

# 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 34!

## STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

## TRADITION 10

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

## CONCEPT 10

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.



## PURSUING OUR PIONEERS' PATH



See page 7 for South Florida Area 10 Convention fun



## MARK YOUR CALENDAR!

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

**October 12, 2022/6:30pm**

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

Concept 4: Participation is the key to harmony.



*I may not have everything I want, but today I have everything I need. (Courage to Change p301).*

We are so grateful that those we love have made it through the storm. Much of District 159 has been destroyed but our hearts will remain dedicated to supporting one another. We will rebuild and renew over time.

*This too shall pass. (Hope for Today p227)*

## 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

## LET GO AND LET GOD

Working the 12 Steps and using Al-Anon slogans has helped me to change myself, my attitude, my perspective and my behavior.

The slogan I use the most is "Let Go and Let God". I'm reminded that in the first three steps I surrendered and turned my life and that of my loved ones over to my Higher Power. I let go of fear and judgment and trust the outcome.

Recently I had a mishap which resulted in a large gash on my lower leg. I anticipated a short recovery and looked forward to returning to my morning laps in the pool. Six weeks later the wound had still not healed. I continued to "Let Go and Let God" and was guided to a wound center for further help.

Although I have not yet been able to return to the pool "Let Go and Let God" has helped me to accept what is and leave the rest to my Higher Power. I have replaced anxiety and frustration with serenity and gratitude.

Thank you, Al-Anon.

-Naples

## TRY HARDER (?)

I use to think that if I just tried harder, everything would be better. Life would return to normal, dinners would be peaceful, relationships would improve if I only tried harder.

Recently I was reminded that "Try Harder" is not a slogan.

-Naples

Is there a slogan you use often? How has it helped? Please share it by emailing it to [newsletter@naplesal-anon.org](mailto:newsletter@naplesal-anon.org)

## DO YOU KNOW?

What are the words  
for the acronym

**H O W\***

## HEARD AT A MEETING

You can't fix the problem with the same mind that created the problem.

The courage to change is walking into these rooms.

What we focus on increases.

Forgiveness is giving up the hope to change the past.

## THOUGHTS

We are challenged to  
go through things  
or grow through things.

\*Humble, Open Minded, Willing



It has been heard in a meeting that people come into our lives for a reason or a season. This can be said about Georgia and Helen, founders of the Tuesday noon, Bonita Springs **Courage to Change, AFG** meeting in 1987. They came together, saw a need, got the meeting registered and then went their separate ways.

From the beginning, a very simple format was created. Whoever chairs the meeting chooses the topic and then opens the meeting for discussion. Once a month they discuss the Step and Tradition of the month.

One member reminisced about the special people she had met over the years who kept the meeting healthy & vibrant. People who demonstrated patience & flexibility, positive attitudes, uncommon service and yet carried unbelievable sorrows.

Another member appreciated how even though it's a "We" program and we recover together. People in this meeting used "I" when sharing their experience, strength and hope, reinforcing for her, "I'd rather see a sermon than hear a sermon".

It was noted that "the meeting has always been well attended. We have a nice mix of long-timers with lots of recovery as well as double-winners who bring a different perspective to our discussions thus creating a unique meeting."

An anniversary celebration is planned for during season.

**Courage to Change, AFG** meets in person Tuesday at noon at the First Presbyterian Church of Bonita, 9751 Bonita Beach Road SE, Bonita Springs, FL 34135.

## AFFIRMATIONS

Right here, right now, in this moment, I am fine.

Today, I will act in my own best interest.

"I am larger, better than I thought, I did not know I held so much goodness.

-One Day at a Time pg 296



## HUMOR IN AL-ANON

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference.

-Heard at a Meeting



Yesterday is history,  
Tomorrow's a mystery,  
Today's a gift,  
That's why it's  
called the "present"!

Meditating on the 12 Steps for an ever-deepening understanding

## BEGINNING WITH THE WORD "WE"

To gain the ever-deeper experience of the word "We", I have divided my understanding into three internal steps. I **prepare**, I **listen** and I sometimes **share**. I am intentionally moving away from judgement and control toward insight and connectivity. In each step, I enjoy how my God can move through me.

