

THE BEACON

Al-Anon Family Group I District 159 I 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 11

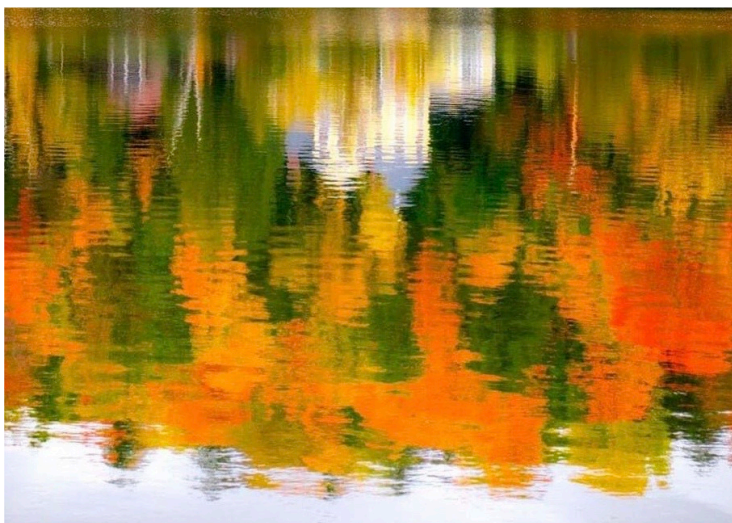
Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of his will for us and the power to carry that out.

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, video, films, and TV. We need guard with special care the anonymity of all AA members.

CONCEPT 11

The World Service Office is composed of selected committees, executives and staff members.



UPON REFLECTION...

I remember as a child, climbing trees to better observe a nest of baby birds, and lying on my back wondering what it would be like to fall into a sky full of clouds.

-Courage to Change pg 190

We would sing “You are my sunshine”.

-Heard at a Meeting

The birds were singing, and I noticed tiny green buds popping out from every seemingly dead tree, and it filled my heart with an inexplicable joy.

-Having Had a Spiritual Awakening pg 13

I was told that I was born one beautiful sunny afternoon.

-Having Had a Spiritual Awakening pg 114

I have learned to “go with the flow”, to blend in with what is around me, and to partake of the beauty of living each moment....

-Having Had a Spiritual Awakening pg 49



MARK YOUR CALENDAR!

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

November 9, 2022 /6:30pm

All Al-Anon members are welcome.

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.

WANT TO SEE HOW A DISTRICT MEETING WORKS? THIS NOVEMBER 9th AT 6:30PM YOU CAN OBSERVE YOUR AL-ANON VOLUNTEERS IN ACTION BY GOING ON ZOOM 862 6388 6284 NO PASSWORD NEEDED.

DO YOU KNOW SOMEONE WHO DOESN'T HAVE A SUBSCRIPTION?

Each month *The Beacon* can be delivered to their 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

LET IT BEGIN WITH ME

Six T's to build healthy relationships:

Together
Time
Talking
Truth
Trust
Three

The key to a healthy relationship is, "What we KNOW about one another."

When we, TOGETHER, invest TIME; TALKING to one another, person-to-person or "face time" if need be; when we speak the TRUTH in a gentle, loving way, we build TRUST. It takes THREE. You, me, and our Higher Powers in the center.

It also takes "willingness" on our parts to create, improve, invest in and resolve conflicts in any relationship.

"To understand is to be understood."

"LET IT BEGIN WITH ME."

-Bonita Springs

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

Do You Know This Acronym?

N U T S



THOUGHTS

I'm not ok, you're not ok,
but it's ok.



HEARD AT A MEETING

I am a recovering co-dependent.

95% of the things I worried
about never happened.

Recovery is found in the small
things.

I didn't know what was going on
with me but I knew everything
that was going on with the
addict/alcoholic.

*Not Using The Steps.



In 2004, Juliette L. remembers wanting to start an early evening meeting. Since there was a Monday 5:30 pm AA meeting, it made sense to her to have an Al-Anon meeting at the same time; a time that fit conveniently between getting out of work but before going home. After approaching a few people about her idea, they came up with the name of **Happy Hour, AFG**. They created a simple format - chairman's choice, made up a flyer, and registered with the WSO. They were lucky enough to secure a room in the same North Naples, Community Congregational Church where the AA meeting was being held. Eventually, both meetings moved to Bay Presbyterian Church in Bonita Springs.

From the beginning there was a strong commitment of people stepping up to do service-chairing, being the treasurer, or secretary or GR. As time went on Speaker meetings were established once a month drawing a large crowd.

