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 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

TRADITION 5

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

CONCEPT 5

The Rights of Appeal and Petition protect minorities and insure that they be heard.



"As I walk, As I walk, The universe is walking with me."
-Courage to Change pg 253 — from the Navaho rain dance ceremony

"Today I will remember to rest in the beauty of God's care and concern for me."

-Hope for Today pg 342

Life isn't about waiting for the storm to pass; it's learning to dance in the rain.

-Heard at a Meeting

"Spring is a time of renewal, clearing & new growth. I do this with my program as well." -SB Naples

I take time to enjoy the beauty that surrounds me.

-Hope for Today pg 299





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 pg 103

LIVE and LET LIVE

In my childhood, all my physical needs were provided by my parents - home, food, and safety to name a few. As I grew older and became more self reliant, I developed independent thoughts and actions but found they were restricted by the values taught by my parents. My challenges to those values then, and even into young adulthood, were met with anger, resentment and derogatory words. If my parents ever heard the phrase "Live and Let Live," it was a foreign concept. They were all about control.

I learned those lessons well. After 70+ years of wondering why my life was unmanageable and serenity and happiness appeared to be out of reach, I was brought to Al-Anon in hope of finding a cure to my alcoholic daughter's obsessive treatment towards my granddaughter — the same treatment I unknowingly passed to my daughter.

In Al-Anon, by becoming *aware* that my character defects were symptoms of the family disease of alcoholism, I am seeking to change my attitude and actions. I have *accepted* that I can only change myself. Learning to practice "Live and Let Live" has become a priority to making that change. Through the *actions* of working the Steps with the help of my sponsor, daily readings of Al-Anon literature, and paying attention to shares at meetings, I have made great strides in making "Live & Let Live" a part of my changed attitude. While I am not perfect, the process has brought serenity and happiness into my life.

-Ft Myers/USA

HEARD AT A MEETING

Al-Anon teaches me what I can't learn by myself.

I used to make a list of things to do for myself and a list of things for my Higher Power to do.

I spent most of my life waiting for someone else to change.

Worry is another form of control. By worrying you think you can still change the outcome.

THOUGHTS

We are affected while our alcoholics are infected.

The essence of all healing is love and

TRADITION FIVE

demonstrates the loving nature of the Al-Anon program.

A LITTLE LOCAL HISTORY

FRIENDSHIP, AFG group written in 1973 by Irma H. and Dell Y. The Al-Anon FRIENDSHIP, AFG group was formed in 1970 "branching off from the one and only group in Naples...thus presenting two groups available to the public, one at each end of town." The first group met at the Methodist Church in downtown Naples and the second group, the FRIENDSHIP, AFG group, first met at a nursing home on 7th Avenue N and Tamiami Trail N but later moved to the Moorings Presbyterian Church on Harbor Drive. (It's interesting that they thought of the Moorings as "the other end of town").

In this 1973 written history of the **FRIENDSHIP**, **AFG** group, Irma and Dell reminisce about the "trials and disappointments" of starting a new meeting as well as "all the beautiful people we've met...the joys of sponsorship...the unforgettable assembly meetings and the spirit lifting conventions." They sadly reflected on the changes from within: "Somewhere in time, things changed. Our district membership dropped and things began to fall apart. Unfortunately, in our own group, the problem of anonymity resulted in the group's decision to drop our open Al-Anon yearly anniversary meeting."

Eventually, the group got a new GR, Jean B. She went to the Al-Anon Convention and came back on "cloud nine." Jean B. started visiting all the groups in our district, creating interest which "activated the district" meetings again. At this time, members got involved in re-starting the group's anniversary celebrations.

At the end of recounting their history, Irma and Dell counseled, "These are not any legacy you can give to another—YOU WANT IT, YOU FIND IT, YOU LIVE IT. We who understand and believe it, will be forever grateful to Al-Anon."

The last flyer I found for this group was for their 27th Anniversary in 1997. I wonder what happened to the **FRIENDSHIP, AFG** group?

33rd Annual AFG Florida South Area 10 Convention 2023



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

Use the QR Code to the AREA website for more convention information.



Please Donate to Florida South (Area10) 2023 Convention

New Horizons of Hope

For every \$10 donation, you will receive an entry for the drawing for **2 Free Nights** at the HYATT REGENCY COCONUT POINT RESORT AND SPA for any dates from 8/16 to 8/20 2023!!

