

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 p 341

STEP 6

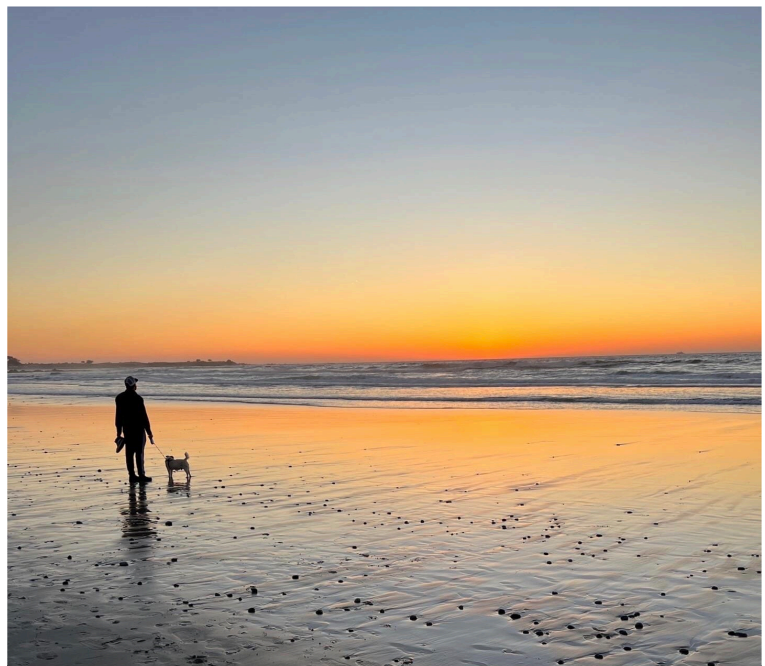
Were entirely ready to have God remove all these defects of character.

TRADITION 6

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.

CONCEPT 6

The Conference acknowledges the primary administrative responsibilities of the Trustees.



One day at a time I can delight in the splendid person I am becoming.

-Courage to Change pg 67

I am not alone on my journey.

-Courage to Change pg 13

My Higher Power helps me when I help myself.

-Hope for Today pg 89

I won't let the beauty of this day slip by unnoticed.

-Courage to Change pg 95



MARK YOUR CALENDAR!

District 159 monthly meeting is held in person at Naples Community Church, 849 7th Avenue So., 2nd fl. Naples, FL. Or on Zoom ID#: 862 6388 6284 Password: 123456

June 14, 2023 /6:30pm
All AI-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* pg 103

THINK

The simplest-and most difficult-of all our slogans is the word THINK.

-*One Day at a Time* pg 208

I grew up in a family with no boundaries. Whenever a friend, neighbor or family member had an argument or a problem, unasked-for advice was given. Everyone had an opinion. Drama engulfed our kitchen with sarcasm, judgement, and scornful attacks.

In retrospect, I realize now by the time I had my own home, I was addicted to the drama. I never thought twice about expressing my opinion which was often hurtful. I did not see my own unacceptable behavior. I knew nothing about boundaries and always judged people.

When I got into AI-Anon, I read the pages in *Hope for Today* about THINK. The pages suggest that I THINK before I act; THINK (in moderation); THINK (and pray); THINK (out loud with a sponsor) or THINK (and feel).

It takes a lot of awareness and will power to do this. Sometimes I slip and react, but I recover much more quickly now recognizing when I am crossing boundaries.

I have come to realize that my life is so much easier and kinder when I can stop and THINK.

-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

AFFIRMATIONS

I am optimistic.

I can "Let Go & Let God."

I can choose to do something different.

I will nurture me.



CONCEPT SIX

IS ABOUT SHARED LEADERSHIP

-How Al-Anon Works pg 134



ON THE "TO-DON'T" LIST

I don't have to take responsibility for other people's choices. They have their own Higher Power to help to make their decisions.

-Courage to Change pg 351

NEWS ACROSS THE DISTRICT

Any Al-Anon member can join **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 Find out how your District works.

