
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 3

Made a decision to turn our will and our lives over to the care of God *as we understood him*.

TRADITION 3

The relatives of alcoholics when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

CONCEPT 3

The right of decision makes effective leadership possible.



I will be happy.

-JUST FOR TODAY

Laughter has a way of making us realize we're all going through the same stuff.

-Heard at a Meeting

Life can be a journey to be enjoyed day-by-day.

-Discovering Choices pg 77

You grow up the day you have the first real laugh-at yourself.

-Courage to Change pg 205

Irish Alzheimer: they forget everything but the grudges!

-Heard at a Meeting



MARK YOUR CALENDAR!

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

March 08, 2023/6:30pm

All Al-Anon members are welcome.

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



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 pg103

KEEP IT SIMPLE

One of my favorite slogans is Keep It Simple. Recently, I was planning an event for some friends and being the "hostess with the mostess," I started making lists. Planning what and when and where we will go...the mind starts to spin about what each person would like and to fit it all in to a time frame that seems to be too short. Maybe I should change it; maybe it could be better; maybe someone will get mad!!!! On and on, these things take on a life of their own. Feeling overwhelmed and hopeless wanting to make this a perfect gathering, what really matters is the connection with the people. It doesn't have to be perfect.

Such a gift to know I can Keep it Simple. That was and is my course correction to peace of mind and serenity. When I Keep It Simple, the anxiety begins to lift and there is some relief.

These days I meditate and ask my HP to do for me what I can't do for myself and then let it go. I can have two pages of things I "have" to get done today but when I Keep It Simple and focus on what I *can* do and leave the rest for my Higher Power, it works beautifully. It is like being in the flow.

-Bonita Springs / Minnesota

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

DO YOU KNOW?

What are the words
for the acronym

F I N E



The **ALATEEN** program is desperately looking for volunteers. Sign up for training and easy certification by emailing alateen@naplesal-anon.org

Suggest being an Alateen volunteer to an Al-Anon friend and do it together.

Without you the Alateen program can not happen.



ANSWER:

F — — — ed-up **I**nsecure **N**eurotic
Emootional



HOPE FOR TODAY, AFG began with a conversation between two strangers in the restroom of a church where a Saturday morning Al-Anon meeting was being held in March of 2004.

As Katie M. tells the story, "I believe it was an HP moment for both of us to meet when we did. I was in an Al-Anon meeting that I didn't usually go to. While in the Ladies room, we just started to talk about the need for a Sunday meeting to bridge the gap between the Saturday morning meeting and the next meeting Monday night. I don't even remember her name. I saw her a few times after that and as far as I know she has moved from the Naples area. The plans almost unfolded organically. We both loved the book *Hope for Today* and settled on a format. We agreed a Sunday morning would work and the 24 Hour Club had a slot open at 11am." No coincidences!!

From the very beginning people started stepping up to do service whether chairing a meeting or being the treasurer or the GR. One member remembers that at times there would be 70-80 people at the Sunday meeting with "a large male presence." The annual anniversary celebrations were spectacular, drawing people from all over! Noteworthy speakers shared from the heart, their experience, strength and hope coming into Al-Anon and working the program.

Katie suggests a lesson to the story, "I was used to denying my needs, dismissing them. I had to learn to be open and willing to meet my needs. Obviously, other people had the same need. I believe this meeting became popular because it offered a safe space where a *gentle* recovery was the focus."

Hope for Today, AFG meets in-person at the 24 Hour Club on Sunday mornings at 11am.

HEARD AT A MEETING

I change my expectations for more opportunities.

An attitude of gratitude is what I need to work on.

Let Go or Be Dragged.

Instead of worrying, I could just wonder.

I can be the example or the lesson.



TRADITION 3

It is up to each of us to decide whether we belong

-Hope for Today pg 348



ON THE "TO-DON'T" LIST

I don't have to be reluctant to show my feelings. When I'm happy, I can give into it! When I'm not, I can turn to my Al-Anon friends who help me to grow through the tough times.

