

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 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first; personal progress for the greatest number depends upon unity.

CONCEPT 1

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.



AL-ANON IN



Great Expectations!

TURN UP EVERYTHING

YOUR MAGIC
YOUR VOICE
YOUR STRENGTH
YOUR HUMOR
YOUR KINDNESS
YOUR GRATITUDE
YOUR WHAT IF'S
YOUR LOVE
YOUR PROGRAM



MARK YOUR CALENDAR!

District 159 monthly meeting is held in person at Naples Community Church, 849 7th Avenue So., 2nd fl. Naples, Fl.

January 11, 2023/6:30pm

All Al-Anon members 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 JANUARY 11th AT 6:30PM YOU CAN OBSERVE YOUR AL-ANON VOLUNTEERS IN ACTION BY GOING ON ZOOM 862 6388 6284 PASSWORD 123456.



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



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

Stay in My Own Hula Hoop

What Al-Anon adage do I turn to often? Every day I remind myself to “stay in my own hula hoop” physically, emotionally and spiritually.

Physically-I don't need to bail them out of jail, send money, give advice or rescue them.

Emotionally-I don't need to feel responsible for other people's behavior or choices.

Spiritually-I am not their Higher Power. They have their own.

I came into Al-Anon because I am a fixer; someone who likes to find solutions to problems. As a parent, husband, and older brother, I thought I was supposed to have all the answers. I got involved in every crisis that arose in my family. I gave advice and preached values. When they didn't follow my advice, I became resentful, frustrated, maybe even self-righteous. What I didn't understand was that it wasn't my problem to fix. I learned that I have no idea what's right for someone else. Now, I try to keep the focus on myself.

Al-Anon has taught me that if I “stay in my own hula hoop”, things work out the way they are meant to—for them and for me.

-Naples

Do you have a favorite slogan? How and/or when do you use it?

Please share it by emailing it to naplesal-anon.org/newsletter

HEARD AT A MEETING

When in doubt, don't!

If I miss a meeting, I know it.
If I miss two meetings, then
you know it.

Let's talk later.

I can go to sleep in peace
because God is still awake.

This disease wants to kill the
alcoholic and it wants to kill
me.



**WE
MOVE
AT
THE
SPEED
OF
TRUST**



This January start the year
with an empty jar. Each
week add a note with a
good thing that happened.

On New Year's Eve empty
the jar and read about the
amazing year you had.

POWERLESSNESS

For those affected by the disease of alcoholism, **STEP ONE** can be a daunting task. When we admit our powerlessness, it does not mean we are helpless. In accepting the reality of the situations, we begin to realize what we can and cannot change. Through this acceptance, we gain personal power and freedom.

-Reaching for Personal Freedom pg 10

The key word in [Step One] is "admitted." We admit we are powerless over another person's drinking and accept the fact that we cannot control another's life. We are not responsible for the alcoholic's behavior. We did not cause the drinking problem. We cannot expect to cure it either.

-Alateen—Hope for Children of Alcoholics (B-3) pg 12

Knowing about being powerless and accepting powerlessness are two different things. "When I first came into the rooms, I heard that I was powerless but I was damned if I was going to accept it," remembers one Al-Anon member in her share at a meeting.

There are questions that can be asked to help determine if I am accepting the idea that I am powerless over someone else's behavior:

- Am I obsessing over any person, place or situation?
- Am I over thinking?
- Am I arguing both sides?
- Am I feeling guilty or responsible?

It's not easy to watch someone I love continue to drink...^{*} Yet I see that most of my heartache has come from my own refusal to accept reality.^{**} When I am able to admit that I am powerless over alcohol, my life becomes more manageable.^{***}

-Courage to Change pg ^{*}74, ^{**}256, ^{***}32,

AFFIRMATIONS

I am a friend to myself.

Today I will rejoice in my abilities.

I can meet new opportunities
without fear.

I can give to others with no strings
attached.



Humor in Al-Anon

I'm in Al-Anon to deal with the
people who are not!