It's time for group's to start thinking about elections for 2024 for a GR, Alternate GR, Treasurer, Literature, and a Secretary. Depending on the group size and format, the group may choose not to fill all positions. (Al-Anon Service Manual pg 57)

Group Representative (GR) - is elected by the group 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 stepping in to help when the GR is unavailable.

Treasurer - is elected by the group to collect and maintain a record of all weekly donations; to distribute quarterly to the District, Area and WSO accordingly as well as pay the group's rent as agreed upon. The treasurer keeps a reserve on hand for unexpected expenses and helps to send the GR to assemblies as well as reads the Quarterly Appeal to the group.

Literature - Chairperson is elected by the group to order and collect money for the sale of Conference Approved Literature; to promote the sale of *THE FORUM* and announce new Al-Anon books.

Secretary - is elected by the group to write and maintain the minutes of group business meetings or group conscious decisions. S/he also picks up the mail, keeps up-to-date phone lists, notifies District Group Records of any changes to the group and sends out announcements.

Members have time to inquire about the up-coming open positions and what is required by talking to current Chairpersons. **Al-Anon cannot work without volunteers.**

HEARD AT A MEETING

I'm too blessed to be stressed.

Just put your foot forward and do the next right thing.

I want to be helpful but not an enabler.

The past has brought me to where I am today.

Let go and step out of the way.

THOUGHTS

Everything begins with a thought and thoughts lead to feelings.

TRADITION SIX

Reminds us that it is possible to cooperate with others, while remaining true to our principles

-How Al-Anon Works pg 115

ARE YOU A PEOPLE PLEASER?

What's wrong, you might ask, with being kind, helpful or considerate of the wants, needs or feelings of others. This approach to fitting in or making people happy can cross over to neglecting your own needs or wants. Mounting resentments may start filtering in, creating problems in your relationships, and prompting remarks like, I never have enough time for myself or feelings of not being appreciated.

Before committing to anything, there are three questions I need to ask myself:

1. Do I want to do it? (or am I feeling pressured?)
2. Am I available? (or will I sacrifice my well-being?)
3. How will I feel after? (happy or resentful?)

Here's an example: 3 different groups of family and friends want to visit on the same week. In previous years, I would have thought this could be fun but lately I am not physically or emotionally up to entertaining large groups.

This is how I answered the three questions:

1. I do want to have my friends and family visit.
2. I'm not available physically or mentally.
3. I will feel exhausted and resentful.

When I want to say yes but know I should say no, I get conflicted between pleasing others and taking care of myself. If I am not available or will feel resentful because I have ignored my needs in order to please someone else, I have made the wrong decision. At the end of the day, I must remember that I only have to take care of me. Saying no to something ultimately will be better for everyone if saying yes is going to create anger or resentment on my part. Anger and resentment often come out sideways and do harm to everyone with whom it comes in contact. If win-win is the desired goal, I must take care to make decisions that are good for me rather than try to please others at my expense.

People pleasing becomes destructive when I ignore my own needs and continually sacrifice my well-being for the sake of others. Al-Anon helped me find a compromise that allows me to respond to my feelings, including my desire to belong, and still take care of myself.

- Courage to Change p 261

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



HELP WANTED

2024 DISTRICT POSITIONS ARE NOW OPEN

After three years, the current **District 159 PANEL 67** will step down in December. Consider doing service by volunteering for one of the open District 159 positions. Even if you are seasonal, you can still volunteer! The district meetings are in-person and on Zoom. **Al-Anon cannot work without volunteers.**

Each month, a District position will be highlighted in THE BEACON. A description of the open position and the procedures established will appear below. You don't do it alone. There are service sponsors to help the new incoming Chairpersons.

POSITION: Treasurer - The Treasurer Chairperson keeps track of District 159 income and expenses, reconciles the bank account and reports the monthly transactions at the District meeting.

I have chosen to use a Microsoft Excel spreadsheet to track the transactions by month. There is a tab to record the donations and another tab to record the payments.