The drawing will be held on July 15, 2023

NEWS ACROSS THE DISTRICT

After three years, the current **District 159 PANEL 67** will step down in December. It's not too soon to start thinking about stepping up to do service at the District level. Service positions will need to be filled at both the group level and the district level by September for the official turn over in December. Go to NaplesAl-Anon.org and peruse the open District Positions and their description. Even if you are seasonal, you can still volunteer! **Al-Anon can not work without volunteers.**

Institution chairperson for the district. Institutions coordinates with rehab facilities, like the David Lawrence Center, to bring Al-Anon informational meetings to clients and families who are suffering from the affects of addictions. You can email her at institutions@naplesal-anon.org

The Naples **ALATEEN PROGRAM** is strong and well attended. It is available for children from 13 to 18 years of age (although a few as young as 12 have occasionally attended) on Sunday mornings at 9:30 am at the 24 Hour Club on Pine Ridge Road. It meets at the same time as the Al-Anon and AA meetings. Just show up on Sunday. The Alateen program is for children whose lives have been affected by living with alcoholism.

The 7:30 pm Tuesday **TRANQUILITY**, **AFG** is in need of support. They meet at St. Monica's Episcopal Church, 7070 Immokalee Rd, Naples, FL

Monday's 7 pm LIVING IN THE SOLUTION, AFG had their 12th Anniversary celebration on April 10th. Inspirational speakers from AA and Al-Anon shared their experience, strength and hope. One member said "they had a wonderful time seeing people from all over the district who came out to give support. We all went home full of delicious goodies, hearing the message of Al-Anon and feeling loved."

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 <u>Al-Anon.org</u> 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

Dear God ...

started journaling years ago at the suggestion of a sponsor who said: "Write a Dear God letter and thank Him for five things you are grateful for everyday". I went from woe is me to actually perceiving and experiencing my life differently. Writing has also opened the door to finding my authentic voice and provided a way for me to connect to my Higher Power in a deeper way.

I write with a favorite pen and notebook because it feels more intimate. No one is going to check my grammar, spelling or punctuation the way the computer might. I tell the critics committee in my head to back off. My journal is where I tell the truth to God and to myself.

It is where I wrangle with my shortcomings, my need to control, and the fears and sadness that lie beneath the surface. Being honest with God, myself, and others has guided me through the 12 Steps. It is the light that has shown me the path out of chaos and into serenity. It is not an easy path but definitely worth it.

Step 11 states that prayer is talking to God and meditation is listening to God. Writing has helped me to pour my heart out to HP and feel He/ She is close and really listening. Over time, my journaling has evolved into a form of meditation. I write down my issues, then ask God for clarity, guidance, and His/Her will for me. And then I listen and write down whatever comes to mind. Who am I having this dialogue with? Is it my authentic voice? Is it my intuition? Or is it my HP? At different times it may be all of the above, but I do know that at times the wisdom that comes out does not seem to be from me. Here's an example:

Dear God: They asked me to write an article for THE BEACON about writing/journaling. **(Oiy)**. I'm scared. I'm going be to be criticized. What if they don't like it?

Dearest daughter: The **message** is more important than the **messenger**.

My ego was restored to sanity and I am right-sized again. Ahh, humility.

The tools work if we work them. Find one that works for you.

WHAT ARE THE

FOUR S's?



The purpose of

CONCEPT FIVE

is to ensure access to
everyone's ideas
so that all decisions are based
on the best information available

-How Al-Anon Works pg 134

*SLOGANS, SPONSORSHIP, STEPS and SERVICE

WHY CONFERENCE APPROVED LITERATURE?

hen Al-Anon first started, members brought writings, articles, and good ideas from outside of Al-Anon to the groups. These tools were often useful and some were widely circulated. As Al-Anon grew, its literature expanded. Our trusted servants wanted to be sure that what we used conformed to our principles. The WSC (World Service Conference) decided in the early 1960s to create a procedure for review and publication of our own literature and to refrain from endorsing or using other material. Policies for writing and approving Al-Anon literature were created and the term Conference Approved Literature (CAL) was adopted. (CAL is identified by the Al-Anon logo, with the letters AFG in the circle and the words World Service Conference within the triangle). Members are now encouraged to use only Al-Anon literature at meetings. Through CAL the whole fellowship can be united by reading materials developed and approved by Al-Anon's WSC. Such action affected Al-Anon as a whole in a positive way, encouraging unity.