What will your Al-Anon
WORD
be for the year?

Write it on a piece of paper
and stick it to your mirror.

IN DENIAL

There is a story about a frog who is immersed in a bucket of water. Everyday the temperature of the water gets warmer and warmer, and everyday the frog accommodates itself to the warmer water, enduring the discomfort. Finally, the water reaches the boiling point and the frog dies. The frog never accepts the reality of what is happening and never finds the courage to get out of the bucket.

When I am in denial, I am just like the frog. I refuse to see the circumstances for what they are, even as they worsen. I accept the pain I am in rather than risk the unknown. I am in denial.

Denial was a state I lived in for many years when my husband and son were drinking. I excused my husband's numerous scotch and waters in the evening because he had a stressful job. With my son, I became convinced that if we sent just one more check for the latest crisis (finding the right job, rent, doctors, etc.) he would quit using.

It wasn't until I reached the boiling point with both of them, when my life became unmanageable, (Step One), that I knew I had to get out of the bucket. I couldn't change my circumstances, but I changed the way I looked at them. At that point, I made two of the most important decisions I have ever made in my life; decisions that not everyone would be happy with. Neither of these decisions were easy but, necessary for my survival. I was then able to live in peace with myself.

The fact that both of them went into treatment was indeed a blessing, but I knew I could have lived with a negative outcome also. I knew that if that time ever came, I would have the courage, strength, and ability to accept the outcome. I gave them to my Higher Power.

This is an excerpt from *Courage to Change* (pg 254) that helped me. "My denial was so thick when I came to Al-Anon that I didn't even know there were alcoholics in my life. Al-Anon helped me feel safe enough to look at the truth. As my denial began to lift I was horrified at the lies I had told myself and others."

Maybe some of you are in the bucket now. It's easy to wallow there. Sooner or later, I would have had to face the reality of what was happening if I wanted to get on with my life. Al-Anon gave me back my life.

Are you in the bucket, or have you emerged?

-Naples

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

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.

TRADITION ONE

To be helpful

To be respectful

To be grateful



January 1980, four women, Ellie, Shirley, Irma and Del, began the **Wednesday Noon, AFG** meeting registering with WSO. It is now the second oldest Al-Anon meeting in Naples. It was the first Naples Al-Anon daytime meeting filling a need for those who could not make an evening meeting because of family obligations. They created a format using Conference Approved Literature, established a lending library, and provided a list of temporary sponsors for those coming into the program for the first time.

The meeting became so popular and much bigger than they ever imagined that they encouraged members who lived in Bonita Springs to start an Al-Anon meeting closer to home. To help the Friday night KEEP IT SIMPLE, AFG, the group donated \$50 towards their literature and start up expenses.

Lois W. once said, "It takes only one person to start something, but many others to carry it out." * For 43 years, those 'many others' have continued showing up, doing service, chairing, sharing and welcoming those who come in "in crisis". One member shared what the meeting meant to her, "It's a place where for an hour in the middle of my day I can be calm."

Today the **Wednesday Noon, AFG**, continues to meet at the 24 Hour Club on Pine Ridge Road carrying the message of hope.

We are thankful to those who came before us.

*-Lois Wilson, MVOJ pg 262

SERVICE

THE DAVID LAWRENCE CENTER

The David Lawrence Center has asked the Naples Al-Anon Family Groups to help in spreading the message of hope by introducing the Al-Anon program to the families who find themselves in crisis.

Routinely, two Al-Anon representatives conduct the Sunday one hour meeting at 3:30 pm, by sharing their experience, strength, and hope and answering questions about how Al-Anon works. Al-Anon literature and a meeting list are provided to the families.

If you can volunteer one hour, one Sunday a month, or would like more information please email Susan D. at institutions@NaplesAl-Anon.org

A PERSONAL INVENTORY FOR THE NEW YEAR

- Am I living the best life that I can?
- Am I happy?
- Am I being my best self?
- Am I living a balanced life?
- Have I stayed in my hula hoop?



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!

