

# 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 p 341

## STEP 7

Humbly asked Him to remove our shortcomings.

## TRADITION 7

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

## CONCEPT 7

The Trustees have legal rights while the Rights of the Conference are traditional.



## TIME TO MAKE A GRATITUDE LIST



A.....	J.....	S.....
B.....	K.....	T.....
C.....	L.....	U.....
D.....	M.....	V.....
E.....	N.....	W.....
F.....	O.....	X.....
G.....	P.....	Y.....
H.....	Q.....	Z.....
I.....	R.....	



## MARK YOUR CALENDAR!

The District 159 monthly meeting can now be attended in person at Naples Community Church, 849 7th Avenue So., 2nd floor, Naples, FL

Or by Zoom ID#: 862 6388 6284  
Password: 123 456

**July 12, 2023/6:30pm**

All Al-Anon members welcome.

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

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](mailto:Newsletter@naplesal-anon.org)

Click on the contact form. Fill it out and tap SEND.

## 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

## WHEN I KNOW BETTER, I DO BETTER

I recently heard in a meeting about "family" slogans: "After all I've done for you!" and "I'll give you something to cry about!" and "You shouldn't feel like that," and "What are you smiling at?" among other harmful phrases.

I thought about when I used to say those same phrases to my own children, especially "You shouldn't feel like that," which now I know is telling them not to acknowledge their feelings, but to stuff them. I never thought to ask them "Why do you feel like that?" I was thinking that their feelings were uncomfortable or sad for them *and* for me so let's not dwell on them. Let's not give those feelings importance.

Today, because of Al-Anon, I am able to ask how they are feeling without me feeling uncomfortable if their answer is "*not* happy." I offer to listen if they want to talk about it knowing that I don't need to fix it. Sometimes, they are joyful and I ask why and then share in their joy. I am feeling optimistic because when I know better, I do better.

-Naples

"The slogans are supplied by my Higher Power to help me break the cycle of the negative attitudes I learned in my alcoholic family."

Hope for Today pg 75

"[these slogans]... left me feeling hurt, guilt ridden, and miserable. Soon I began to wonder. If these little phrases had such power to destroy, then maybe the Al-Anon slogans had the power to rebuild."

In Hope for Today, pg 126,

## HEARD AT A MEETING

When I'm in trouble I start a gratitude list.

I thought I had all the answers.

I have been struggling with the shame of the disease.

When I focus on myself, I am less frustrated with others.

Everyone is going to have a much better day if I take care of myself.



### AL-ANON HUMOR

A very wise man  
said...

NOTHING



### CONCEPT 7

Provides for cross-checks. It balances our program on a healthy spiritual basis.

-Paths to Recovery pg 291



In 2007, Susan Kay was browsing in the literature room of an AFG Florida South Convention when she came across the book, *Opening Our Hearts, Transforming Our Losses* and thought it sounded perfect for a new meeting that she and some friends were thinking of starting on Tuesdays at the 24 Hour Club. The **Together We Can Make It, AFG** group was formed using this book as the basis for their recovery.

The first sentence on page 1 in *Opening Our Hearts, Transforming Our Losses* says, "Alcoholism is a disease of many losses." It was important to the members not to be seen as a grief support group but as an Al-Anon Family Group where they could acknowledge and understand that there are many types of losses: the loss of a dream, of a relationship, of a childhood or of self.

The meeting began in the Quiet Room at the 24 Hour Club but quickly outgrew the space thus moving to the much larger Big Room during season. "Our group has benefited by focusing on using all our Al-Anon tools to deal with the many losses experienced by those affected by the family disease of alcoholism," explains Susan Kay.

A passage in the book on page 9 reminds us, "Through our willingness to face our losses openly and honestly, we discover our strength and resilience-not despite it but because of it."

**Together We Can Make It, AFG** is an electronic meeting every Tuesday morning at 10:30 on Zoom  
ID: 463 741 057 Passcode: 121121

## What are the

### 4 S's



**STEP 7** is a spiritual Step. It reminds us that our Higher Power understands better than we do how our shortcomings can be removed. Our job is to cooperate ...

