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# THE BEACON

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Al-Anon Family Group | District 159 | Naples, Bonita Springs, Immokalee & Marco Island

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**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 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

## TRADITION 9

Our groups, as such, will never be organized; but we may create service boards or committees directly responsible to those they serve.

## CONCEPT 9

Good personal leadership at all service levels is a necessity. In the field of world service the board of trustees assumes the primary leadership.



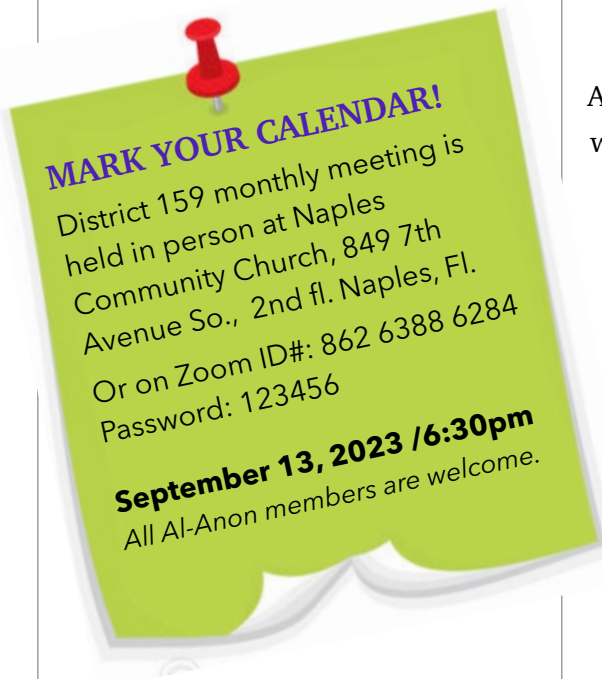
When I am willing to look within myself to see what I am ready to let go of, I can begin to find peace.

-A Little Time for Myself pg 99

Sometimes we have to pray for the willingness to be willing.

-Path to Recovery pg 82

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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](mailto: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*

### Man's Rejection is God's Protection

(How Does Rejection Protect Me?)

Growing up in an alcoholic and dysfunctional family affected my self-image. My initial reaction to a recent rejection was sadness followed by negative feelings about myself-not being good enough, flawed, confused, and angry with "me".

My sponsor pointed out that when I become negative about me, I am rejecting myself. I am trying to get others to love me when maybe I don't love myself enough. With the help of my sponsor, I realized that I was not paying attention to what "I" wanted. I was so focused on their needs that I had dismissed my own wants and needs. I was not being honest with myself about what I wanted but was not getting. I was settling for something that did not truly align with my own desires and values.

Al-Anon suggests that my experiences in life are about learning; there is no growth without change and loving myself.

I slowly began to see that this rejection was my Higher Power's way of teaching and protecting me. Today I have confidence that I will move through the sadness, a normal emotion during a situation of loss. I will build on a foundation of loyalty, trust, and love within myself while finding happiness. And I will not do this alone.

I know that this isn't an "Al-Anon" slogan but the saying appears in one of our readings. This adage reminds me that God, who loves me, has a plan.

-Naples

Do you have a favorite slogan? Why and/or when have you used it? Please share it by emailing [naplesal-anon.org/newsletter](mailto:naplesal-anon.org/newsletter)

## An APOLOGY vs An AMENDS

There is a difference between an apology and an amends. In making an apology, we usually say, "I'm sorry," expecting a response of acceptance, pardon or forgiveness. In making amends, we may state our errors, our role in the incident, and that we will correct our behavior for the future.

"I learned that my amends needed to carry with it a commitment for better behavior in the future."

-Paths to Recovery pg 90-91 & 98



### 3 STAGES of LIFE

1. Survival
2. Living my life
3. Thriving



**YOU CAN'T  
MAKE SENSE  
OUT OF INSANITY**

## AL-ANON CANNOT WORK WITHOUT VOLUNTEERS

### 2024 DISTRICT POSITIONS ARE NOW OPEN

**A**fter three years, the current **PANEL 61** in **District 159** will step down in December. Please think about doing service. Even if you are seasonal, you can still volunteer! The district meetings are in-person and on Zoom.

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: Archives** - The Chairperson is responsible for preserving and maintaining historical documentation, pertaining to our District, that has been collected over the years along with current group information. If you like organizing and cataloging then this job is for you!

- Separate historical from routine correspondence
- Scan items for digital preservation
- Transport supplies and presentations to events
- Find convenient storage locations

**POSITION: Secretary** - As District Secretary, it is my responsibility to attend monthly district meetings in-person or on Zoom if available. During the meeting, I take notes on the agenda, to include attendance, and then type the minutes for the website. I collaborate with the District Representative to insure correctness before forwarding them to the webmaster for publication on our Al-Anon website. I also keep a record of all motions made during the three year panel.