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

The Forum, October 2022.

-Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

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

AL-ANON INTERNATIONAL CONVENTION

June 29-July 2, 2023

Albuquerque Convention Center,
Albuquerque, New Mexico
Go to Al-Anon.org for more information and to register

33rd ANNUAL AFG FLORIDA SOUTH AREA 10 CONVENTION

with AA Participation
NEW HORIZONS OF HOPE

August 18-20, 2023

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

FALL ELECTION ASSEMBLY


October 20-22, 2023

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



NEWS ACROSS THE DISTRICT

DISTRICT 159 monthly meetings will be a trial hybrid meeting from January to March. This is a great opportunity to see how your Al-Anon District 159 works either in person at the Naples Community Church, 849 7th Avenue So., 2nd fl. Naples, FL. or by ZOOM: ID#: 862 6388 6284 Password: 123456


 Join the Al-Anon District 159 pre-meeting **Fellowship** on **January 11th at 5pm** at the Seventh South Craft Food & Drink located in the same plaza as our District meeting, on the corner of 7th Avenue South and 8th Street, Olde Naples. Bring an Al-Anon friend. Text Chris S. at 917-324-1145 if you can make it.

! Beginning on January 3rd, a new Al-Anon meeting **SERENITY FELLOWSHIP, AFG** will be meeting on Tuesdays, at 7pm at Ave Maria Catholic Church, 5078 Pope John Paul II Blvd, Ave Maria, FL 34142 in Suite 107 in the Parish Office Conference Room.

! The **SERENITY WEDNESDAY, AFG** continues to meet as a hybrid same time 10:15, same place St. Peter's Ministry BUT with a new Zoom ID: 840 8663 2758 and Password: 330967

! Help restart the **STEP & STUDY, AFG** at 7pm on Thursdays at St. Monica's Church, 7020 Immokalee Rd, Naples, Florida 34119

 **SERENITY FOR PARENTS & FAMILIES, AFG** is celebrating their 7th Anniversary on Sunday, January 15th, 2023 12:30-2:00pm at the 24 Hour Club, 1509 Pine Ridge Road, Naples. There will be refreshments, fellowship and a special speaker. Everyone is invited. See attached flyer.

 Friday Night **KEEP IT SIMPLE, AFG** is celebrating their 38th Anniversary on February 3, 2023 from 6:30pm to 9pm at the Christian Anchor Church, 11651 E. Terry Street, Bonita Springs, FL AA, AL-ANON & ALATEEN invited. See attached flyer.

Our Three Legacies

The threefold guides of Al-Anon point the way to a normal, useful, life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.

RECOVERY: Through the Steps

UNITY: Through the Traditions

SERVICE: Through the Concepts



All I can do is live in this day.



**Being okay
if it happens
and okay
if it doesn't happen
is a very powerful
place to be.**



In 2016, a group of parents got together after an Al-Anon meeting to discuss starting a new meeting devoted to parents and grandparents. "I had never heard of a meeting devoted to parents and grandparents," said one founding member, "but I did realize that some of my concerns and issues as a parent were different from many of the other people in the rooms." Not sure if there would be enough interest in such a specialized meeting, they printed "temporary" flyers for their "experimental" meeting. As time went on, more and more people started showing up thus persuading the **Serenity for Parents & Families, AFG** group to register with the WSO.

The meeting's format encourages newcomers who come in "in crisis" to share but also to listen to the experience, strength and hope of others. "I felt a lot of guilt and shame," confided one parent, "when I walked through the doors of the 24 Hour Club. It took me a long time to understand that I did the best I could, that I wasn't a bad parent, and that addiction is a disease over which I had no control." Another parent shared, "I was frantic to think I tried everything and I still couldn't save my child. I was drowning in desperation. The people in this Al-Anon meeting have helped me find a different way. That I'm not alone is so comforting."

The meeting has between 15-20 weekly participants and growing strong! Having a child or grandchild is not a requirement, only that there be a problem of alcoholism.