In **preparation**, I first sit in the room and quiet myself. This quiet space works to soothe and calm me. I then set the intention within myself to experience loving compassion, to be open, to connect to myself, and to pay attention to who is sharing. This raises feelings of peace and serenity within. The skill of being present is, for me, learned through practice. I practice this for deepening my skills and habituation.

As I **listen** in quiet, loving intention, I find wisdom can always be illuminated no matter who is sharing and what is shared. When a person shares from a place of healing, focusing on their own internal experience, strength and hope, their words touch a part of me that just happens to be ready at that moment to see in a way that I have not been able to. Practicing being quiet has improved my ability to listen. This raises a myriad of feelings as I connect to myself and gradually see others more clearly as children of God. I practice this for deepening my skills and habituation.

I **share** to improve my connection without correcting or educating others. Sharing my struggles reduces their power over me and the burden I feel. Sharing opens up possibilities for improvement and a shift in my perspective. I share in a place of safe and trusted outlets. Speaking freely of my joys and healing multiplies the gratitude I feel and increases my sense of serenity. Again, I practice this for deepening my skills and habituation.

I have adopted "We" as part of my recovery, growth and maturation. Within "We", I have used these three steps to reduce my fear based on habitual beliefs of judgement and control. I am moving toward a more loving insight and connectivity habituated perception which offers space for my higher power to move through. Investing in the practice of "We" has deepened my capacity for a relationship with God, myself and others. "We" has been a meaningful part of my recovery and I am grateful to share in our "We".

-Naples



## 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.

### DISTRICT 159 MEETING

**October 12, 2022**

**6:30pm**

Naples Community Church  
849 Seventh Avenue South, 2nd fl  
Naples, FL

### 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 go to  
[naplesal-anon.org](http://naplesal-anon.org) website.

See flyer at the end of this issue

### AREA 10 SERVICE EVENT

**District 150**

**November 5, 2022 10am-3pm**

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

See two-page flyer at the end of  
this issue

**Some events might be  
rescheduled because of  
Hurricane Ian.**

## SCENES FROM THE 32nd ANNUAL AFG FLORIDA SOUTH AREA 10 CONVENTION

The 32nd Annual AFG Florida South Area 10 Convention entitled *Pursuing Our Pioneers' Path* was, in the word of one attendee,



“awesome!” Over 500 people gathered together for a weekend of fun and fellowship at the beautiful and well appointed Marriott in West Palm Beach, Florida. The days were jam packed with Step meetings, workshops and fund raising with delicious dinners, inspirational speakers, socializing and a “Square Dance Hoedown” rounding out one of the evenings.

Throughout the day, there were Step Meetings every hour along with a variety of creative, interactive and thought provoking workshops which everyone seemed to enjoy.

45 workshops were offered “providing insights, clarity and sometimes an epiphany.” Sophie H. felt “attending the workshop, *Putting Lipstick on a Pig-Unacceptable Behavior*, was particularly relevant to some of the power struggles in my own life.” Denise heard that “we don’t have to make decisions, we can make choices” at the workshop, *Through the River or Over the Rocks?-Making Decisions*. Also she said that she was

touched by the heartfelt message, heard at the workshop *Patch Your Quilt-Forgiveness*.

**“It was the most  
fun I ever had  
while doing service.”**

*-Cindy S.*

Mary, one of the many workshop volunteers, explained how she always asks one or two other

members to help in introducing a topic workshop at the annual convention. Mary explained, “This year, Barbara, Cindy and I chose the topic entitled, ‘Watch Out for the Quicksand-How Important Is It?’ The fun of doing service began when we met to brainstorm how we would introduce that slogan. We decided to create the ‘How Important Is It?’ game-show

*-continue on next page*

## TWIRLING

Standing with my arms extended and turning in a full circle gives me a visual marker of the extent of my responsibility. If it doesn't come into my space, I leave it alone.

-Hope for Today p 209



I forgive the past.

I allow the present.

I trust the future.



### JUST A REMINDER

#### AFG Groups

**Update and distribute your  
AI-Anon Meeting's phone list**

## CONVENTION SCENES *continued*

skit with a host and contestants. The contestants had completely opposite viewpoints on the questions about "How Important Is It?". The prize was the priceless gift of Serenity. The members in attendance seemed to enjoy the skit as well as the "How Important Is It?" bookmark they received.