Being secretary has enabled me to learn about the inner workings of our Al-Anon organization. This organization is very important to me as it has helped me to navigate the trials and rewards of living with an alcoholic. I have met many wonderful friends in Al-Anon and cherish the fellowship before and after the meetings. Volunteering and service have always been important to me and I am glad to be of service.

One way to make an amends  
is to stop practicing the defect.

-Courage to Change pg 299



### HEARD AT A MEETING

Forgiveness is giving up the hope  
to change the past.

Self-forgiveness is so difficult.

Al-Anon is a way of life.

I made the choice to believe in  
the idea of detaching with love.

I used to think there was one  
person in charge of making me  
happy.

I continue to stay in Al-Anon  
because there might be  
something wrong with me.



### DID YOU KNOW...

...the most popular book  
used in Al-Anon is  
“How Al-Anon Works”

## NEWS ACROSS THE DISTRICT

By now each AFG group should have voted for a new **GR, Alternate GR, Treasurer, and Secretary** for 2024. If you haven't done so, please do it in the next week in time for the September District meeting on the 13th.

District 159 is holding the new panel elections and the new GR's need to be in attendance in order to vote for the next panel of officers who will begin their term in January 2024. At the same time, the current GR's need to attend the September District meeting to vote on any current issues for regular business.

The new CAL daily reader *A Little Time for Myself—A Collection of Al-Anon Personal Experiences* is available for purchase. Ask your group's GR or Literature person to order one for you today.

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 their CAL for meeting shares. They will continue to host a speaker whenever there is a 5th Tuesday.

**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 become an AMIAS. Without AMIAS, there can be no Alateen.

The Thursday 10:30am **Discovering Choices, AFG** could use support. They meet at the 24 Hour Club and on Zoom. ID 800 691 628. Passcode 121121.

Please promote THE BEACON in your group during the Al-Anon related announcements.

Every quarter, each AFG group reviews their financials. Expenses are planned for and the remainder is divided. WSO's **7th Tradition Guidelines** suggest:

50% to District  
30% to Area  
20% to WSO



## AFFIRMATIONS

If it's good for me, then it's good for the other person.

I forgive myself.

I work hard at my emotional sobriety.

There's no shame in asking for help.



### THOUGHTS

If you practice recovery part-time,  
you get part-time results.

If you practice recovery full-time,  
you get full-time results.



## TRADITION NINE

reminds us  
that we are all equals

## SCENES FROM AREA 10 CONVENTION

If you didn't go to the **33rd ANNUAL AFG FLORIDA SOUTH AREA 10 CONVENTION** in August at the Hyatt Regency Coconut Point in Bonita Springs then you missed a fabulous weekend of laughter, love and connecting with approximately 700 people in attendance. The days were jam packed with Step meetings, workshops and fund raising with delicious dinners, inspirational speakers, and fellowship. The theme of *New Horizons of Hope* produced an energetic vibe throughout the rooms all weekend.

Workshops were fun and enlightening. One Al-Anon member said that she, "was very impressed by a workshop that focused on The Concepts and the Warranties. The chairperson explained how she applies them to her very personal everyday life. I was spellbound as she took each Concept and each Warranty and broke them down for us in an easy and informative way. I now have an understanding of them and how they complete our Al-Anon program."

Another workshop from the Naples's Monday's Living in the Solution created and performed a skit on the topic of *Patience* producing many laughs. A testament to the fact that we come in in crisis and learn to laugh again.

Boutique items of truly creative homemade gift cards, bookmarks and book covers were a big hit, while the raffle baskets drew lots of attention and bids. One man command on how he loved the raffle baskets as he collected his winning tool chest basket and a spa basket for his wife. The 50/50 brought in over \$2000 with the lucky winner walking away with over \$1000!

In the words of an Al-Anon member who attended, "If you've never been to a convention, do yourself a favor and go next time. It really "ups" your program. I came home so full of love for the Al-Anon program just when I needed it most."

## CONCEPT NINE

assures us  
of the  
joys found in service  
can be  
shared by many



Join Us in Celebrating Our

## 20th ANNIVERSARY

September 9th  
10am

### Saturday Morning Lifesaver, AFG

Vanderbilt Presbyterian Church  
1225 Piper Blvd,  
Naples FL 34110

Speaker  
Refreshments



## THE DR'S CORNER



*For our group purpose there is but one authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.*

**T**he wondrous thing about Al-Anon's Traditions is perfectly stated by Lois W. in Paths to Recovery (B 24) page 133. "Al-Anon holds together by means of a loving understanding among its members. Al-Anon is united - without organization, without management, without chain of command or a set of rules by its members's willingness to be obedient to the unenforceable".