-Tradition Four, Paths to Recovery pg 163

More information on CAL can be found online at Al-Anon.org or in our Service Manual, page 112.

DOES YOUR GROUP HAVE A "GR"?

What's a GR, you might ask. A GR is short for Group Representative. A GR is elected by the group members to represent the group at our monthly District Meeting and at our twice a year Area Assembly meetings, where they share information of importance. The GR brings that information back to the group. There's usually an Alternate GR to assist the GR.

If you don't know if your group has a GR, or who s/he is, ask at your next meeting.

Guilt is a waste of emotion



"Let Go and Let God"

No one has enough wisdom and power to cope with everything that happens in life. When baffled and frustrated by problems, *Let Go*. Let the Higher Power restore order and peace to your life. It really works.

-Reprinted from Three Views of Al-Anon, Alcoholics Speak to the Family



SERVICE

One of the jobs of a sponsor is to encourage their sponsee to do service. By starting them off on small jobs such as chairing, setting up for a meeting or cleaning up/putting away after a meeting helps them build confidence and promotes community.

THE DR'S CORNER



hen I first came into the Al-Anon program, I heard the term "tools" of the program referred to time after time. I started thinking about my "tool belt". I soon realized the only tool in my tool belt was a hammer. The only problem with that is, if the only tool is a hammer, you tend to look at everything as a nail.

I learned through my personal recovery that the Al-Anon program has many tools to offer. Working the Steps with my sponsor, specifically Step 4, I discovered more about myself. In time, slowly-by-slowly, I was able to add program tools that were more suitable for me. Some of the tools, but not limited to these include: The Serenity Prayer, Conference Approved Literature, slogans, meetings, gratitude list, prayer and meditation, service work (giving to myself and giving back), self-care, studying and practicing the Steps, a sponsor, being a sponsor, a God box and conventions.

Having these tools in my tool belt leaves no need for "the hammer". If I feel the need to use a hammer, I look closely at my other tools to see which would work best and if all else fails, I call my sponsor! The reality about tools is that it seems you can never have enough of them and every tool serves a purpose.

Mike S.
District Representative
District 159



DO YOU KNOW the words for the acronym

FAITH?

ON THE "TO DON'T DO" LIST

I don't have to feel alone. I can go to a meeting, or pick up the phone—there is always somebody to reach out to in Al-Anon.

-Courage to Change pg 351



AFFIRMATIONS

What I do matters.

I have respect for myself.

I will learn to accept love.

My first obligation is to myself.



*Finding Answers In The Heart



One of the spiritual symbols of Al-Anon is the transformative butterfly. It can take a Monarch butterfly 5 generations to make the round trip pilgrimage from the Sierra Madre Mountains in Mexico, north to as far away as eastern Canada and back again. Each generation lives very different lives than their parents, grandparents and greatgrandparents and yet it is in their DNA that somehow each generation continues on its primary journey of going back to its origin of safety, renewal and community.*

The members of the **Friday Noon, AFG** meeting are very similar to the Monarch butterfly. Their journey is very different from their parent's and grandparent's. It is a journey to a place they had never imagined where safety, renewal and community are offered to those who keep coming back.

When a long time member was asked why she keeps coming back to this particular meeting, she said, "...because of the shares. They are deep and meaningful." Someone else remembers hearing the meeting referred to as "like being in God's living room."

There are no records of who started the **Friday Noon, AFG** meeting in May of 1985 and it doesn't matter. What matters is that through working the Al-Anon program, today's members discover that like the Monarch butterfly, it is possible to create a better life for themselves and future generations as long as they keep coming back.

Friday Noon, AFG meets on Fridays at Noon at the 24 Hour Club, 1509 Pine Ridge Road, Naples, FL.

CHANGE & GROW

When God presents a crisis, it is to encourage us to grow. Our job is to embrace change and grow.

When faced with a crisis, we need to remember the lesson so growth will occur.



The True Measure
of
Intelligence
Is the
Ability
To Change.

-Heard at a Meeting



I don't

Shoulda Woulda Coulda

anymore.



MAKE A MEMORY!

Al-Anon's first International Convention was held in Canada in 1985 in Montreal, Quebec, which serves as a bridge between the old world and the new. More than 35,000 Al-Anon and A.A. members attended the bilingual (English and French) celebration. The Pioneer Breakfast that highlighted the convention was themed "The Good Old Days."