One Al-Anon member remembers, before COVID, how people came early to claim their seat and stayed late for the meeting after the meeting. Attendance rose to 20-25 regular members showing up each week. "Our meeting took a hit during the pandemic. Attendance dropped to a core 5 or 6 members on Zoom, but since we have gone back to in-person meetings our numbers are growing.

Another member shared that this particular meeting gave her a reason to hope. I was encouraged to join the "meeting after the meeting". As one member noted, "Fellowship is important in our recovery. We are not alone in this disease. We offer a new way to live."

The Monday **Happy Hour, AFG** meets at 5:30pm in person at Gulf Shore Church, 25300 Bernwood Dr., Bonita Springs, 34135.

CHOICES

I choose to be blessed.
I choose to be grateful.
I choose to be excited.
I choose to be thankful.
I choose to be happy.

What do you choose?



**“IT WORKS
WHEN
YOU
WORK IT”**



I didn't know better,
but I've learned better,
so now I do better.



NEWS ACROSS THE DISTRICT

DISTRICT 159 will be doing a trial-hybrid District meeting on November 9th at 6:30pm. Anyone can attend. Join us to see first-hand how decisions are made and information is disseminated. Maybe **you** might like to volunteer for one of the open positions. Zoom ID 862 6388 6384 Passcode 123456.

AREA 10, DISTRICT 150, SERVICE EVENT entitled “We Are All Connected” scheduled for November 5, 2022 at the Estero Church has been **cancelled** due to complications from Hurricane Ian. The event will be rescheduled for 2023. Tickets already purchased will be honored at that time.

The **TUESDAY TRANQUILITY, AFG** 7-8pm meeting at St. Monica's on Immokalee Road, Naples has a Speaker Meeting every 5th Tuesday and a Legacy Meeting every 3rd Tuesday of the month.

Many of you have reached out and asked how you might help in **DISTRICT 150** in the aftermath of Hurricane Ian. We are doing fairly well, but many have suffered unimaginable loss. Here is a way you might help. It was suggested that we collect donations of both Conference Approved Literature and money to replace the books for those who lost their literature in the hurricane. Many have inquired about how to make those contributions. Sara B. has volunteered to lead this effort.

If you:

1. Have new/used CAL you would like to donate
2. Would like to contribute financially to a District Book Order
3. Or if you need to replace CAL as a result of Hurricane Ian

Please contact Sara B. at
SaraBarker@outlook.com or (502) 319-0121

When I make a commitment
to service,
I make a commitment to
myself.



LOOKING FOR A GIFT?



The FORUM
is a gift that
keeps on
giving 12
times a year.

It features timely sharing 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

ecomm.al-anon.org
or al-anon.org/Forum.

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.

WHAT ARE AMIAS?

Earlier this year, there were two brothers anxiously waiting to be reunited with their Mom and Dad. Their parents showed up drunk for the scheduled hearing in family court. This is where Alateen could make a difference in their young lives but only if there's a program available in their neighborhood and only if there are volunteers to make an Alateen meeting happen.

A volunteer is called an AMIAS, an acronym for *Al-Anon Member Involved in Alateen Service*, also known as an *Alateen Sponsor*. AMIAS's are certified after having a background

check and training in South Florida Area guidelines. All Alateen meetings have two volunteers present.

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

-Hope for Today p 322

Guiding young people with the
same program principles as adults
can be very rewarding. "Generally
speaking," observes one volunteer,

"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 and kids are affected by what they see and hear . . . thus causing them anxiety and fear.

Benefits of the program flow back and forth between the kids and the volunteers. Alateen reminds the volunteer, as well as teaching the teen, of a deeper meaning of anonymity. For example, there are two teens in a meeting, one has a parent who is the CEO of a successful company and the other child is being raised by a single parent and is on public assistance. Anonymity is lost when last names are mentioned. In addition, the principles of our program could become secondary to personalities.

As one volunteer said, "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."

For more information email: alateen@naplesal-anon.org

AFFIRMATIONS

I am my top priority today.

I have learned to appreciate myself.

I will choose how I feel at the end of the day.

I am trustworthy.



A PRAYER

When I talk to my Higher Power I ask for the strength to let go, to surrender; instead of manipulating, managing and living in fear.



