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# THE BEACON

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Al-Anon Family Group I District 159 I Naples, Bonita Springs, Immokalee & Marco Island

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**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 12**

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

## **TRADITION 12**

Anonymity is a spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

## **CONCEPT 12**

The spiritual foundation for Al-Anon's world services is contained in the general Warranties of the Conference, Article 12 of the Charter.



Stick around for the miracles!

*-Heard at a Meeting*

My Higher Power's gifts sometimes take unusual forms.

*-Courage to Change pg 259*

There exists no more fulfilling way of giving thanks for gifts received than passing those same gifts on to others.

*-Having Had a Spiritual Awakening pg 163*

I'm grateful for the Al-Anon program and all that my Higher Power has given me. I look forward to an even brighter new year.

*-Courage to Change pg 366*

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## MARK YOUR CALENDAR!

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

## NO MEETING THIS MONTH.

See you in January

All Al-Anon members are welcome.

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!

## 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](mailto: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

## HOW IMPORTANT IS IT?

This holiday season I've decided that more than anything I just want to be peaceful and happy. How important is it if I send someone to the store and they get the wrong arugula? This year I will delegate and if the tablecloth doesn't match or the potatoes are lumpy it really doesn't matter.

Instead of wearing myself out trying to do everything perfectly, I'm going to take time for prayer and meditation and show up rested. What really matters is that I am able to enjoy the time with my family. If I'm relaxed and happy, I am more fun to be with. When I show up with serenity, I am better able to accept people on their terms and not take anything personally.

Al-Anon has taught me that I am only responsible for my own behavior as the Mom in the family. I used to spend a lot of time worrying that someone was going to get their feelings hurt or behave badly. I was wasting the precious gift of serenity and some things I couldn't control anyway. How important is it? I think I'll go take a bubble bath.

-Naples/Des Moines

I don't want to miss any more of the wonderful opportunities available to me to live, grow, and enjoy.

-Courage to Change pg 365

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](mailto:newsletter@naplesal-anon.org)

## 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.

### SPRING ASSEMBLY

**June 2-4, 2023**

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

### 2023 AL-ANON INTERNATIONAL CONVENTION

**June 29-July 2, 2023**

Albuquerque Convention Center,  
Albuquerque, New Mexico  
Go to [Al-Anon.org](http://Al-Anon.org) for more information.

### 33rd ANNUAL AFG FLORIDA SOUTH AREA 10 CONVENTION

with AA Participation

**August 18-20, 2023**

Hyatt Regency Coconut Point  
5001 Coconut Road,  
Bonita Springs, FL 34134

### HUMOR IN AL-ANON

God, keep your arm around my shoulder and your hand over my mouth!




## NEWS ACROSS THE DISTRICT

The Thursday **DISCOVERING CHOICES, AFG** 10:30am meeting needs support. It continues on Zoom but is now also in-person at the 24 Hour Club at 1509 Pine Ridge Road, Naples, Florida.

**HELP WANTED.** Our District Volunteer TELEPHONE ANSWERING SERVICE is in need of help. This is an on-call job that can be done from your home. Get in touch with Deanna F. at 239-641-6984 for more information.

The **THURSDAY NOON, AFG** on Marco Island, 1101 North Collier Blvd, Marco Island, FL is in need of support. Also, as a result of Hurricane Ian, they lost all of their CAL and could use donations of used or extra books other groups might have.

The Monday 11am **M & M, AFG** meeting on Marco Island needs support. Zoom ID: 576 707 179 Password: 070 857

 The Thursday noon **AFG BEGINNERS** meeting at the 24 Hour Club celebrated their 3rd Anniversary with a cake and fellowship in November. (more on page 6)

**WSO** is operating at a deficit. They determined that if "everyone" bought just one book, it would pull them out of the "red". And guess what? A new reader will be coming out in 2023! But meanwhile, I know everyone could use a new *Blueprint for Progress*.

Our Fall Assembly has determined that **AREA 10's** projected expenses for 2023 will be about \$44,000. There are 250 meetings in our Area. If each group donated \$45 per quarter (\$15 a month or \$3.50 a week) Area 10 could meet their expenses.