-Courage to Change pg 351

ATTENDING OPEN AA MEETINGS

When I first came into the Al-Anon program, I remember hearing about attending open AA meetings. I did not fully understand the reason behind this and why it would benefit me. In time, I came to realize that the key factor was, Perspective. Pre-Al-Anon there were too many times when I tried to put my qualifier in my shoes. It was difficult to grasp why a loved one would continue drinking let alone to excess. I quickly learned the 3 C's: I didn't cause, couldn't cure or control my loved ones drinking. I was looking at it strictly from my perspective, my point of view. In reality, I had my own 3 C's. They were that my qualifier's choices were resulting in circumstances and consequences. I didn't fully understand and appreciate the importance of boundaries. I was in fact contributing to my loved ones difficulties. It was as if I was putting rocks in his backpack, weighing him down with my demands and expectations.

As I continued into my recovery, I was able to find a sponsor and start working the steps. He suggested that we attend open AA meetings. Again, I asked myself why and how would this benefit me? Then I remembered reading in our conference approved literature the importance of learning about alcoholism. How Al-Anon Works, page 33, states, "some of us also attend open AA meetings to learn about the alcoholic's experience. Hearing the stories of recovering alcoholics can be very eye-opening." Also, the pamphlet 3 Views of Al-Anon, the second reading, The Alcoholic Speaks to His Family, addresses this. It clearly states, "above all, do learn all you can about alcoholism and your role in relation to me. Go to open AA meetings when you can..."

My sponsor and I started attending open AA meetings on a weekly basis, which I did for the first year of my recovery.

-continued on next page



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!](https://al-anon.org/get-app)

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



WHEN A CRISIS ARISES

Have a Plan B

Do not engage

Get to a meeting

ATTENDING OPEN AA MEETINGS - *continued*

It was in those rooms that I gained a different "perspective" of the alcoholic. Listening to their stories allowed me to see it from their eyes and not mine. It taught me to appreciate Tradition 5 which states, "... by encouraging and understanding our alcoholic relatives...". I quickly learned that there was no amount of my experience, strength, and hope that could compare to those in AA. Additionally, I never once heard an alcoholic state that they found recovery *for their loved ones* but rather that it had to be *for themselves*. I understood that my alcoholic could learn and appreciate more from them, than he ever could from me.

Alcoholism is a disease and a terrible one at that. It shows no prejudice towards age, gender, culture, race, religion or occupation. It is indeed park bench to Park Avenue. I am so grateful that I found Al-Anon, found a sponsor and that he recommended that we go to open AA meetings. I learned so much about the alcoholic's perspective, Tradition 5 and protecting the alcoholic's anonymity.

Mike S. DR

District 159

LET'S HAVE THAT TALK

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.

**WE CAN'T DO IT WITHOUT YOUR SUPPORT.
GIVE WHAT YOU CAN.**

HOW IMPORTANT IS IT?

Is it a lump in my oatmeal?
Is it a lump in my throat?
Is it a lump in my breast?

This slogan “will help me think things through before I act and it will give me a better picture of just what is important in my life.”

-Courage to Change pg 250



AFFIRMATIONS

I play an important part in my own well-being.

I have a lot to be happy about.

I deserve to be treated with respect.

Today I will ask for help.



CONCEPT THREE

A combination of trust and freedom is at the heart of Concept Three.


-How Al-Anon Works pg131



In the Spring of 2011, **Living in the Solution, AFG** was “formed from the ashes” of another group that was announcing it was closing due to lack of participation. Alison A. and Patricia C. stepped up to the challenge of reorganizing the group. Keeping the same WSO number, they changed the time and day of the week but kept the same meeting place at St. Monica’s on Immokalee Road. This coordinated with another on-going 12 Step program hoping to promote attendance.

The group settled on a format that still works for them. The Chairperson chooses a topic based on Conference Approved Literature (CAL), shares and then opens the meeting for discussion. One meeting a month is devoted to a Step or a Tradition. The meeting consistently has 10-15 members along with a large turnout for annual anniversaries.

Long-time members have been involved in service for the group and the District. Openness and honesty is encouraged in order to heal and grow in recovery. One member said, “Giving service and having a willingness is what made this meeting successful and will continue for a long time.” Another member shared that “it is so nice not to have to travel so far to a meeting.”