-Paths to Recovery pg 74



## AFFIRMATIONS

I will dare to be myself.

I have the choice to do something different.

I am in charge of my own happiness.



Answer:

\*STOP, STEP BACK, SHUT UP, SMILE

## THE DR'S CORNER



The idea of service work can be laden with reasons "not to". In our CAL, When I Got Busy I Got Better (P-78), the reasons for and importance of service are accurately defined. We are reminded of our fears when thinking of service; fear of assuming responsibility, making mistakes, making a commitment, failure or success. There may also be the concern of commitment to time and am I too busy? Or, I don't know that I'm willing and Do I have anything to offer? just to name a few.

We are made aware in program that simply walking into the rooms is being of service. The rewards and reasons for service are bountiful and outweigh the risks. Some are: fellowship, community, being willing, self-esteem, sense of purpose, learning to say yes and paying a debt. In the latter, it is paying it forward because of what Al-Anon has given us, in short, our lives back.

As we approach a new service panel, it is an opportune time to reflect and consider giving back. This may be within your group or on a District and/or Area level. In so doing, the Concepts are honored. In When I Got Busy I Got Better pages 36-37 quotes Albert Schweitzer, "I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve." With that in mind, saying "yes" to service is a complete sentence. Moving forward, not IF but WHAT...

Mike S.  
District Representative  
District 159

## REGRET vs GUILT

REGRET is wishing that something could have turned out differently.

GUILT is a feeling of remorse for having knowingly done something wrong.



### BENEFITS OF HAVING A HIGHER POWER.

1. Having a Higher Power helps me to Let Go.
2. Having a Higher Power helps me to focus.
3. Having a Higher Power means I'm never alone.



I work on  
the STEPS  
and  
the STEPS  
work on me.

## 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: Group Records** - Keeping group information up-to-date is vital to assuring that the most accurate meeting information is provided to persons seeking help in the Al-Anon and Alateen fellowship. Group GR's report any changes to the District Group Records keeper.

As the Chairperson, I attend every District Meeting, but have no reports, etc. I'm there just to answer questions relative to groups' status. The job entails receiving the Change Forms from all the groups, usually via the Group Records e-mailbox, recording it in the Records binder, and emailing a copy of the form to Area Group Records coordinator, (Area takes care of communicating the info to WSO) I also update the *Where and When* and email a copy to all the groups and Panel members.

This position is one element of Program which is simple *and* easy. Being comfortable with a computer (District E-mail, Word & Excel) and being organized are pretty much all the needed skills. I'll be happy to meet with you and show you how I do this, if you're considering stepping up.

-Cate S.  
Group Records Coordinator, District 159.  
[grouprecords@naplesAl-Anon.org](mailto:grouprecords@naplesAl-Anon.org)

## 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.

### **2023 NORTH FLORIDA ALATEEN CONFERENCE** *LOVE, LAUGH AND GROW TOGETHER IN ALATEEN*

**August 4-6, 2023**

Deerhaven Conference &  
Retreat Center  
Paisley, FL  
Alateenconference2023@  
[AFGArea9.org](mailto:AFGArea9.org)

### **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

### **AREA 10 SERVICE WORKSHOP** *BLUEPRINT FOR SERVICE*

**September 30, 2023**

Center for Spiritual Living  
4849 North Dixie Highway  
Oakland Park, FL 33334

### **FALL ELECTION ASSEMBLY** **October 20-22, 2023**

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

## NEWS ACROSS THE DISTRICT

The Thursday, 10:30am hybrid **DISCOVERING CHOICES, AFG** is in need of in-person support. They meet at the 24 Hour Club in the Big Room. Attendance had fallen during this past season but now that the summer is here the meeting is in free-fall. In-person meetings are important for two reasons. First, people in crisis need a physical place to come to feel safe. Second, the in-person meetings offer a personal connection to others: a fellowship like no other. This meeting uses the CAL *Discovering Choices* where possibilities and positive choices are presented.