Join other Al-Anon members and make a memory at the 2023 Al-Anon International Convention, **June 22-July 2**, in Albuquerque, New Mexico, USA.

https://al-anon.org/wso-events/2023-al-anon-international-

ONE OF THE SPIRITUAL PRINCIPLES IS SERVICE

The **DAVID LAWRENCE CENTER** is looking for volunteers for one hour on Sunday afternoons. Volunteers explain to the relatives and friends of the alcoholic how Al-Anon works. Literature and phamplets are provided. Service is on a rotating schedule. Email institutions@naplesal-anon.org

Service ensures that Al-Anon continues.

Service helps me get out of myself. Service is gratitude in action.

-Heard at a meeting.

ONLY MEETINGS IN NAPLES

TUESDAY

Together We Can Make It 10:30 am ID: 463741057; Pscd: 121121

THURSDAY

12 Steppers 5:30 pm

ID: 907290227; Pscd: 34113



ENABLING
IS
NOT LOVING

Make a list of all the opportunities your crisis is providing for your growth.

CARRYING THE MESSAGE

The Monday Noon meeting on Zoom began during the COVID-19 pandemic as a way to continue to have meetings when we could not meet in person. After the worst of the pandemic was over, members began meeting in person at the 24 Hour Club and we found our group numbers had dwindled.

A group decision was made to sign up, with a new name—
TOOLS FOR CHANGE, AFG—with the World Service
Organization as an online only Zoom meeting under the Global
Electronic Area (GEA) designation even though we originated in
Naples. We wanted to continue meeting, keeping our Naples
members who go back home after season, and at the same time
reach more Al-Anon members and newcomers. We have had
approximately four to six new people at each meeting. We use
the CAL book *Courage to Change*.

Our hope is that people will start to join us every week. We feel strongly that we want to bring the Al-Anon message to as many people as possible; reaching people when they *need* a meeting. To paraphrase, we want to, "Let It Begin With Us"!

TOOLS FOR CHANGE, AFG meets Mondays at noon EDT/ EST on ZOOM ID: 7878588649, no password required.

ANNIVERSARIES

The purpose of a Group Anniversary is to celebrate another year of growth and recovery. It is an opportunity for the Al-Anon speaker to tell their story. It promotes fellowship and affords it's members a chance to shine. Support your group's anniversary.

Spiritual Principle of the Month

INTEGRITY - integrity comes when character is tested; keep true and never be ashamed of doing what is right; being conscious of how words and actions impact those around you.

-Heard at a Meeting

Al-Anon does not tell me how to behave...but encourages me to look searchingly and fearlessly at myself, my feelings, motives and actions.

-Courage to Change pg 24

I know deep down in my heart and mind what is right and wrong for my recovery. When I don't follow the suggested guidelines...the price I pay in terms of my integrity and self-esteem...just isn't worth it.

-Hope for Today pg 55

"With the help of Al-Anon, I gain the courage to live with honesty and integrity..."

-Hope for Today pg 120

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!

CHARACTER TRAITS

he quality of our character is dependent on the many traits that contribute to our thinking, and our behavior. When we examine the parts that make up the whole, we are more likely to see just where our strengths and weaknesses lie. We can see in what ways certain qualities express themselves.

-Blueprint for Progress pg 73

In Al-Anon, we learn to value all our *feelings*, even the ones that make us uncomfortable. Our Steps give us the tools to recognize and share our feelings, to love and nurture ourselves, and to trust that whatever we are feeling, will eventually pass.

-Opening Our Hearts Transforming Our Losses pg 118

In Al-Anon we are learning, not only to *trust* our Higher Power, ourselves, and our fellow members, but also that we deserve to be trusted. We trust that there is always hope. Eventually, we learn to trust our own instincts and our new way of thinking.

-Blueprint for Progress pg 51

Focusing on myself was the beginning of building *self-esteem*. It took practice, but with the support I got in meetings, I grew more comfortable. I learn to talk about myself and to view my feelings, achievements and concerns as valid and important.

-Courage to Change pg 25



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.