 **Living in the Solution, AFG** will be celebrating their 12th Anniversary on April 10, 2023. The meeting is conveniently located on the northeast side of Naples at St. Monica’s Episcopal Church, 7070 Immokalee Road, Naples, FL.

FOOTWORK

A man prays everyday of his life, that he would win the lottery. In time, he dies and goes to heaven where he meets God. He says to God, "I prayed everyday to you that I would win the lottery. Why didn't you answer my prayers?" God looks at him and says, "You never bought a ticket!"

God provides the opportunities but you still have to do the footwork.

-Discovering Choices pg 227



THOUGHTS

My thinking will get me more stinking than anyone else's drinking.



KEEP COMING BACK,
IT WORKS IF YOU
WORK IT.
SO WORK IT,
YOU'RE WORTH IT.



In March of 1986, a half-dozen women gathered with their friend Kay (Catherine G from Ohio, an Al-Anon member since 1977) in the choir room of the United Church of Marco Island for the very first Monday Mornings on Marco, AFG subsequently changed to **M&M, AFG**.

Kay's love, experience and understanding of the program helped guide the members in structuring the meetings. She believed that while each group is autonomous, maintaining a healthy group adherence to the WSO Al-Anon Guidelines was essential. Service was stressed as a means of creating unity and trust among the members. This perhaps is part of the secret for the lasting success of this meeting.

At times, meetings would grow to 50 or more people during season and whittle down to a half-dozen during the dog days of summer. The meeting before and the after-meeting provided an opportunity to get to know fellow members on a different level and eliminate cross-talk during the meeting. In recent years, the annual anniversary, with a speaker and lunch, would at times attract 80 or more people from all over the globe.

Kay passed away 5 years ago. The dedication of its members to keeping **M&M, AFG** vibrant and their commitment to recovery in the Al-Anon program keeps alive the memory of those who came before us. The Monday, 11am **M&M, AFG** will be celebrating their 37th anniversary on March 27th at St. Mark Episcopal Parish Hall, 1101 No. Collier Blvd., Marco Island, FL 34145, where they meet every week. (See attached flyer).

KEEPING OUR RECOVERY

In order to keep our recovery, we learn we have to apply it to our lives and pass it on to other.

ARE YOU WALKING THE WALK OR JUST TALKING THE TALK?

A man shared enthusiastically that he belonged to a bike club. People began to question him, "What kind of a bike do you ride? How many miles do you ride on a given day?" "Where do you ride?" "Oh! I don't ride," he replied, "I just belong to the club!"

In a way, this story is an allegory for District 159. We attend the meetings, love the fellowship but don't really participate in keeping Al-Anon current and responsive to its members.

Al-Anon is an organization of volunteers. Al-Anon works only if people show up and participate. Volunteers are needed in our meetings and at the District level.

Concept 5: Participation is the Key to Harmony.

For more info email
newsletter@naplesal-anon.org



NEWS ACROSS THE DISTRICT

FOR SALE: *Old priced* ODAT books large and small print are available for individual sales. Anyone interested in purchasing ODAT at the old price can attend the District meeting as an interested member and purchase after the meeting. Cash or check.

Pocket size ODAT \$11 - the new version is \$13

Large Print ODAT \$14 - the new version is \$16

Join Al-Anon's **DISTRICT 159** monthly meetings, on the second Wednesday of each month 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 March 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! "It's fun connecting with people from other meetings." Text Chris 917-324-1145 if you can make it.

The **KEEP IT SIMPLE**, AFG group celebrated their 38th



Anniversary on February 3rd with a feast, fellowship and two speakers representing Al-Anon and AA. This was their first celebration since before the pandemic. "We didn't know if we would get the crowds we once did. We had a lot of help and fun preparing for our party," said

one member. "We let it all unfold and it worked out! Clean-up was a breeze with AA participation." "Gosh, it felt good to see old friends," added another member.

The 7pm Tuesday night **SERENITY FELLOWSHIP**, AFG is in need of support. They meet at Ave Maria Catholic Church, 5078 Pope John Paul II Blvd, Ave Maria, FL 34142 in Suite 107 in the Parish Office Conference Room.