After reconciling the bank account to the monthly bank statement, I enter the total receipts and total expenses by category as compared to the Budget in the summary tab in the Excel spreadsheet. I save the report to a PDF file, send a copy to the Webmaster and District Representative as well as print 12-15 copies for the monthly District meeting.

The Treasurer prepares a projected Budget at the beginning of each year to present to the voting members. The monthly reports and Annual Budgets are uploaded to the District website for review. Any questions about this position can be directed to treasurer@naplesal-anon.org.

Cindy S.
District Treasurer

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 in 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 in
July 15, 2023

3 OBSTACLES to SUCCESS in AL-ANON

All Al-Anon discussions should be constructive, helpful, loving and understanding. In striving toward these ideals we avoid topics that can lead to dissension and distract us from our goals.

1. Discussions of Religion: Al-Anon is not allied with any sect or denomination. It is a spiritual program, based on no particular form of religion. Everyone is welcome, no matter of what affiliation or none. Let us not defeat our purpose by entering into discussions concerning specific religious tenets.

2. Gossip: We meet to help ourselves and others to learn and use the Al-Anon philosophy. In such group therapy, gossip can have no part in program. We do not discuss members of others, and particularly the alcoholic; our dedication to anonymity gives people confidence in Al-Anon. Careless repeating of matters heard at meetings can defeat the very purpose for which we are joined together.

3. Dominance: Our leaders are chosen not to govern, but to serve. No member of Al-Anon should direct, assume authority or give advice. Our program is based on suggestion, interchange of experience, rotation of leadership. Each person makes progress in his or her own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony.

-2022-2025 Al-Anon/Alateen Service Manual pg 20-21

LETS HAVE FUN WITH BASKETS!

Our annual AFG Florida South Area 10 Convention is scheduled for this August 18-20, 2023. As a fund raiser each AFG group is responsible for creating a basket for raffling off. Don't wait 'til the last minute!

Here's what you need to know:

Each group decides how much money they will donate towards their basket. It's usually \$75. -\$100.

One or two volunteers from your group will shop for the basket keeping a theme in mind. Some ideas are Spa Day, Gardening, Ethnic Food, Gift Cards, Games, Self Care, Crafts, Pets, Al-Anon, a money tree, etc. Be as creative as you want!!

Guidelines: If literature is included, only Conferenced Approved (CAL) or reference books such as travel, cooking etc.; no religious or holiday items.

- Wrap your Raffle basket/item in clear cellophane plastic.
- Include a contents list with your District # and Group Name.
- Drawings are Saturday, so please bring your Raffle items to the Raffle Room upon arrival.

Event raffle proceeds go directly to South Florida, Area 10 and are used toward public outreach, locally and globally, spreading the message of Al-Anon, hope, and recovery to families and friends of alcoholics.

Any questions, contact Lori B. at afg150conventioncommittee@gmail.com

Most of all, **HAVE FUN!**

THE DR'S CORNER



Al-Anon 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.

As a newcomer to Al-Anon, I was thankful to learn about Tradition 5. It helped me to understand and learn the primary objective and direction of Al-Anon. I grew to understand it as a guideline or instructions on what Al-Anon is and how it works. In a single word, that purpose is to, "help" families of alcoholics. This is done by sharing experience strength and hope and not offering advice, as one size does not fit all. This taught me to not do things for the alcoholic that he or she could do for themselves, in other words avoid enabling. Rather, to encourage and understand the alcoholic. Al-Anon teaches me to learn all I can about the disease of alcoholism. In doing so, I was able to understand more about the disease of alcoholism and where my loved one was coming from. This allowed me to offer understanding and encouragement through detachment with love. Once I comprehended this methodology, I truly could see how I had been enabling and contributing to the disease process. I was then able to see my loved one from a different perspective.

Tradition 5 doesn't tell me to support my loved one through enabling but rather simply understand and encourage. It eloquently transitions over to Step 12 in which the message is carried to others. Providing welcoming and giving comfort to newcomers and existing members exhibits compassion and love. As our declaration begins and ends: Let it begin with me...