The Program featured a variety of speakers from AA, Alateen and AI-Anon. The speakers were powerful, mixing humor and candor throughout their message. Sophie H. thought the Saturday Speaker's "humor and candor were very refreshing," adding that she was "most engaging with her quick wit and sense of humor combined with honesty, making the evening entertaining yet also productive to all our recovery programs."

The Sunday Speaker, Shirley from Arkansas, was noted for her "exceptional" delivery "bringing people to laughter and tears as she shared about her love for the alcoholic and treating him with dignity." Shirley definitely enriched my life hearing her message of "life on life's terms," offered Gretchen, a first time convention attendee. She also remembers Shirley's one liners: "Never Say No to Service" and "My Husband and I Didn't Fall in Love, We Fell in Sick." For Sophie H., Shirley's demeanor and her story "were very emotional and the most stirring."



Kudos to the hospitality team for being so warm and friendly. Fund raising was successful with delicious home made goods, wonderful creative arts & crafts and over 75 gorgeous raffle baskets. Ticket sales were brisk. The 50/50 raffle paid out almost \$900-not bad for over 500

attendees!

"Conventions are another wonderful tool of our program," said Mary. "I have already registered to attend the 2023 Convention from August 18-20 at the Hyatt Regency Coconut Point Resort in Bonita Springs."

## LISTEN & LEARN



### One Day at a Time in Al-Anon (eA-6)

**Audio edition** of Al-Anon's first daily reader. Inspirational readings relate Al-Anon philosophy to everyday situations, helping to make each day better than the one before. Seven hours and 48 minutes long, narrated by anonymous Al Anon members whose willingness to participate in this service project made the audio book possible.

### Courage To Change: One Day at a Time in Al-Anon II (eA-16)

**Audio edition** of more daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives. Nine hours and 15 minutes long.

Available through:

[e-commerce.al-anon.com](http://e-commerce.al-anon.com)

Category: AV/Audio

Daily Reader

Also through:



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## MY STORY

### EXPERIENCE

I was born into an alcoholic family. The shame, the guilt, and the consequences of facing that truth were far too great. We were taught: see nothing, hear nothing and never talk about it. As a child, I recall looking for my father, finding him asleep in yet another doorway in the neighborhood and bringing him home. The physical fights between my parents translated into us four siblings fighting amongst each other and then taking it out into the streets.

My life continued this way until I married at 18 and left home. That marriage produced two children and lasted 10 years. What I didn't realize was how insane I had become.

When my daughter fell victim to this family disease, my world fell apart. The pain had become unbearable. Because of this cunning and baffling disease, I had no idea about the part I played in all of it. I started looking for answers.

### STRENGTH

My therapist at that time sent me to Al-Anon. Nobody there asked me questions and nobody told me what to do except to keep coming back.

After that first meeting, one of the ladies walked outside with me and when I broke down in that parking lot, she held me and let me cry for what felt like an eternity. When I looked up again the parking lot was empty and everyone had left.

### HOPE

Slowly, very slowly Al-Anon gave me back my sanity and my life. I found out I was not alone. I found out there was recovery and hope for me. I found out there was a recipe called the 12 Steps, Traditions and Concepts; that I didn't have to continue to live the way I was living. The members of this amazing fellowship loved me when I couldn't love myself, held me up when I couldn't stand on my own.

By the grace of God, today my daughter is in recovery and I continue to be. We talk program, both go to meetings and practice the 12 Steps on a daily basis. Our relationship has never been better. Al-Anon gave me that.

Al-Anon gave me Serenity, a way out, a better life. I will always be grateful.

-Naples

## CONCEPT 10

**Service responsibility is balanced by carefully defined service authority and double headed management is avoided.**

I always try to apply Al-Anon's Concepts to my personal life. So when I read in Concept 10 the idea of service authority and double-headed management I recognized myself and not in a good way.

One evening, I asked my husband for help loading the dishwasher after dinner. When he finished stacking the dishes, glasses and flatware in the dishwasher, he left the kitchen. I went to the dishwasher and rearranged the dishes, glasses and flatware. That's double-headed management!!

One winter morning, my son went out into 25 degree weather to shovel the snow from the path to the street. I stood at the door and supervised where he should put the snow and how wide the path should be. That's double-headed management!!