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

RESORT FEATURES & ACCOMODATIONS

SPECIAL AFG RESORT ROOM RATE for a

Al-Anon / A.A. (circle which fellowship) Postmarked before 8/1/2023	\$35	standard room is \$179 per night plus taxes & reduced resort fee of \$10. Free self-parking with in /
Al-Anon / A.A. at the door	\$40	out privileges for hotel guests.
Alateen (18 and younger)	\$15	out privileges for noter guests.
		Make it a vacation—enjoy the same rate 2 days
MEALS		before and after the convention dates. The resort
Fellowship Celebration Feast (Saturday dinner) -circle one: Chicken Vegetarian Vegan Gluten Free	\$60	features spa, fitness center, water slides, four refreshing pools, a lazy river, and a ferry to private beach.
Fellowship Celebration Feast AND Saturday Lunch— circle one: Chicken Vegetarian Vegan Gluten Free	\$75	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.
Lunch on Saturday	\$25	Last day to reserve a room at the group rate is July 26, 2023.
Alateen Pizza Party (Alateens &	\$10	

Area 10 current policy does not allow refunds

AMIAS)

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

	One Form Per Guest. Ple CHECKS PAYABLE TO: A ENTION, P.O. BOX 61	AFG FLS CO	NVENTION
Name (First and Last	e):		
E-mail: Email ad	ddresses will be used for FL S	South Convention	n purposes only
Contact Phone:	Ba	dge Name	
District #:	Preferred Language	☐ English	☐ Spanish
Street Address, :			
City		State	Zip Code

33rd Anual AFG Convención de Area 10 en Sur de Florida 2023



18-20 DE AUGUSTO 2023

HYATT REGENCY COCONUT POINT RESORT & SPA

5001 COCONUT ROAD BONITA SPRINGS, FL 34134

NUEVOS HORIZONTES DE ESPERANZA 33a. Convención Annual GFA del Area 10 del Sur de la Florida con Participación de AA 2023 2023 18 sábado 19 y domingo 20 de Agosto de 2023

DONDE? HYATT REGENCY COCONUT POINT RESORT AND SPA

5001 Coconut Road, Bonita Springs, FL 34134

REGISTRACION INDIVIDUAL			HOSPEDAJE		
PF	ROGRAMA (Marcar una opción solamente)	Tarifa <u>Diaria</u> ESPECIAL DESCUENTO AFG		
0	Al-Anon / AA - (circular cual hermandad) Sellado postal antes del 1ro Agosto 2023	\$35	Habitación Doble Standard (incluye estacionamiento)	\$179	
0	Al-Anon/AA en la entrada	\$40	Tarifa Reducida del Resort (Reduced Resort Fee)	\$10	
0	Alateen (edad 18 o menor)	\$15	+ Impuestos		
			Haz de esto una vacación y disfruta con la misma tarifa 2 días antes o después de las fechas de la convención. El hotel cuenta con spa, gimnasi toboganes de agua, 4 piscinas, un río manso y transporte a playa privada	•	
	PLAN DE COMIDAS (Opcional)		RESERVAS		
0	Almuerzo del Sábado	\$25	Llamar al teléfono (239) 444-1234 y mencionar		
0	Cena del Sábado - Celebración de Camaradería Pollo O Vegetariano O Vegano O Libre de Glúten O Almuerzo y Cena del Sábado - Celebración de Camaradería	\$60 \$75	Código de Grupo: G-HAAF ó Vía Internet entrar al sitio Southfloridaal-anon.org y utiliza	r	
0	Pollo O Vegetariano O Vegano O Libre de Glúten O Alateen Fiesta de Pizza (Alateens & AMIAS)	\$10	el <i>link directo "2023 Convention"</i> Fecha Límite para obtener Tarifa Descuento es el 26 de Jul	io 2023	

Política actual del Area 10 no admite reembolsos

Preguntas o dudas favor contactarse al correo electrónico: 2023conventionchair@afgfls.com

Un Formulario por Participante - Favor escribir legíblemente.

CHEQUES A NOMBRE DE: AFG FLS CONVENTION

Enviar por correo a: AFG Convention, P.O.Box 61634, Fort Myers, FL 33906-1634

Nombre y Apellido:					
Correo Electrónico:					
a ser utlizado para propósitos de	e la Convención únican	nente			
Teléfono de					
Contacto:					
					
Nombre deseado en Tarjeta					
				Español O	
Nombre deseado en Tarjeta	de Identificación:	Idioma Preferido:	Inglés O		
Nombre deseado en Tarjeta de Distrito#:	de Identificación:	Idioma Preferido:	Inglés O	Español O	