
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 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

TRADITION 8

Al-Anon Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.

CONCEPT 8

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.



Today I can practice appreciating myself, my world, and my Higher Power.

-Courage to Change pg 264

This is a lifelong journey.

-Heard at a Meeting

I will end each day with prayers and gratitude...

-Heard at a Meeting

Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.

-ODAT pg 64



MARK YOUR CALENDAR!

District 159 Meeting is now
being held in person at Naples
Community Church, 849 7th
Avenue So., 2nd fl. Naples, FL

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

August 9, 2023/6:30pm

All Al-Anon members are

To all GROUP REPRESENTATIVES
(GR's) in District 159, if you can't
make the meeting ask someone to
step up for you and bring back the
message to your group.

Concept 4: Participation is the Key
to Harmony.



DO YOU KNOW SOMEONE WHO WOULD LIKE A SUBSCRIPTION?

Each month *THE BEACON* can
be delivered to any email
address by going online to

Newsletter@naplesal-anon.org

Tap 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

LET GO and LET GOD

My sister has Alzheimer. Let go. Let God
Another sister has Alzheimer. Let go. Let God.
My son had a stroke. Let go. Let God.
I broke my wrist. Let go. Let God.

ACCEPTANCE is the answer to all of my problems.

-Naples

LISTEN AND LEARN

When I first came to Al-Anon, I couldn't get used to the
silence between speakers. It made me very uncomfortable.
Once the topic was announced, I spent my time thinking up
what I would say...I heard nothing anyone said before me.

Today, years later, I realize what a gift it is to listen carefully
to the wisdom accumulated in our rooms. I keep an online
file of the nuggets I hear at each meeting and use it as one
of my Al-Anon tools.

"Listening is often the only thing needed to help someone."
~unknown

-Esterio

Do you have a slogan that you find you use a lot? Please share your
slogan by emailing it to newsletter@naplesal-anon.org

ON THE "TO-DON'T" LIST

I don't have to feel guilty about the past. With the help of the STEPS, especially eight and nine, I can make amends and learn from the mistakes I have made.

-Courage to Change pg 351

HEARD AT A MEETING

What did you do for yourself today?

My whole life is a prayer interrupted only by my thinking.

I always feel better when I leave a meeting.

Their discomfort is not my emergency.

CONCEPT 8

is about letting go and trusting others

RIGOROUS HONESTY

STEP EIGHT gives us the opportunity to raise our awareness of past behaviors. Our application of the previous Steps has shown us that we have indeed harmed others by our words and actions. However, our exaggerated sense of responsibility might need us to place persons on our list unnecessarily. Through candid consideration of each person listed, we can successfully determine those persons to whom we will make future amends.

STEP 8 is about making a list. After making the list, I asked myself several questions.

- In what way did I hurt those people?
- What was my relationship to them?
- What shortcoming or character defect had brought me to act in such a way?
- What emotions were guiding me?

The answers to those questions were not always clear but they motivated me to dig deeper.

In deciding who should go on my list, I had to determine who I had actually harmed. Someone suggested that I put my name at the top of the list. Doing so led to a willingness to add others. Step Eight improved my relationships and my life.

-Reaching for Personal Freedom pg 43-44

I'm doing my 8th Step list with a pencil and crossing off names with a pen.

-Heard at a Meeting

“Let go of the people who dull your shine, poison your spirit and bring you drama, trauma and chaos. Cancel your subscription to *their* issues.”

-Heard at a Meeting



**Faith, Acceptance
&
Gratitude
are the
Keys to Serenity**



TRADITION 8

**Encourages me
to help those who really
want help**

THE DR'S CORNER



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

Reaching for Personal Freedom, (P92), page 95, reminds us that Al-Anon members may think this applies to finances only, however, this also includes other aspects of our lives to include emotional, physical, and spiritual. In applying this Tradition, we learn to become fully self-supporting and less dependent on others. We contribute not only financially, but with our time when we volunteer for service on a Group, District or Area level.

Keep in mind, however, that even though there are no dues or fees, there are financial responsibilities. We as Al-Anon members provide sole financial support with our donations on many levels to our Groups, District, Area, and WSO. Our Al-Anon/Alateen Service Manual, (P24-27), page 18, states that we contribute in gratitude for what we have received from Al-Anon.

It is important for our members to understand what the expenses are on a District, Area, and WSO level. Based on this, knowledge-based decision making can be applied in helping to establish goals for contributions. The reality, however, of operating expenses of an organization such as Al-Anon, in today's world, exceeds the “dollar in the basket” that was customary during its early years.

The spiritual aspect of Tradition Seven keeps us, unified, harmonious, responsible, accountable, and fully self-supporting. In closing, “we contribute in gratitude for what we have received from Al-Anon.”

Mike S.
District Representative
District 159

You can't always
have a good day but
you can face a bad day
with a good attitude.

