

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 2

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

CONCEPT 2

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.



Love is a decision.

-Heard at a Meeting

I **love** myself best when I embrace all that I am.

-Courage to Change pg 54

The perfection of **love** is that it's not perfect.

-Anonymous

A relationship based on **love** starts with acceptance.

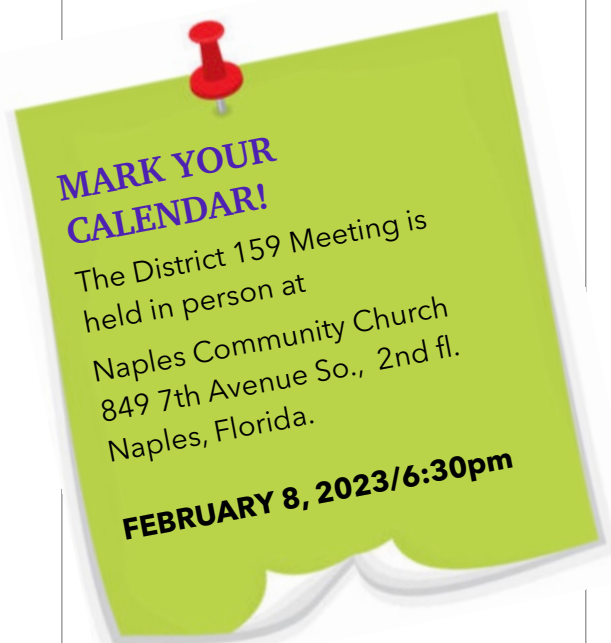
-Heard at a Meeting

Step 2 “suggests I surrender my will to the wisdom of a **loving** God...”

-One Day at a Time pg 168

The beginning of **love** is to let those we love be perfectly themselves, and not to twist them to fit our own image.

-One Day at a Time pg 165



To all GROUP REPRESENTATIVES (GR's) in District 159. If you can't make the meeting, please ask someone to step in for you.

WANT TO SEE HOW A DISTRICT MEETING WORKS? THIS FEBRUARY 8th 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?

Each month *The Beacon* can be delivered to an 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

THE THREE H's

When I came into Al-Anon many years ago, the only words I heard at a newcomer's meeting were the three C's. I didn't CAUSE the disease. I can't CONTROL the disease and I can't CURE the disease.

Now, many years later, I'm in recovery and I'm thinking about why I keep coming back. What are the hooks that grabbed me in those early years? I call them the three H's. The first H is HUMOR. How we love to laugh to relieve the chaos in our lives. The second H is HOPE. In the early days of Al-Anon I had no HOPE, now I'm full of it! The third H is HUMILITY. I'm humbled to share the rooms with all of you survivors. I keep coming back because I want to remain teachable the rest of my life and the 3 H's are extraordinary helpers.

-Bonita Springs

SLOGANS

The slogans helped me to keep my foot out of my mouth when silence was the best route.

The Al-Anon program is deceptively simple. Sometimes a slogan—just a few words—is all we need to take a positive step toward recovery.

-Discovering Choices pg 219, 283

**DO YOU KNOW
THE WORDS TO THIS
ACRONYM?**

LOVE



HEARD AT A MEETING

When I have one foot in the past
and the other in the future, then it
probably means I am peeing on
the present.

I found my spirituality in Al-Anon.

Gratitude is bigger than grief.

Changed attitudes can aid
recovery.

Thank you for this day.

Our daily readers are like a GPS.



LET OTHERS VOLUNTARILY EVOLVE

AN INTIMATE VALENTINE'S DAY

As the season changes and Christmas is over, the cards in Hallmark have changed to those expressing love. Valentine's Day is coming and everyone is looking to show their partner how important they are.

Humans instinctively wish to be a couple and unconditional love is the ticket we all wish to hold. Alcoholism, the ultimate thief, however, has robbed many of the notions of trust as well as any

**I fear intimacy
as much as I
crave it.**

-Hope for Today pg 86

example of anything unconditional. So it is that we work to be what we believe someone else will want. We create a persona of what we think is a person worthy of love. We become disconnected from our true self in the

belief that as we really are is not good enough.

Many of us have not been wired accurately for love. We mix-up the notion that if someone is sexually attracted to us that means we must be lovable. We conclude that if someone will have sex with us they must love us. We mix-up intimacy with sexuality.