**VOLUNTEERS** are still needed to keep the **ALATEEN** program going. Go to [alateen@naplesal-anon.org](mailto:alateen@naplesal-anon.org) to learn how to be an AMIAS. Without AMIAS, there can be no Alateen.

The **DAVID LAWRENCE CENTER**, our local rehab, is in need of Al-Anon members to spend 1-2 hours on a Sunday afternoon answering questions about the Al-Anon program. Email [institutions@naplesal-anon.org](mailto:institutions@naplesal-anon.org) for more information and how scheduling works.

A **NEW DAILY READER** "A LITTLE TIME FOR MYSELF: A Collection of Al-Anon Personal Experiences" is being released early this month. Groups can preorder at \$17 each through our District 159. Email [LDC@NaplesAl-Anon.org](mailto:LDC@NaplesAl-Anon.org)

**NOTE to Group treasurers.** When sending donation checks to Area 10 please make the check out to AFG FL South Area 10, Inc. Remember to include your group name and District 159. Area 10 is now accepting donations thru Zelle. For more information email [treasurer@afgfls.org](mailto:treasurer@afgfls.org)

**2023 North Florida Alateen Conference August 4-6, 2023.** Deerhaven Conference and Retreat Center, Paisley, FL (see *flyer at the back of this issue for more information.*) Looks like great fun for family members with their Alateens! Email Phil at [AlateenConference2023@AFGArea9.org](mailto:AlateenConference2023@AFGArea9.org) for more information.



## LETS HAVE FUN WITH BASKETS!

Our annual AFG Florida South Area 10 Convention is scheduled for this August 18-20, 2023. As a fundraiser, each AFG group is responsible for creating a basket for the raffle. 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](mailto:afg150conventioncommittee@gmail.com)

Most of all, **HAVE FUN!**

## 2023 CONVENTION NEWS

The 33rd Annual AFG Florida South, Area 10 Convention, **New Horizons of Hope**, with AA Participation is coming up fast — August 18th to the 20th. The venue will take place at:

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

**BASKETS ARE NEEDED!** See sidebar.

**VOLUNTEERS** are needed for the **New Horizons of Hope** workshops. Let your GR know that you can be a volunteer.

Two workshops listed below still need volunteers:

FRIDAY 8/18 5:00-5:45pm  
Hope Remembers the Time  
You Made It Through-  
Forgiveness

FRIDAY 8/18 6:00-6:45pm  
Patience-A Healing Journey

*"It was the most  
fun I ever had  
while doing service."  
-Cindy S. 2022*

## TAKEN

SATURDAY 8/19 9-9:45am  
The Power of Forgiveness-Detachment with Love

SUNDAY 8/20 8:00-8:45am  
Expanding My Horizons-Faith

Mary, one of the many workshop volunteers from last year, explained how she always asks one or two other members to help in introducing a workshop at a convention. "The fun of doing service began when we first met to brainstorm how we would introduce the topic."

## WHAT ARE MY RESPONSIBILITIES?

- To be loyal to my values
- To please myself first
- To keep an open mind
- To detach with love
- To rid myself of anger and resentment
- To express my ideas and feelings, instead of stuffing them
- To attend Al-Anon meetings and keep in touch with friends in the fellowship
- To be realistic in my expectations
- To make healthy choices
- To be grateful for my blessings

-Courage to Change pg



*Invite God  
into the  
Solution.*

*He never refuses an  
invitation.*

## WHAT ABOUT HEALING?

There's this question about healing. What is it that needs healing? How do we heal it? There is no open draining wound that needs attention, but rather it's our inner self that needs healing. The Second Step says that we can use our Higher Power to heal ourselves; we can be cured of anxiety, depression, denial, resentment, and all other negativity that withers our spirit.