By my actions I am saying they don't know how to do the job as good as me.

Now, whatever job they're doing, if they don't need me, I leave them alone. And when they're finished, I thank them.

## NEWS ACROSS THE DISTRICT

The following meetings have either made some changes or are in need of support.

The **M&M-MONDAY MORNING ON MARCO, AFG** at 11am is on Zoom only for now. Zoom ID: 576 707 179 PW: 070 857

The **WEDNESDAY SERENITY, AFG** 10:15am hybrid meeting at St. Peter's Ministry on 5025 Rattlesnake Hammock in East Naples could use support.

The **THURSDAY NOON, AFG on Marco Island** is on Zoom for now until November. Zoom ID: 176 642 700 PW: 747 488

The Thursday **DISCOVERING CHOICES, AFG** 10:30 Zoom meeting could use support. Zoom ID: 800 691 628 PW: 121 121.

**DISTRICT 159** desperately needs an **Al-Anon Information Service Liaison (AISL)** and an **Alternate AISL**. The only qualification is that you have been a Group Representative for 3 years. Other than that it's pretty easy because you never do the job alone. There's always someone to guide you.

The job description on our website says the AISL chairperson "aids the groups in the common purpose of carrying the Al-Anon message to families and friends of alcoholics as the link to the public." The AISL serves as the umbrella to all the service arms, gathering and coordinating their monthly reports.

Along with attending the monthly District 159 meeting, the monthly Area 10 meeting, the Spring and Autumn Area Assemblies and the Area World Service Conference, the AISL chairperson would meet with other AISL chairpersons from other districts and bring back information and new ideas to the various service arms and GR's of our district.

If you're good at organizing, this volunteer position could be the service job for you! Attend a district meeting and then make a decision.



## Spiritual Principle of the Month

**Acceptance** - recognizing reality without trying to change it.

Acceptance brings relief from impossible responsibilities.

-Paths to Recovery pg 9

Acceptance doesn't mean I have to like it.

-Heard at a Meeting

Acceptance means simply admitting there are things we cannot change.

-ODAT pg 76



### 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](mailto:newsletter@naplesal-anon.org) and we will get the word out!

## KNOW YOUR VALUE

I am living in Tyson's Corner, VA now and was feeling a little lost, away from my familiar Naples Al-Anon meetings. I recently attended an Al-Anon meeting nearby in Falls Church, this evening. It was a diverse group of 15.

I listened to two people sharing their experience in attempting to form an Alateen group. They were planning to drive 2 hours south to Richmond for their certification and 2 hours back. I was so impressed with their hunger for service. I shared my Alateen (sponsor) experience in a way to encourage and commend them. After the meeting one of the woman asked for my phone number as she wanted to ask more questions.

Being away from in-person meetings and in a new area I had lost my sense of value. I was awakened and truly had my God moment. Looking forward to next week's meeting.

-Elysee

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The Serenity Prayer suggests I ask God for "courage to change the things I can." The word is *things*, not *people*.

" In every problem, great and small, the Serenity Prayer will work for me if I keep aware of its meaning every time I say it."

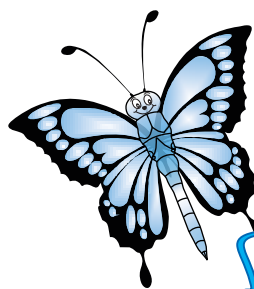
-One Day at a Time pg 279



### 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.**

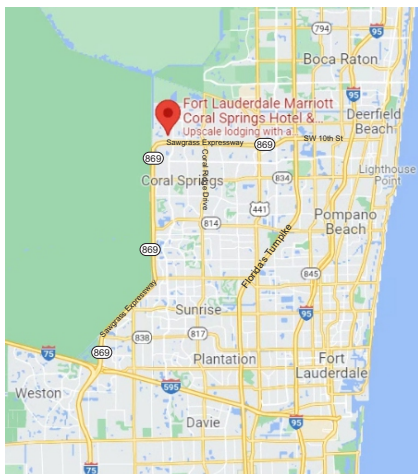
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# Florida South Area 10 Fall Assembly 2022



**Friday, October 21, 2022 8:00 PM to  
Sunday, October 23, 2022 at Noon\***



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

**Directions:** Take Florida's Turnpike, I-75 or I-595 to the Sawgrass Expressway (869) OR Take I-95 to the SW 10th Street Exit. Go West on SW 10th street which turns into the Sawgrass Expressway. Take the **Sawgrass Expressway (FL-869)** to Coral Ridge Drive (Exit 14). Go North on Coral Ridge Drive/Nob Hill Road approx. 1/4 mile to Heron Bay Blvd. Make a left on Heron Bay Boulevard. The hotel is just ahead on the right.