Everything in life comes with a price tag. If we want a coffee at Starbucks it comes with a cost and if we want love, it too comes with a cost. The cost of love is intimacy. In order to be intimate, we must have the willingness to trust and be vulnerable. Though intimacy may include sexuality often sexuality has little or no intimacy.

The definition I generally use for intimacy is the willingness to care about another human being as much as one cares about one's self. According to my definition the assumption for intimacy is that all parties will have a healthy relationship with self. Getting to know and accept self, unconditionally without a need to change anything, is necessary before one can love and accept anyone else.

-continue on next page

AFFIRMATIONS Past, Present & Future

I hoped, I hope, I will hope.

I loved, I love, I will love.

I was good, I am better, I will
be at my best!



THOUGHTS

Al-Anon is a
program of
relationships.



HUMOR IN AL-ANON

Overheard after a meeting:

HIM: I hear a lot of women
prefer a Zoom meeting because
they can go without a bra.

HER: I hear that the men prefer
Zoom meetings because they
can go without pants.

AN INTIMATE VALENTINE'S DAY (CON'T)

Learning to separate self from a partner, allowing each person to be exactly who they are, is primary if intimacy is to grow. By creating an environment that is safe for each person to be vulnerable, to be able to ask for help when needed, to be willing to share true feelings even when scared to do so, a healthy relationship can be created based on trust, intimacy and love.

An intimate relationship is filled with love and warmth. There is frequent touching in sensuous ways even if there is little or no sex. The couple know each other well and each shares their feelings openly and honestly. Though sometimes fearful or unpleasant, all concerns are open for discussion. Each person believes they can count on their partner to be there for them to share times that are good as well as times of trouble. They are playful with each other and often express that they love each other. There is a sense of connectedness and true commitment despite the challenges life may present.

Loving relationships grow over time. They may meet challenges however, the willingness to work things out together allows the couple to weather the storm. Life is often messy, yet, true love finds a way to survive the mess and continues to bloom and grow.

So on this Valentine's Day instead of platitudes of love, fancy cards, gifts or expensive dinners, I will let go of these expectations and look to find intimacy. I will show my beloved that I accept him just the way he is with all the goodness he possesses. I will continue to support him as he works one day at a time to grow and become the best version of himself that he can be. With continued effort on both our parts, I will be grateful, if he does the same for me.

Happy Valentine's Day!

-Shelley G. Naples/Toronto

EXPERIENCE, STRENGTH & HOPE

If I trust my experiences
And face my challenges with
strength,
Then there's always hope.
-Anonymous



**Life is what happens when we
are busy making plans.**

A DIFFERENT WAY OF LIFE

I grew up in a family of chaos,
problems, and anger. I learned
"how" to survive very early in life.

At that time the focus was on:
Keeping score
Being right (but not happy)
Going to the fight I was invited to
and winning
Making sure everyone knew how
I felt


It never crossed my mind that there
was another way.

Today, I'm looking forward to
learning how to Live and Let Live
and Detaching with Love.

-Anonymous



NEWS ACROSS THE DISTRICT

 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.

DISTRICT 159 monthly meetings, on the second Wednesday of each month, will be trial hybrid meetings 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

Looking for a nice evening out? Join us for fellowship on February 8th, at 5pm *before* the District Meeting at the Seventh South Craft Food, 849 Seventh Avenue So., Olde Naples in the same plaza as the District Meeting. Bring an Al-Anon friend! Text Chris 917-324-1145 if you can make it.



There's a new Al-Anon meeting in town! **LET IT BEGIN WITH ME**, AFG meets Friday evening at 7pm at the 24 Hour Club, 1509 Pine Ridge Rd, Naples.

If you missed any back issues of **THE BEACON**, you can still read them by going to **NaplesAl-Anon.org** and click on Newsletter at the top of the page and a list of back issues will appear.

HELP WANTED. Our District Volunteer TELEPHONE ANSWERING SERVICE is in need of help. Sometimes people call into Al-Anon looking for information about the Al-Anon/Alateen program or for schedules. The Answering Service forwards these phone calls to volunteers. This is an on-call job that can be done from your home on a rotating basis. Get in touch with Deanna F. at 239-641-6984 for more information about doing service.

ON THE "TO-DON'T" LIST

I don't have to understand everything. Some things are not my business, and others will simply never make sense to me.

-Courage to Change pg 351



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.

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

A CELEBRATION !!

PARENTS AND FAMILY, AFG marked their 7th Anniversary on January 15th at the 24 Hour Club. Over 100 people attended, sharing in an abundance of food, fellowship, and joy.