The healing of self is not easy. We have to deal with our anger and fear as we try new ways to survive. So much of healing doesn't feel good. Change doesn't happen quickly, and this is where the emotional and psychological energy of faith comes in. We simply have faith. We simply believe that if we continue the journey, things will get better. Our faith pays off and slowly our program works. We stick with it and it keeps on working.

Gradually the good times increase and the bad times get fewer and farther between. Our sense of self grows stronger. We have the feeling that inside of us, our core feels calm and serene. We begin to heal and from that healing place we begin to grow. We use our spiritual strength to begin to reach our human potential.

This doesn't happen overnight. In time and through the magic of the program, we find that wounds we incurred from living in the world of alcoholism are healed over and only the scars remain. We learn to live with scars and finally we find emotional peace. There are miracles in the rooms of Al-Anon.

-Bonita Springs

Time takes time.

Heard at a Meeting



## Spiritual Principle of the Month

**Humility** - the state of being humble; in regards to one's own importance; the key to humility is willingness.

Real humility is to see my true relationship to God and to my fellow human beings.

-Courage to Change pg 161

Humility is seeing things the way they really are and not what I was taught it should be.

Heard at a Meeting

Am I willing to be more humble?

-Hope for Today pg 117

As we learn to take care of ourselves materially and emotionally, **TRADITION 7** guides us.

-Paths to Recovery pg 197

### ON THE "TO-DON'T" LIST

I don't have to give up on my hopes and dreams— my Higher Power is not limited by my lack of imagination.

-Courage to Change pg 351

## HEARD AT A MEETING

The story, as told at a recent meeting, went like this:  
"One evening, back when Bill W. started AA, he said that at this particular time of the day they would all have been at a bar buying a beer for a dollar. So let's all of us throw a dollar into the basket tonight."

The chairperson followed up with this: "So now how much does a cup of coffee or a beer cost these days? \$4-\$5 for coffee? \$5-\$12 for a beer or glass of wine? Our expenses have also increased since the 40's. So consider giving \$5 to \$10 to the group."

"After the Al-Anon meeting, donations in the basket were \$77!! The previous week we had collected a total of \$1."



Tradition Seven states that we ought to be fully self-supporting. Donations, collected at our meetings, go towards rent, so that we will have a place to meet; literature, so that we have books and pamphlets to learn how Al-Anon works; sending GR's to the semi-annual assemblies to represent us; and donations to our District, Area and WSO for their program expenses.



### 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. ( <b>circle which fellowship</b> ) 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) - <b>circle one</b> : Chicken    Vegetarian Vegan      Gluten Free	\$60
<input type="checkbox"/>	Fellowship Celebration Feast AND Saturday Lunch— <b>circle one</b> : 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](mailto: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 \_\_\_\_\_

# Area 10 Service WorkShop

**B**BLUEPRINT

FOR

District 180  
Sponsored  
Event

**SERVICE**

**Saturday September 30, 2023**

Center for Spiritual Living

4849 North Dixie Highway

Oakland Park, FL 33334

**SAVE THE DATE**

more will be revealed...

# **Love, Laugh and Grow Together in Alateen**

**2023 North Florida Alateen Conference**

**August 4-6, 2023**

**Deerhaven Conference and Retreat Center  
Paisley, FL**

**Meetings, Workshops  
Alateen, Al-Anon and AA Speakers  
Hug Circles, Unconditional Love,  
Banquet, Bonfire, S'mores, Games,  
Swimming Pool, Outdoor  
Recreation  
and more!**

**Reunite with old friends and  
Make new friends.  
Share Experience, Strength  
and Hope**

**NO COST FOR  
ALATEENS TO ATTEND**

**Register Now**

**(Registrations due July 1, 2023)**

**Alateens from other areas are welcomed!**

Registration Packet and Forms available at  
Florida North Alateen Meetings or  
<https://www.afgarea9.org>

**For questions contact Phil at AlateenConference2023 @AFGArea9.org or text 785-408-4950**