Please use the link below to make your reservations:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1659029794191&key=GRP&app=resvlink>

or call 1-800-311-8018 and mention "Assembly October Meeting"

**Last Day to Book is Friday, September 30, 2022**

The room rate is \$125 per night, plus tax.

## Please bring your Service Manual.

Everyone attending this assembly must be registered as an AI-Anon or Alateen member  
Friday REGISTRATION is open 6:30 - 8:00pm • Saturday REGISTRATION is Open 8:00 – 9:30am

\* Sunday noon ending time is approximate There will be meal and other breaks throughout the weekend.  
If time permits there will be a spiritual meeting on Sunday following the close of the Assembly meeting.

**VOLUNTEERS  
NEEDED  
!!**



**SAVE  
THE  
DATE!!**

## **AREA 10 "We are All Connected" Service Event**

hosted by District 150 AFG



Saturday, November 5, 2022

10:00 - 3:00 PM at

Estero Church

8088 Lords Way St, Estero, 33928

**\$5 per ticket** Lunch & drinks provided  
(basket will be passed)

Hotels near venue for consideration of an overnight stay (Check others near Estero, FL 33928):

- ❖ Embassy Suites by Hilton 239-949-4222
- ❖ Hampton Inn & Suites 239-947-5566
- ❖ Springhill Suites by Marriott 239-948-0200

*Ticket sales will open 8/1/2022*

**\*FUN \* FELLOWSHIP WITH OUR AREA \* 50/50 \* PRIZES**



**Volunteers Needed** - Please contact:

Jill L (239)898-2383 or Sue G2 (732)598-4805

Or send an email: [jill.lopez0@gmail.com](mailto:jill.lopez0@gmail.com)

## CONNECTIONS IN THE LEGACIES

### Connections in the Legacies What if the Legacies are connected Vertically?

In the 12th Step we're left with the question: How do I practice these principles in all our affairs?  
*The answer is in the Traditions!!*

In the 12th Tradition we're left with the question: How do I place principles above personalities?  
*The answer is in the Concepts!!*

### What if the Legacies are **also** connected Horizontally?

Common Guiding Principle of Step/Tradition/Concept One: **Powerlessness**

*I admit that I am not in charge.*

Common Guiding Principle of Step/Tradition/Concept Two: **Delegation**

*I delegate power to others.*

Common Guiding Principle of Step/Tradition/Concept Three: **Decision**

*I cut away (decide: *de*-away + *caedere*-to cut) that which does not belong.*

Common Guiding Principle of Step/Tradition/Concept Four: **Participation**

*I fully participate as an individual.*

Common Guiding Principle of Step/Tradition/Concept Five: **Right-Sized-ness**

*I have a perception that is only one part of the whole picture.*

Common Guiding Principle of Step/Tradition/Concept Six: **Pause**

*I allow something else to do the doing.*

Common Guiding Principle of Step/Tradition/Concept Seven: **Humility**

*I humbly do my part in the next right action.*

Common Guiding Principle of Step/Tradition/Concept Eight: **Part of the Whole**

*I acknowledge that many people make up the whole.*

Common Guiding Principle of Step/Tradition/Concept Nine: **Responsibility**

*I am responsible for my part; others are responsible for theirs.*

Common Guiding Principle of Step/Tradition/Concept Ten: **Reassess**

*I respect (*re*-again + *specere*-to look at) what is my business and what is not my business.*

Common Guiding Principle of Step/Tradition/Concept Eleven: **Patience**

*I wait to follow the will of the whole.*

Common Guiding Principle of Step/Tradition/Concept Twelve: **Spiritual Awakening**

*I live a principles-based life as an individual, in relationships, and in the world.*