The scheduled speaker did not disappoint. She told her story with forthrightness and humor explaining the messages she received growing up, and how they affected her decisions later in life; her years of heartbreaking experience living with the alcoholics in her family; and the strength, hope and friendships she received upon entering the rooms of Al-Anon. As one member said, "She was amazing. She spoke from the heart with a good mix of Al-Anon speak."

It was noted that "so many people from different AA/Al-Anon groups came together in celebration creating a sense of community. It was such a nice feeling." While another member said, "I was glad I attended. I think people were touched by the event."

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

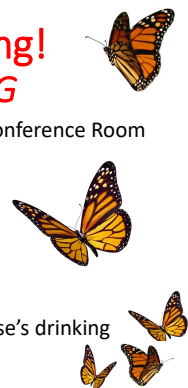
Ave Maria, FL 34142

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



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



In 2016 Susan Kay and Tracy H. began a new Al-Anon meeting **DISCOVERING CHOICES, AFG** based on the book, *Discovering Choices-Recovery in Relationships*. The book embraced what the program is all about-self discovery and making new, positive choices. "I love the personal stories in the book," said Susan Kay. "These stories offer insight into what others are thinking, feeling and going through and give us opportunities to share on how we can relate". "I learned in Al-Anon that I had choices in my relationships which offered me hope," added Tracy H.

Scheduling the meeting for Thursday mornings at 10:30 at the 24 Hour Club on Pine Ridge Road proved to be convenient for many members. The meeting started with four members and had grown to 40 members during season just before COVID forced the meeting to go on Zoom.

As with a lot of meetings post-pandemic, DISCOVERING CHOICES, AFG is slowly rebuilding its in-person attendance. One member shared, "Lately newcomers have been finding us. They come in "in crisis" sharing their story which is a powerful reminder, for me, of how Al-Anon has changed my life for the better."

The continued popularity of this meeting is due to the amazing people who come together to share their experience, strength and hope. As one member said, "We are so blessed to have a safe place to meet and share our own stories." The DISCOVERING CHOICES, AFG meeting continues to provide endless opportunities for emotional and spiritual growth.

The Thursday, 10:30am **DISCOVERING CHOICES, AFG** meets in the Big Room at The 24 Hour Club, 1509 Pine Ridge Rd and on ZOOM. ID: 800 691 628. PASSWORD: 121121

BORED?
LONELY?
STINKING THINKING?
FEELING LOST?

In Al-Anon we learn to do the footwork.

At a time when many of us find ourselves easily preoccupied, service provides a way to keep busy without getting ourselves into trouble, adding structure to an otherwise scattered or disorganized schedule, and providing an anonymous and nurturing environment in which to explore and grow. We discovered that when we reach out to others our own pain diminishes and our recovery begins to soar.

One Alateen Sponsor described her experience as an AMIAS, “I go every week and listen to a bunch of teenagers talk about how much they hate themselves, *and I don’t run away!* I stay and listen and am present, and I give them as much love and respect as I can. By being an Alateen Sponsor, I am making amends to myself for abandoning myself when I was growing up.”

-How Al-Anon Works for Families and
Friends of Alcoholics pg 100, 196



HELP WANTED: AMIAS

How did you feel the first day you came into Al-Anon. Were you confused or angry? Do you think a child of 12 or 15 living in the chaos of addiction feels any differently?

Like Al-Anon was a solution for you, there is a solution for these kids. The only difference is that you can come into Al-Anon on your own. These kids need AMIAS (an acronym for *Al-Anon Member Involved in Alateen Service*) also known as an *Alateen Sponsor*, in order to hold an Alateen meeting.

In all of Naples, we now have 6 AMIAS. We could use 6 more. Search your heart. It takes one hour on a Sunday morning. It’s not every Sunday. AMIAS rotate their schedules. You never do it alone. There’s always two AMIAS’s in the room with the children.

Email: Alateen@naplesal-anon.org for more info or to volunteer.

I felt so emotional that I cried, shook and my stomach stayed upset. I had never heard people talk about the alcoholic situation in their homes before, or the feelings that they had experienced. When I was growing up, I always felt the drinking was a horrible secret that I had to keep. As a child, I had felt frightened, confused and embarrassed by the things that went on in my home.

By Tammie McL. Reprinted from Al-Anon.org. 2023 Al-Anon Faces Alcoholism 2019

I like Alateen because I can talk and be who I am. Alateen helps me to love and care more.

