved* to **7:00pm Friday** at the 24 Hour Club, 1509 Pine Ridge Rd., Naples, FL 34109. The group meets in-person in the Quiet Room. While this is a Beginner's meeting all are welcome.

The Sunday 9:30am **Serenity for Parents & Families of Alcoholics, AFG** has split into two separate groups. The in-person meeting *only* will continue to meet at the 24 Hour Club in the Couch Room. Starting August 7, 2022, the 9:30am ZOOM *only* part of **Serenity for Parents & Families of Alcoholics, AFG** will have a new Zoom ID 8679 311 6786, Password 123 456.

The Thursday 10:30am **Discovering Choices, AFG** will temporarily become a Zoom meeting only as of August 5, 2022. The Zoom ID 800 691 628 Passcode 121121. In October they will revisit the renewal of a hybrid meeting in time for season.

Don't Forget Your Basket!

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, 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!**

A daily dose of the 6 S's—

Steps, Slogans, Serenity Prayer, Service, Sharing, and Sponsoring— keeps my disease in remission.



A PANDEMIC, PUZZLES & A PROGRAM

My sister and I will start our 7th jigsaw puzzle today. It's occupied us for many hours as we "stay at home." In the beginning it felt a bit of a time filler. I even classified it as "waste of time."

If we pray for the lessons, God will provide.

Lesson 1: I'm so grateful to have 2 of the most important people in my life isolated with me. My precious husband and sister. My sister is on the 18th floor and we are on 16. We're able to visit, share meals, do puzzles, read, watch TV and process this event together. We're quite the threesome.

Lesson 2: working puzzles takes observation, patience and order.

Lesson 3: puzzles are put together 1 piece at a time.

Lesson 4: Sometimes a single piece will line up with color and shape, actually fit, but it's not in the right place so the puzzle won't line up at the end.

Lesson 5: a puzzle is totally about the process, the journey, 1 piece at a time.

Lesson 6: even though we are working the puzzle together we process it differently. Marsha has her way and I have mine. Neither processes are right or wrong, it's just our way of putting it together.

As we get to a new shift in this virus 🤒 we each have to decide for ourselves to ease up on restrictions or not. If there's ever a time to call on a Higher Power it's now. Staying in my hula-hoop and not judging other's actions is very difficult right now. We will all put this puzzle together in our own way, one day and one step at a time.

- Naples/Written during the pandemic.



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.

AREA 10 SERVICE EVENT

District 150

November 5, 2022 10am-3pm

Estero Church
8088 Lord's Way Rm A-10
Estero, Florida 33928



PUTTING OUT AN S.O.S. FOR VOLUNTEERS

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 TAKEN**
-UNACCEPTABLE BEHAVIOR

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

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

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

There are two workshops - "Anger" and "Let Go & Let God" still looking for volunteers. Everyone has experienced "Anger" and trying to "Let Go". This is a wonderful opportunity to share your experience, strength and hope in how you dealt with the topic, how it's working for you *or not*, maybe you're still working on it. Recovery takes time. You don't have to be perfect or do this alone, you can share the topic with a friend. Participation is fun!!

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.

Spiritual Principle of the Month

Responsibility - a moral obligation to behave respectfully toward another and to oneself.

It is my responsibility to solve my own problems *with* the help of the God of my understanding.

-*Courage to Change* pg 6

I *thought* I had to be responsible for everything and everyone.

-*Hope for Today* pg 63

Am I failing to respond to my own needs?

-*Blueprint for Progress* pg 38

...letting go of my *exaggerated* sense of responsibility.

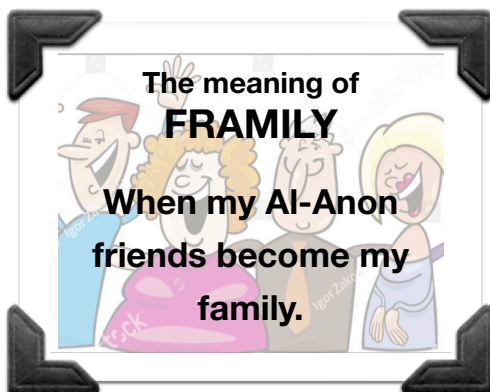
-*Courage to Change* pg 101

"No one can pick up the ball until I've dropped it.

-*Hope for Today* p 183

I am over-responsible for others and under-responsible for me.

-*Heard at a Meeting*



REFLECTIONS

"One of the effects of alcoholism has been that I've been overly involved in other people's choices. If I feel responsible for someone else's behavior, and I have not detached from whatever I am allowing to embarrass, frustrate, or otherwise bother me then I'm still thinking of that person as belonging to me, as a possession rather than an individual. I used to lay out my loved ones clothes, so that his appearance would represent me well. In Al-Anon I learned that by doing this I am really insinuating that he is less able to select what he wishes to wear than I."

-*Blueprint for Progress* pg 29

-*In All Our Affairs* pg 101

"Today, by being aware of the words I use, I am learning to communicate more responsibly. I not only share in a more straightforward manner, but I also argue in a healthier way. There are better ways to express myself than to say, 'You did such and such to me.' I can talk about myself and my feelings. I can explain the way I experience something rather than telling the other person how he or she made me feel. I can talk about what I want. I am no longer a victim."

-*Blueprint for Progress* pg 35

-*Courage to Change* pg 174



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 # _____

<https://www.signupgenius.com/go/10C0E4BAFA82CA1F9CE9-hospitality>

Remember - Convention Registration deadline is 8/7/2022
Hotel Reservations deadline is 8/1/2022

REGISTER AND RESERVE NOW TO RECEIVE THE SPECIAL RATES.

ALL INFORMATION IS ON OUR WEBSITE: naplesal-anon.org