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



44 YEARS !!!

Today's 10am **SATURDAY, AFG** began as a 4th Step Group meeting at the 24 Hour Club on Pine Ridge Road. As the original members moved to other towns and states, it was decided that the Naples community would be better served with a general discussion group. The Saturday Al-Anon Group was registered with WSO in February, 1979. In 1981 the meeting moved to the North Naples Methodist Church located at the time on the corner of Seagate and Crayton Road. Then in 2000 they moved with the church to its present location on Goodlette-Frank north of Pine Ridge.

The Saturday Al-Anon group was the answer for people who could not make a meeting during the week because of work or family obligations but they could make a Saturday meeting. An Alateen meeting was available at the same time, in the same building, making it even more convenient.

From the very beginning, the Saturday meeting attendance was large. People filled the room; every chair and floor space was taken. And to the credit of the people who came before them, today's members have continued to keep the meeting going strong with shared experience, strength and hope reaching out to new-comers as well as long-timers.

The warm welcome, the inviting smiles, the hearty laughter as well as the heartfelt tears and the nodding of heads upon hearing and identifying with a member's share is the reason why so many people keep coming back after 44 years.

The 10am **SATURDAY, AFG** meeting is hybrid. The in-person meeting is held at the North Naples Church, 6000 Goodlette-Frank Rd., Naples 34109. On Zoom: ID# 899 7409 2714
Password: AFGSAT.

A LOOK BACK...

A WEATHER REPORT FROM FEBRUARY 1987

Early tomorrow morning a strong front of resentments will collide with a mass of hot promises...they will be moving in your direction... so start the day slowly and with caution.

Heavy rain from falling tears are expected with angry winds and occasional howling...followed by strong threats...probably by late afternoon.

These conditions arouse sleeping memories of blame and prompts-high pitch screaming by dark... followed close with high tempers and of course... the ever present headache.

It could be quieter by morning, with extreme cold front moving in... it could cause chills... usually caused by silence...

So if you are planning to live till tomorrow... before you get out of bed, cover yourself with Serenity, say a prayer, then bathe yourself in a large tub of your favorite higher power...

-Reprint from February, 1987
The Beacon



THE DR'S CORNER



In strength training there are several factors that need to be in place. These include, but are not necessarily limited to, knowledge/instruction, proper form, consistency and *time under tension*.

In Al-Anon, we can have the benefit of knowledge from various sources such as: Conference Approved Literature (CAL), daily readers, sponsors, meetings, etc. We achieve "proper form" by working the Steps and working with a sponsor. The more consistent and persistent one is with this, the more recovery there is to be gained.

The final factor, *time under tension* is defined as, the amount of time a muscle is held under tension or strain during an exercise set. Eventually, this will lead to increased muscle growth and strength, none of which happens overnight.

Time is a crucial component in recovery as well. Our personal growth is ever evolving. It is also important to remember and understand that there is no such thing as a fairytale recovery for our loved ones or for us. When a loved one or loved ones struggle or experience a slip, it has a direct effect placing us under tremendous strain. This can put us in crisis which can affect our emotional, mental, spiritual and physical well-being.

There may be times when the crisis/tension is so overwhelming that, along with our Al-Anon program, we have to seek professional help. It is these very *times under tension* that become a component of our experience, strength and hope, always remembering that time takes time.

Mike S.
District Representative, District 159

Spiritual Principle of the Month

FAITH - is not about everything turning out ok. Faith is about being ok no matter how things turn out.

-Heard at a Meeting

We receive, through spiritual enlightenment, the gift of faith.

-ODAT pg 311

(Faith) is the source of confidence and strength that will help me face life in an entirely new way.

-ODAT pg 248

Faith surrounds us in our daily living.

-Paths to Recovery pg 21

The phrase "came to believe" reminds me that faith is the process, not an event, from which sanity arises.

-Hope for Today pg 32



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!