By Ellie Reprinted from Al-Anon.org. 2023 Alateen Talk, Spring 2017

When I was younger, my dad was in recovery...I was afraid to tell my dad of my issues with school because I was worried it would push him to drink again. Today I am learning that my dad’s drinking and his recovery are not my business or my fault.

By Becky Reprinted from The FORUM, 1/2023

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.

Hope

"Of all the forces that make for a better world, none is so powerful as hope.

With hope, one can think, one can work, one can dream. If you have hope you have everything."

Al-Anon gives me hope.

-Anonymous



The **12 Steppers**, AFG meeting was formed 12 years ago and found a home at the then new Naples Hazelden treatment center. It was initially formed to introduce family members from the center to Al-Anon but was always open to the public as well, with an emphasis on healing all who love an alcoholic.

Because a lot of people were coming in 'in crisis', it was agreed that the Conferenced Approved Literature *How Al-Anon Works* would be a good match for the group. At the same time it would be a nice refresher for people already familiar with the program. The 5:30pm time slot on a Thursday evening promoted quick growth.

The group has continued to grow mainly by word of mouth. All who come can feel the strength of commitment to recovery and the healing of the lives of those who attend. However because of the pandemic, the meeting was forced to resort to ZOOM. Hopefully Hazelden will open their doors in the near future helping to carry the message to those who love an alcoholic.

Hope is the hallmark of the group.

The meeting continues on ZOOM.
Zoom ID 907290227. Password 34113

SERVICE

Listening, hearing, thinking, and reading about a spiritual awakening are fine, but if I really want this gift, there is something I can *do* about it: I can get involved.



Is this a religious fellowship?

Al-Anon Family Groups is a spiritual fellowship, not a religious one. We avoid discussion of specific religious doctrine, and members of all faiths (or of none) are welcome.

Our Twelve Steps ask us to find a “Power greater than ourselves” who can help us solve our problems and find serenity. Each member is free to define that power in his or her own way

-Reprinted from Al-Anon.org



Alateen Meeting

An Alateen meeting meets at 9:30am at the 24 Hour Club on Sundays. For more information email:

alateen@naplesal-anon.org



Attend the Al-Anon International Convention Virtually

Registration is now open for virtual attendees to the 2023 Al-Anon International Convention.

The registration fee is \$145 US and includes access to:

- **All three Big Meetings**
- **A slate of sessions (two on Friday and four on Saturday)**
- **The International Convention Event App to connect with members attending in-person and virtually around the world.**

Register soon to secure your spot!

Register for the Virtual Event!



Reprinted — In The Loop News From Your WSO
January , 2023

Spiritual Principle of the Month

Hope - a desire for things to change for the better. In the hands of a Higher Power, sanity and serenity become realistic hopes.

When I count my blessings,
I remember to count Al-Anon's gift
of hope.

-Hope for Today pg 366

The Second Step is about
possibility, about hope.

-Courage to Change pg 156

Al-Anon is helping me to learn that it
is safe to feel, to hope, even to
dream.

-Courage to Change pg 258

The recognition that we have
choices opens the door to hope.

-Discovering Choices pg 76



KEEP IT SIMPLE, AFG will be
celebrating its 38th Anniversary on
February 3rd at 6:30pm at the
Anchor Christian Church, 11651
E. Terry Rd., Bonita Springs

There will be refreshments, food &
speakers accompanied by laughter
and fellowship.

HOPE

Whether we live or have lived with the disease of alcoholism, the 12 Steps are for Hope. **STEP TWO** begins to point the way to a higher level of serenity. For many of us, our past experience proved that, on our own, we were unable to handle the effects that alcoholism had on our lives. In working Step Two, we learn to look beyond ourselves for answers. This step reminds us we are not alone, and there is a power greater than ourselves to guide, direct, and restore us, regardless of what our interpretation of this Power maybe.

-Reaching for Personal Freedom pg 15

Just as the Second Step informs us that sanity is indeed possible, it is also possible for us to have higher expectations about our lives and our relationships. It may take time to focus our efforts and intention on what we can change instead of what we can't. With help and guidance, however, we can see, first, that positive developments are possible, and second, that there are many ways to learn how to make this possibility a reality in our lives.

-Discovering Choices pg 76

With **STEP TWO** I learned that while I am powerless, my situation is not hopeless. Hope lies with the God of my understanding. I always turn to him for help. Only when I "Let Go and Let God" have I been able to keep my sanity.

-Discovering Choices pg 227 & pg 189



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.



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