Mike S
DR District 159

SORROW SHARED IS HALVED

JOY SHARED IS DOUBLED



HAPPINESS

IS

FREE



**STEP SIX
IS ABOUT THE
SIX "Ps"**

Perspective
Pain
Prayer
Patience
Process
Pay off



Many times gratitude has been expressed in the rooms for “the people who came before us.” They are the people who started the meetings and those who keep them going. They created different formats within the framework of Al-Anon principles, and adhered to Al-Anon Guidelines and suggestions as a road map to pass on to those who keep coming back.

32 YEARS The **MONDAY NOON, AFG** meeting began in June of 1991 and while they don’t know the names of its founders, the group continues to benefit from the wisdom of its predecessors and to carry the message forward. According to one member, the meeting continues to “attract a good mix of people at different stages of recovery.” The strength of this meeting is that “members share their vulnerability not just preach Al-Anon talk.” The **Monday Noon, AFG** meets on Monday at noon in the Big Room at the 24 Hour Club, 1509 Pine Ridge Road, Naples

26 YEARS The **THURSDAY NOON, AFG** meeting on **Marco Island** began in June of 1997. It has gone through a number of transformations where it’s membership has ebbed and flowed. The group has evolved into a topic/discussion group based on the readings from the 3 daily readers. The members then share their experience, strength and hope on that topic. The strength of commitment to the group, to individual recovery and returning to the adherence of WSO Al-Anon Guidelines will guarantee that the meeting will stay alive and vibrant. The **Thursday Noon, AFG** meeting is now hybrid on Zoom ID: 176 642 700 Passcode: 747 488 and in-person at St. Marks Episcopal Church, 1101 No. Collier Blvd., Marco Island

Do you know the words
for this acronym

H E L P



THE TWELVE STEPS SUGGEST ACCEPTANCE OF FOUR PRIMARY IDEAS

1. We are powerless over the problem of alcoholism.
2. We can turn our lives over to a Power greater than ourselves.
3. We need to change both our attitude and our actions.
4. We keep Al-Anon's gifts by sharing them with others.

-Al-Anon/Alateen Service Manual pg 20



***HOPE, ENCOURAGEMENT, LOVE,
PATIENCE**

WILLING

It is said that the Al-Anon program works to the extent that I am open, honest and willing to learn and internalize the program . But, what exactly does it mean to be willing?

I have come to accept that the more available I am to listen and learn the more available I am to be healed by my Higher Power. I must be willing to be teachable. That implies that I accept that I do not have all the answers. I need to be willing to go to meetings and really listen to everyone because my Higher Power speaks through the members in the group. Even newcomers may have just the message I need to hear.

Willingness also means that if I hear something from my sponsor or program member and think it doesn't apply to me, I need to be receptive. Willingness to embrace someone else's view allows me to learn more about who I am as I continue to recover from the effects of the disease of alcoholism.

Through the willingness to ask my Higher Power to guide me, show me, and teach me, I am no longer a prisoner of fear. I am willing to try new things without the burden of the need to be perfect. I willingly give myself permission to play and have fun without demanding any level of achievement or accomplishment to do so. I know that I am not alone and can ask others for help without indicating that I am less than. Today I am willing to accept my talents as gifts from my Higher Power and proudly use them to do service to others.

Most importantly, today I am willing to change. I can acknowledge my part in all things by accepting responsibility for that which is mine, making amends if required, and committing to changing unwanted behavior. Today I have choices because I am willing to listen and learn from all the many sources Al-Anon provides.

With willingness, I have the power to surrender to the God of my understanding. When I don't feel willing, I can pray to my Higher Power to help me be willing to be willing. My recovery begins and ends with my degree to be willing.

God grant me the willingness to change.

-Shelley, Toronto

Spiritual Principle of the Month

Willingness - a state of being ready.

I came to Al-Anon on my knees,
willing to live a different way.

-Hope for Today pg 276

I just had to become willing, and
my willingness allowed me to
move on.

-Hope for Today pg 171

God, please help me be willing to
be willing.

-Hope for Today pg 149



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!



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-convention>



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	
<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 _____