HUMOR IN AL-ANON

“Some come to the fountain of wisdom to drink.
Some come to gargle”

- *Courage to Change* p 233



Maria Elena had moved from Miami, where there were numerous Spanish speaking Al-Anon meetings, to Naples where there was one Spanish speaking meeting and quite a distance from her home. While attending the meeting she met Carmen and Marcella who also wished for a meeting closer to home.

In 2004, Maria Elena approached an AA Club and asked to be allowed to establish an Al-Anon meeting using their room when they weren't using it. At first six to seven people attended. Maria Elena remembers that “quite a few people did not read or write. They spoke a dialect. One of the members read aloud to them from *Courage to Change*.” Childcare services was provided for those who needed it in order to attend a meeting.

By 2006 **Nueva Esperanza, GFA** was registered with WSO. At the first business meeting Maria Elena volunteered to be the Group Representative (GR), Marcella the Treasurer and Carmen the Secretary. The group grew to 20 members. However, by 2008 the meeting was inactive due to low attendance.

In 2014, Nueva Esperanza, GFA re-opened with the support of the AA group.

Maria Elena and Carmen were invited to the 4th anniversary in 2018. “My heart was full of gratitude,” remembers Maria Elena. “I was emotionally excited to see the men and women. I encouraged them to keep the meeting open. I acknowledged their growth thru recovery and how they carried the message of hope to others.”

Today, the group welcomes newcomers and long timers. **Nueva Esperanza, GFA** continues to meet on Tuesday and Wednesday at 6:30pm at 3673 Prospect Ave, Unit B, Naples, Florida.

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 **November 9, 2022**

6:30pm

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

CANCELLED

AREA 10 SERVICE EVENT

District 150

November 5, 2022 10am-3pm

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

HAVE YOU HEARD ?

- **Detachment; not Amputatation**
- **Obedience to the Unenforceable**
- **Quiet the Mind; Open the Heart**
- **The Healing is in the Hearing**

CONTEMPLATIVE LISTENING

When I first entered the Al-Anon program, I was convinced I was a very good listener. After all, that was what I did for a living. I listened, helped others see things in a different perspective, and assisted in creating solutions to whatever problem was presented. I was very good at what I did. Through eye contact, head nods and sharing my experiences, I made others feel heard and safe allowing progress in problem resolutions to occur. I thought that was good listening.

I knew the difference between listening to respond versus listening to hear and, yet often, I quickly jumped into a conversation in order to share a personal experience. I thought that showed I was empathetic by identifying with what the speaker was sharing. I thought that demonstrated good listening.

During a course on wise-aging, I was introduced to Contemplative Listening and much of what I believed were good listening skills changed.

Contemplative Listening is a mindset of complete openness to that which is around and in front of us, in order to come and settle our thinking, rather than directing it to a particular focus.

Contemplative practices can help develop greater empathy and communication skills, improve focus and attention, reduce stress, enhance creativity, and support a loving and compassionate approach to life.

Listening to one another contemplatively means putting your own thoughts and assessments aside and listening deeply to what is being said; to its tone as well as its content. It means not thinking about how to respond or entertain thoughts like "Oh something like that happened to me too". It means noticing and releasing any judgements you make or comparisons or opinions that enter your mind. Simply trying to listen receptively, creating a safe space for another to share without interruption, is contemplative listening. No head nods, no hums, no words.

-continued on next page

Spiritual Principle of the Month

Spiritual Awareness-living a life that has a deeper meaning than the search for daily necessities.

Every activity can have a spiritual motive.

-Having had a Spiritual Awakening pg 5

To me, meditation is a higher spiritual awareness. I practice remembering that every action can serve a spiritual purpose.

-Courage to Change pg 338

I saw and felt in my heart the great love, compassion and protection with which my Higher Power carries me through every moment of my life.

-Hope for Today pg 316



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!

CONTEMPLATIVE LISTENING *cont.*

Contemplative Listening does not require the listener to validate what is heard or reflect back or ask any questions of the speaker. Jumping in to share a personal experience takes the listener away from the speaker often causing the listener to miss the emotional component of the moment and may even stop the speaker from sharing that which is most important. There is always time to share a similar experience at a later time if needed.

Contemplative Listening is mindful. The only purpose is to allow another to feel seen and heard. By developing a safe space for the speaker to speak, the listener gets to develop better skills to listen.

Though simple in principal, the practice of Contemplative Listening is not easy to do. The next time you are sharing with another try it and see for yourself.

I know that today I am a much better listener when I *listen contemplatively*

-Toronto/Naples

By the time we reach Al-Anon, many of us are starving to be heard.

-Courage to Change pg 308



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.