The Sunday 9:30am **Serenity for Parents and Families, AFG** meets in the Couch Room at the 24 Hour Club at 1509 Pine Ridge Road, Naples, FL.

There will be a 7th Anniversary celebration, January 15th from 12:30-2:00pm at the 24 Hour Club. See attached flyer.

ANGER

What can I do when I'm angry?

- Meditate
- Pause
- Talk to sponsor
- Go for a walk
- Call an Al-Anon friend
- Keep mouth shut no matter what!
- Chop vegetables
- Exercise
- Go to plan B, make a plan C



THOUGHTS

I want to like myself
when
I am with my family



If you're feeling down and out,
you need a meeting.

If you are feeling good, the
meeting needs you.

A TISSUE ISSUE

Do you have the need to comfort someone while they are tearfully sharing in a meeting? While it seems caring to place a hand on a shoulder or polite to hand a tissue to someone in emotional distress Al-Anon teaches us not to try to change another's behavior; not to jump in but to stay in your own lane.

To touch someone or hand them a tissue while they are tearfully sharing interrupts the flow of emotions. Getting up and handing a box of tissues to someone is distracting to everyone in the room: from the speaker who stops sharing to say thank you, to the listeners who stop listening and start watching. If the person needs a tissue, they will either get it themselves or ask for one. Don't make the decision for them.

Handing them a tissue before they finish their tearful share says "I am uncomfortable with your tears." So then it becomes your issue, it's not about the person who is in distress anymore. In the end, if you have the need to comfort someone, there is plenty of time to sooth them after the meeting.

A new Al-Anon Meeting! *Serenity Fellowship AFG*

Where: Ave Maria Catholic Church Parish Office Conference Room

5078 Pope John Paul II Blvd.

Suite 107

Ave Maria, FL 34142

When: Tuesdays at 7:00 pm

Start: January 3, 2023

Invited: Anyone who is affected by someone else's drinking

More Information: (239) 263-5907





A Meeting in Your Phone

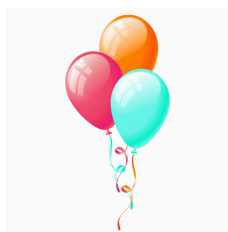
The holidays are a time to spend with family and friends. For some, these gatherings can be challenging, and it may be difficult to find a meeting when traveling. But did you know that more than 100 Al-Anon meetings take place each week in the free *Al-Anon Family Groups Mobile App* for Android and iOS? Get instant access to Al-Anon recovery by downloading the app, and never leave home without it.

Get the App!

Reprinted — In The Loop News From Your WSO
December, 2022



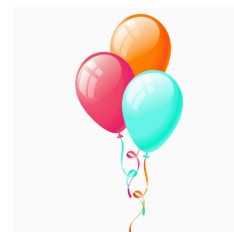
In the stillness of the
Serenity Prayer
and the
Steps,
comes peace.



CELEBRATING

38

YEARS !!



At one time people from Bonita had one choice for an Al-Anon meeting and that was to travel to the 24 Hour Club in Naples on Wednesdays. However, that meeting grew bigger and bigger and several members wished for a meeting closer to home. With encouragement from the WEDNESDAY NOON, AFG group and a donation of \$50 for literature and start up expenses, four women, Georgia H., Dorothy H., Helen M. and Louise F. began the very first Al-Anon meeting in Bonita Springs.

On December 7, 1984, the **KEEP IT SIMPLE, AFG** group opened its first meeting at 7pm at the First Presbyterian Church on Bonita Beach Road, Bonita Springs. The group chose Tradition Two as their guiding principle. A steady core group of members kept the meeting going with lots of help from seasonal visitors. There were plenty of volunteers for positions within the group as well as being active participants in the District and Area meetings.

Later the group moved to St. Mary's Episcopal Church coordinating the time of their meetings with the AA group next door who met at 8pm. Today they now meet at the Anchor Christian Church on East Terry Street in Bonita Springs.