Anonymous

**I AM
NOT RESPONSIBLE
FOR
THE ALCOHOLIC
for his drinking, sobriety, job,
cleanliness, diet, dental,
hygiene,
or other choices.**

**I AM
RESPONSIBLE
TO
THE ALCOHOLIC
to treat this person with
courtesy, gentleness, and
love.**



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!

WHAT IS CROSSTALK ?

Creating and maintaining healthy groups in Al-Anon is key
to the survival of our fellowship and to the growth of each
member.

There are many factors which contribute to having healthy
groups. One of the main ones being how we conduct the loving
interchange during our meetings. Crosstalk is a term which has
arisen in connection with certain behaviors considered to
interfere with people feeling safe, to share freely and openly, and
has caused a lot of discussion amongst Al-Anon members. WSO
Steering Committee, Service Tool #6, Group & Member Services, September 2011.

“Cross-talking has been defined as talking out of turn, advice
giving, questioning the person who is sharing, holding private
conversations, having an individual comment on everyone’s
sharing, and as being discourteous and intimidating.” Dec/Jan
Al-Anon Inside, 1988-89 Volume 12

The Monday Night Acceptance, AFG group explained that “when
this happens, a conversation usually ensues, a confrontation
occurs, or advice is given. This is not considered appropriate for
two reasons. First, we are here to focus on ourselves, to share
experience, strength, and hope, and not to care-take others.
Second, many of us grew up in homes in which our feelings were
not accepted or we were told we were wrong.

In these meetings, we strive to accept one another, not to judge or
confront, so that we may all come to understand that this is a safe
place to be ourselves. One-on-one conversations are encouraged
after the formal meeting.”

All that said, “It is within the autonomy of the group to define
crosstalk. The World Service Office has no official stand on this
practice.” Dec/Jan Al-Anon Inside, 1988-89 Volume 12

THE QUESTION ABOUT SERVICE IS

not “If” I do service...

but rather

What service can I do?



OVERHEARD

“You have a good rap (you know the jargon) but there’s nothing behind it.

Do you have a sponsor? Have you done the STEPS yet? How many meetings do you get to? Have you done service?



Choices are not
one and done,
we get to adjust
along the way.

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 here. A description of the open position and how the current Chairperson dealt with setting it up and issues that arose are described.

You don’t do it alone. There are service sponsors to help the new Chairpersons.

POSITION: Webmaster - This chairperson will maintain the website for functionality and content. Top priority for the website is to serve as a public outreach tool to attract newcomers, help them find a meeting, and to serve as a communication tool to provide current information to the Al-Anon and Alateen members. The chairperson may also elect to have a committee of volunteers to review content and assist in updating.

As with any new position, I had growing pains learning the 'ropes', but my predecessor left me helpful 'training videos' and was always available for questions, as I will be. The job consists of making changes and updates to an already-created website. Those updates include posting reports to the monthly list of District information on the Members website, posting new information regarding District and Area functions, such as Conventions, Service events and Anniversary meetings. In addition I post and send out the monthly newsletter, THE BEACON, post the latest *Where and When* and maintain the website with software updates (easier than it sounds). I suggest that members considering this position have a technical background. It has been a very fulfilling experience for me.

Contact webmaster@napleasal-anon.org for more information.

-Fran, Webmaster, District 159

STEP EIGHT

challenges us to become
willing.



**DON'T FORGET
YOUR GROUP BASKET
for
this month's
AREA 10 CONVENTION
in
BONITA SPRINGS**




Regrets about the past
Anxiety about the future
Gratitude
keeps me in the present

NEWS ACROSS THE DISTRICT

We are so **LUCKY** to have this year's convention on our side, the west side of Florida. It's an an easy ride each day to Coconut Point but, if you want to stay and party into the night, then you can always get a room! Remember conventions are for fun and fund raising. So please show your support by attending the **33rd ANNUAL AFG FLORIDA SOUTH AREA 10 CONVENTION** August 18-20 at the Hyatt Regency Coconut Point, 5001 Coconut Road, Bonita Springs, FL 34134.

DISTRICT 159 still needs
VOLUNTEERS to run the Friday,
August 18th workshop
5:00-5:45pm "Hope Remembers
the Time You Made It Through-
Forgiveness"
Do it with a friend and have fun!

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

 **MARK YOUR CALENDAR! SATURDAY MORNING LIFE
SAVER, AFG** Vanderbilt Presbyterian Church, 1225 Piper
Blvd, Naples FL 34110. They will celebrate their 20th
Anniversary on September 9th at the 10am Meeting.

MARCO ISLAND - Because of the summer's low in-person
attendance, the two Marco Island meetings have decided to
meet on Zoom only until October. They need your support.

M&M (Monday Mornings on Marco), AFG at 11am
Zoom ID: 576 707 179; Pscd: 070 857

Thursday Noon, AFG Zoom ID: 176 642 700; Pscd: 747 488

The 7:30pm **Tuesday Tranquility, AFG** meeting in the library
at St. Monica's Episcopal Church, 7070 Immokalee Rd. Naples,
FL 34119 has decided to use the new daily reader "A Little
Time For Ourselves" as our CAL for meeting shares. We will
continue whenever there is a 5th Tuesday to host a speaker.
August 29th speakers will be Alateen shares.