FAITH

When I first tried practicing **STEP THREE**, I thought it was a decision I would make once for the rest of my life. Now I understand I make this decision over and over again with each new day. I am not perfect, and my nature is to try to do things my own way. It requires a leap of faith each day to *allow* God to direct my will and my life, and He never tires of hearing me ask for His help. Asking each day is not a weakness, but an act of faith. I do what I can to take care of myself and to solve my problems with His direction, but what I can't do I leave in His capable hands. Unless I can do something within reason to help, I also leave the problems of others where they belong, with them and their Higher Power. This frees me from unnecessary worry and grief.

-Reaching for Personal Freedom pg 23

The first phase of **STEP THREE**, "Made a decision," show us that we have choices. We make this decision when we are ready.

-Paths to Recovery pg 28

I made the best decision of my life in **STEP THREE**. I couldn't take care of myself or my family when I was emotionally upset about a loved one's drinking. Putting my life in God's hands soothed me. Putting the alcoholic's life also in God's hands replaced panic and determination with peace and acceptance.

-From Survival to Recovery: Growing Up in an Alcoholic Home pg 259

Working **STEP THREE** not only changed my concept of God, it changed my life.

-Paths to Recovery pg 35



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.



Monday on Marco



COME JOIN US

As We Celebrate



37th



Anniversary

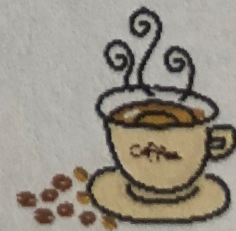
Date: Monday, March 27, 2023

Time: 11 AM

Place: St. Mark's Episcopal Church
1101 North Collier Boulevard
Marco Island, FL 34145



Al-Anon and AA Speakers
Coffee and Refreshments



**33rd Annual AFG
Florida South Area 10
Convention 2023**



**AUGUST 18TH-AUGUST 20TH
HYATT REGENCY COCONUT POINT
RESORT & SPA**

**5001 COCONUT ROAD
BONITA SPRINGS, FL 34134**



NEW HORIZONS OF HOPE

Friday, August 18—Sunday, August 20, 2023

33rd Annual AFG Florida South Area 10 Convention with AA Participation

HYATT REGENCY COCONUT POINT RESORT AND SPA

5001 Coconut Road, Bonita Springs, FL 34134

CONVENTION REGISTRATION

	PROGRAM	
<input type="checkbox"/>	Al-Anon / A.A. (circle which fellowship) Postmarked before 8/1/2023	\$35
<input type="checkbox"/>	Al-Anon / A.A. at the door	\$40
<input type="checkbox"/>	Alateen (18 and younger)	\$15

	MEALS	
<input type="checkbox"/>	Fellowship Celebration Feast (Saturday dinner) - circle one : Chicken Vegetarian Vegan Gluten Free	\$60
<input type="checkbox"/>	Fellowship Celebration Feast AND Saturday Lunch— circle one : Chicken Vegetarian Vegan Gluten Free	\$75
<input type="checkbox"/>	Lunch on Saturday	\$25
<input type="checkbox"/>	Alateen Pizza Party (Alateens & AMIAS)	\$10

RESORT FEATURES & ACCOMODATIONS

SPECIAL AFG RESORT ROOM RATE for a standard room is \$179 per night plus taxes & reduced resort fee of \$10. Free self-parking with in / out privileges for hotel guests.

Make it a vacation—enjoy the same rate 2 days before and after the convention dates. The resort features spa, fitness center, water slides, four refreshing pools, a lazy river, and a ferry to private beach.

To phone for a reservation, call 239-444-1234 and be sure to give our group code which is **G-HAAF**. Or go to our Southfloridaal-anon website for a direct link to make reservations.

Last day to reserve a room at the group rate is July 26, 2023.

Area 10 current policy does not allow refunds

Questions on any matter can be e-mailed to: 2023conventionchair@afgfls.com

One Form Per Guest. Please Print Legibly.

MAKE CHECKS PAYABLE TO: AFG FLS CONVENTION

Mail to: AFG CONVENTION, P.O. BOX 61634, FORT MYERS, FL 33906-1634

Name (First and Last): _____

E-mail: _____

Email addresses will be used for FL South Convention purposes only

Contact Phone: _____ Badge Name _____

District #: _____ Preferred Language ☐ English ☐ Spanish

Street Address, : _____

City _____ State _____ Zip Code _____