Their previous anniversary celebrations included a feast and inspiring speakers which drew people from all over Area 10. Join the members of the **KEEP IT SIMPLE, AFG** group on February 3, 2023 when their 38th Anniversary celebration is planned. See attached flyer.

Every Friday at 8pm, the **KEEP IT SIMPLE, AFG** group meets at the Anchor Christian Church, 11651 E. Terry Street, Bonita Springs, FL

We hear the 7th Tradition
spoken at every meeting but
can you recite it without
looking?

Every group...



A daily dose of the 6 S's—

Steps, Slogans, Serenity Prayer,
Service, Sharing, and
Sponsoring—

keeps my disease in remission.



**“BEING WILLING TO
CELEBRATE THE MANY
STEPS OF MY JOURNEY
TODAY WILL HELP ME
LOOK FORWARD TO
WHAT’S COMING
TOMORROW.”**

-Naples/Minn.

GET READY FOR A WONDERFUL 2023

Newcomer or long timer – It’s all about the STEPS

Join us on
Thursday Nights at 7PM
to restart a live meeting of

STEP & STUDY, AFG

at
ST. MONICA'S CHURCH
7020 Immokalee Road
Naples, FL 34119

1st Monday of January – Step One (1/5/23)
2nd Monday of January – Tradition One (1/12/23)
3rd Monday of January – Concept One (1/19/23)
4th Monday of January – Group Conscious on Format and
follow up on Step, Tradition and Concept One (1/26/23)



THE AL-ANON DECLARATION

Let It Begin With Me.

When anyone, anywhere reaches out for help,
let the hands of Al-Anon and Alateen
always be there
and
let it begin with me

Spiritual Principle of the Month

HONESTY - I must be honest with myself and with my higher power while facing the reality of my circumstances. My purpose is to know who I am, how I got this way, and my characteristics that I have to work with. In this way I can take a positive step toward recovery.

-Blue Print for Progress

It may feel like an enormous risk, but talking honestly about the situation is the key to healing.

-Courage to Change pg 296

I am going through the process of determining, with as much honesty as possible, just what makes me tick.

-Hope for Today pg 167

Am I honest with myself about my motives?

-Blue Print for Progress pg 78

This year is a book of clean blank pages on which I will write a record of my experiences and my growth through the daily use of the Al-Anon idea.

-One Day at a Time in Al-Anon pg 1

It's the Little Things

I have a habit of writing notes to the God of my understanding. Each evening, as a part of my Step Ten bedtime routine, I write a short message and put it in a "God box" or jot an entry in a gratitude journal.

My "God box" is just a repurposed three-by-four-inch cardboard box that came with a piece of jewelry. It is stuffed with small pieces of pink cardstock covered in tiny missives to my Higher Power. Some days I ask for

help or guidance, but, many days, I start with "Wow!" or "Thanks!"

Recently, I bought a five-year journal with only five writing lines per day. I jot down one thing I am most thankful for that day. My gratitude journal helps me end the day with a smile in my heart.

Upon reflection, I realize these little things add up to something big in my Al-Anon program—an attitude of gratitude!

By KATHLEEN O., MINNESOTA

The Forum, November 2022

-Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA



The Seventh Tradition

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

Heard at a Meeting

Money is not the most important thing in the world, but it ranks right up there with oxygen.

Give what you can.



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.



Serenity for Parents and Families

Is Celebrating our 7th Anniversary!

Sunday, January 15, 2023
12:30-2:00 PM

24 Hour Club
1509 Pine Ridge Rd.
Naples, FL

Special Speaker

Join us for fun,
fellowship &
refreshments!



Don't Miss It!



FRIDAY NIGHT

KEEP IT SIMPLE, AFG



**Celebrating
38 Years!**



FRIDAY, FEBRUARY 3, 2023

6:30pm — 9pm

6:30-8:00 — Food and Fun

8:00pm — Speakers



PLEASE BRING A COVERED DISH

**Anchor Christian Church
11651 E. Terry Street, Bonita Springs**



Al-Anon, AA and Alateen Invited