DO YOU KNOW?

What are the words for the acronym

A S A P *



A SHORT PRAYER

God grant me the grace to find the space between impulse and action.



As I progress in my recovery, I've noticed that

- I catch myself much quicker
- I make amends sooner
- I accept life on life's terms



* Always Say **A** Prayer



CELEBRATING 20 YEARS

We don't remember exactly what was said, or who said it, but we do remember how we felt," pinpoints exactly what a newcomer shared recently, "When I first walked into the room I felt so anxious, but by the end of the meeting I felt like I belonged; I was getting hugs from people I didn't know."

Formed in August, 2003 the **Saturday Morning Lifesaver, AFG** chose *The Forum*, (the monthly magazine of Al-Anon Family Groups) as their prompt for discussion and developed a format around it. The group opens their meeting with individual introductions and in a word or two of how they are feeling. "It is such a beautiful way to own our feelings," said one member.

Each week the chairperson chooses a sharing from *The Forum*, reads the article and shares briefly about the reading. Then they go round the room as each member shares their experience, strength and hope.

"Coming to this meeting was like walking into a room full of friends even though I knew no one. I could feel the experience, strength, and hope emanating through the circle," noted one member. While a long-timer observed, "Through the years, I have seen many newcomers 'keep coming back', grow in their recovery, and then serve in many of the group service positions."

The support and friendliness felt during the meeting is extended through the fellowship that follows in the 'meeting after the meeting'. The many genuine expressions of affection expressed about the group and its members is a true testament to the group's continuing health and vibrancy in the Al-Anon family. They continue to make people feel welcome with real hugs.

The **Saturday Morning Lifesaver, AFG** meets at the Vanderbilt Presbyterian Church, 1225 Piper Blvd, Naples FL 34110. There will be an Anniversary Celebration September 9th at 10am.

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

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

MEMORIES —PAST & PRESENT

I have attended many International Conventions over the years. My first International Convention was AA with Al-Anon participation (Al-Anon's 2nd International) in Seattle in 1990 (2 years after being in Al-Anon). The first of Al-Anon's separate International Conventions (their third) was in Salt Lake City in 1998 (where I chaired a meeting). The 4th Al-Anon International Convention was held in Pittsburgh in 2008 and AA's International Convention in Atlanta in 2015. This years **2023 Al-Anon International Convention in Albuquerque, NM** was my 5th convention.

This convention was special to me because I got to room with my sponsor who now lives in Delaware. I also got to meet so many Delegates and WSO staff that I had served with in my 3 years (2007-2009) representing New Jersey as their Delegate. An Al-Anon friend is forever!

What's important to me for each convention is what I take away: physically - the new books and myriad hugs and, spiritually - the program gems that stay with me. A speaker at one of the Big Meetings said that our programs (AA & Al-Anon) are not for those who *Need It*, but for those who *Want It*. I also learned about Boundaries and Relationships, an Apology vs an Amends and Concept 9's focus on Service.

The International aspect was on full display with the kickoff *Language of Love* parade on Friday, which showed so many different countries in attendance. I lost count but took so many pictures.

My first experience with the *International* aspect of our program came at my first World Service Conference (WSC) in 2007 and I continue to be blown away everytime.

-Fran, Marco Island

Spiritual Principle of the Month

Responsibility - a moral obligation to behave respectfully toward another and to oneself.

It is my responsibility to solve my own problems *with* the help of the God of my understanding.

-Courage to Change pg 6

Am I failing to respond to my own needs?

-Blueprint for Progress pg 38

...letting go of my *exaggerated* sense of responsibility.

-Courage to Change pg 101

I am over-responsible for others and under-responsible for me.

-Heard at a Meeting

What a freedom it is to only be responsible for myself.

-A Little Time for Myself—A Collection of
Al-Anon Personal Experiences pg 8

When I take on other people's responsibilities, I am getting in the way of God's plan for them.

-Heard at a Meeting



LOVE IS RESPONSIBILITY

DETACHING vs IGNORING

I was always the caretaker and fixer in my family, responsible for everyone and everything. I took this behavior into my adult life, believing I was helping. After many years I finally found Al-Anon. At one meeting the topic was detachment with love. Well, I thought, I could do that, so I started ignoring the people I felt compelled to fix.

After many more meetings, I came to understand that “detach” did not mean to “ignore.” I still love those people in my life, but sometimes I need to distance myself and limit my time around them, for my health and their well-being.

Today's Reminder

I can love others *without* being responsible for them. Today, I can learn to, Let Go and Let God.

“Learning to detach from other people with love allows us to place a healthy emotional distance between ourselves and our loved ones without abandoning them. In the simplest terms, we find out where we leave off and others begin.”

-From Survival to Recovery

Question: How do I practice detaching with love?

-A Little Time for Myself—A Collection of Al-Anon Personal Experiences. pg 312



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.