**DISTRICT 159** projected expenses for 2023 will be about \$4,000. There are 24 active meetings in our District. If each group donated \$48 per quarter (\$16 a month or \$3.50 a week) our District could meet their expenses.

### GIVE WHAT YOU CAN

The happiest people don't have  
the best of everything...  
They just make the best of  
everything they have.



## AFFIRMATIONS

I am courageous.

I can stand up for myself without  
fear.

I will abandon my old habits &  
take up new, more positive ones.

I can forgive those who have  
harmed me in the past.



## WINNING NUMBERS !!

Final numbers are in from  
**The Annual  
AFG FLORIDA SOUTH AREA  
10 AUGUST CONVENTION.**

The convention brought in a  
profit of \$7,502.68. Not bad for  
518 registered Al-Anon and AA  
members attending the event.  
Donations of \$1,875.67 to WSO  
and \$5,627.01 to Area 10 were  
made. Kudos to all who  
participated in one way or  
another!

## HAVE FAITH

**H**ave you heard the story about the man who was having a horrible day. His alarm clock didn't go off on time so he got up late and hurried off to work. There was a huge traffic jam on the way because of an accident which made him late. When he arrived at work he discovered a meeting he was supposed to attend, which was really important, had been canceled because he didn't get there. At the end of the day all he wanted to do was put his feet in his electric massager and the fuse blew! He threw his hands up in frustration and said to God, "God, I'm a good man. I prayed to you every day. Why haven't you watched over me?"

Suddenly he heard a voice and it said, I did watch over you. I broke your alarm so you would get on the road late or else you would've been in that accident. And if you had gotten to work on time that meeting would not have been canceled and you would have been fired. If I had not blown the fuse when you put your foot in the massager you would have been shocked. I did watch over you. You just need to have more faith that I'm working for you.

I too don't always recognize when God is working in my life. When I'm facing a very challenging day, do I ever think that God is intervening and protecting me from something even worse?

Today I end my day with a simple prayer to remind myself of God's presence in my life at all times.

"God, thank you for all that you have given me and all that you have taken away even if I do not know what that is. Amen.

...when I truly turn my will and my life over to the care of a Higher Power greater than myself, miracles can—and do—happen.

-Having Had a Spiritual Awakening p 81

### HEARD AT A MEETING

If I make a conscious choice,  
then I can't be a victim.

Coincidences - God's way of  
staying anonymous.

Negative thinking keeps me  
paralyzed.

I ask myself daily, "Are my  
priorities in order?"

Unsolicited advice is a form of  
criticism.

Love doesn't mean there are no  
boundaries.



**ANGER  
IS JUST ONE LETTER SHORT  
OF  
DANGER**



### THOUGHTS

To believe is to have faith  
And faith is a process



### Where Will You Be June 29-July 2, 2023?

Registration for the 2023 Al-Anon International Convention has opened and now is the time to plan your 2023 summer getaway to the beautiful city of Albuquerque, New Mexico, USA.

In addition to celebrating Al-Anon recovery, unity, and service during four days of meetings, panel discussions, and workshops, you can enjoy all the adventures Albuquerque has to offer. Whether it's floating through the skies in a hot air balloon, strolling along the historic Route 66, or just relaxing and gazing out at the beautiful Sandia Mountains, Albuquerque has something for everyone.

The celebration starts Thursday morning, June 29th, with the Day of Connecting, followed later that day with a Party in the Plaza featuring music, dancing, and food trucks galore! The fun continues on Friday with the first of three Big Meetings to kick off a full lineup that lasts all weekend. And while the Convention wraps up on Sunday, July 2nd, you may just decide to extend your stay and explore more of New Mexico and all its wonders!

**REGISTER NOW!**

More information and updates are available at [al-anon.org](https://al-anon.org) and via [In The Loop](#). See you in Albuquerque June 29-July 2, 2023

The Forum, October 2022.

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## 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

[e-comm.al-anon.org](http://e-comm.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.

INHALE  
EXHALE  
KEEP LOVING



**AFG BEGINNERS**

**3rd ANNIVERSARY**

The Thursday noon **AFG BEGINNERS** meeting at the 24 Hour Club has celebrated their 3rd Anniversary with a birthday cake and fellowship. The GR shared her experience of how and when the group was formed.



When I came to Naples as a full-time resident in 2018 in search of an Al-Anon family, I had the opportunity to attend 90 meetings in 90 days. One of my favorite days was Thursday as I could attend DISCOVERING CHOICES, AFG,

take a break and then go across the hall at the 24 Hour Club and attend the Beginner's meeting. Sometime at the end of the year the GR, Susan Kay, approached me and explained that the Beginners meeting had been supported by the DISCOVERING CHOICES, AFG group, and attendance and support was required to keep supporting the meeting.

As I shared this with the regular attendees at the meeting, I found out that ShoShanna had been one of the members to start this group years before. She signed up immediately to lead the meeting for the whole month of January 2019. Several other members stepped up to attend business meetings. By Fall we had a WSO number, a GR, a literature volunteer and a treasurer.

We utilized the WSO format of six meetings and chose to combined them into four rotating topics. We focus on welcoming Newcomers, the first three Steps, the three C's

-continue on next page

## HEARD AT ONE MEETING

### CHANGE

Change the way you look at things and the things you look at will change.

Service changes my attitude from despair to hope.

When change and chaos are happening, I've learned to observe, not to absorb.

Change is an opportunity to grow.

F\*\*K opportunity!

Change hurts. Al-Anon is my trauma center.

In Al-Anon little changes can add up to something big.

I don't like change.

Change is inevitable. Suffering is optional.

Al-Anon changed my life for the better.

Al-Anon gives me tools. If I never use them, I'll never change.

### WHAT A MEETING!!!!



## 3rd ANNIVERSARY -continued

and the slogans. Our group conscience chose to allow newcomers to ask questions and invited members to offer their courage, strength and hope in response. We are mindful that although this is an exception to the practice of no Cross-Talk, the leader guides the meeting and it's "how it works" in our meetings.

We average 15-20 people in the couch room even in summer, and the numbers often double during season. There is almost always a newcomer, often several at each meeting.

Newcomers expressed how they "felt welcomed and have found solutions a little sooner in their journey." Many say it is their home group as they remember "it was the first time they felt they weren't alone, and that there were others who shared their experience and offered to help."

It is bittersweet that there is always another Newcomer who walks through the door week after week. We are aware of what brought them through the door. We are also very glad they found us so that they can begin to Recover.

-Sharon R., Group Representative



## The P's

Practice pausing

Pray to a Higher Power

Pause to listen to my Higher Power

Proceed so that I will respond rather than react

## Spiritual Principle of the Month

**Gratitude, Service** - readiness to show appreciation and to return kindness.

Discovering that “gratitude changes my attitude” is one of the most wonderful gifts of my Al-Anon program.

-from *Survival to Recovery* pg 100

God make me grateful for all the good things I have been taking for granted.

-ODAT pg 253

You can't be miserable and grateful at the same time

- Heard at a Meeting



### 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!

## GRATITUDE

**W**hen faced with challenges, Al-Anon suggests that we pay attention to the good things in our lives. Gratitude can be a powerful antidote to despair and hopelessness. By being thankful, we learn it is within our power to maintain our serenity and to have a good day, regardless of what choices our loved ones are making.

“Sure, there are plenty of reasons that I can cry, ‘Poor me,’ but I have a much longer list of things to be thankful for. I am learning to thank God each morning for His gift: a beautiful day, no matter what the weather or the problems.”

-Blueprint for Progress pg 57

## TODAY'S REMINDER

**N**ow that the year is at an end, I'll take a few minutes to contemplate the progress I've made and to thank my Higher Power for my growth.

What did I do to contribute to my success this year?

I am discovering that I do play an important part in my own well being. I will celebrate my achievements and be grateful for all I have been given. I am not perfect, but I am excellent!

-Courage to Change pg 366



### 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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