In a perfect world, everyone would always agree and get along and have no conflicts. However, we all know that we don't live in a perfect world. Al-Anon's Tradition Two implies unity, integrity, respect, honor, and dignity under the umbrella of a loving God.

In Reaching for Personal Freedom, (P 92) it is explained that Tradition Two allows us the opportunity to make decisions based on "substantial unanimity". We are able to accomplish this with no one individual holding power over anyone else in the group. We all have a voice and the opportunity to express it without criticism while maintaining mutual respect and trust in our respective Higher Power.

In closing, we lead by example with one authority, a loving God, guiding us to a right decision through a Group conscience.

Mike S  
District Representative District 159

## 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.

### 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



### STEP NINE

Is the  
First Action Step  
towards  
RECOVERY

## AL-ANON OUTTAKES

I recently found myself alone with our cat when my wife went away to a rehab center for a month. It was lovely. My days were peaceful; my evenings quiet. I saw friends again. I slept through the night without being woken by banging in the kitchen, loud cursing or things being dropped or shattered.

My wife is back home now and on her way to drinking every day. I look back on that month of tranquility with longing. I love my wife but I'm not ready to make a decision about our relationship. I am ready to renew my commitment to myself and to the program.

So here I am at an Al-Anon meeting sharing what my commitment to myself looks like. Each morning I read page 46 in *Courage to Change* to start the day off on the right track and then my daily readers. I call my sponsor every week. I include my Higher Power throughout my day. I keep the focus on myself. With that I show up for meetings doing a '90 in 90' right now, as well as volunteering in my home group. I am slowly finding my own Serenity a day at a time.

-Naples/Michigan

A situation happened in which I over reacted. I became the little girl again in a dysfunctional family. Then I remembered the saying, "If its hysterical, it's historical."

I spoke to my sponsor about what happened and she asked me three questions:

1. What's going on underneath this reaction? Why am I feeling what I'm feeling?
2. What can I do to make myself feel better; to sooth myself?
3. What would recovery look like? Consider the 3 A's- awareness, acceptance and action.

This exercise helped me to think about not changing something outside of me but what to change inside of me.

-Marco Island

## WHY ARE YOU IN RECOVERY?



## LOOKING FOR A GIFT?



The FORUM is a gift that keeps on giving 12 times a year.

It features timely sharings from Al-Anon & Alateen members, suggested meeting topics and the latest information on world wide Al-Anon recovery.

You can receive the FORUM through the mail or get the electronic version by ordering either one online at

[e-comm.al-anon.org](http://e-comm.al-anon.org)

For \$11 a year-12 issues- it's less than a \$1 a month. It is said that the FORUM is like a meeting in your pocket.



## TIME TO VOTE

It's time for all AFG group's to start voting for their 2024 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)

This happens every three years. It is part of the turnover process. A three year commitment is doable and at any time if life changes, anyone can step down if need be and the position is available for someone else to enjoy.

**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.

Please consider how important your meeting is to you. Put your name forward for any one of these positions. If you need more information ask your current GR.

**Al-Anon cannot work without volunteers.**



## Spiritual Principle of the Month

**Forgiveness** - brings the forgiver peace of mind; a conscious, deliberate decision to release feelings of resentment.

Forgiveness is letting go of the idea that the past could be different.

-Heard at a Meeting

Forgiveness can be just a change of attitude.

-Courage to Change pg 178

I know that the more I forgive, the better my life works.

-Courage to Change pg 289

I did the best I could at the time.

-Heard at a Meeting



**TO LISTEN  
IS TO GROW**

**TO SHARE  
IS TO HEAL**

## KEYS TO FORGIVENESS

**W**henever, I allow chaos back into my life, I revert to self-pity. I berate myself, thinking about what I should have or could have done to save my marriage to an alcoholic. I forget to turn to my Higher Power and my life once again becomes unmanageable.

My mother had deep faith and was the one person I could always count on to listen, not judge, and find the gift in any situation. I sometimes talk to myself in the way she used to talk to me as a child. When I use her voice, I feel the same love for myself that she gave me. Self-love grows out of forgiving myself. I recognize that I've always done the best I was capable of doing at the time.

### Today's Reminder

Self-awareness and self-acceptance are the keys to self-love and are crucial for avoiding unmanageability in my life today.

"The more I work the program, the more I come to understand that I am rebuilding my relationship with myself. Self-care is for me, not for others."

-Hope for Today

**QUESTION:** What ways can I find to love myself today?

-A Little Time for Myself—A Collection of Al-Anon Personal Experiences. pg 43



### 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.**

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# Area 10 Service WorkShop

## BLUEPRINT FOR SERVICE

Saturday September 30th 10am-4pm

Door Opens at 9am for Registration/Fellowship/Coffee

**Center for Spiritual Living**

**4849 North Dixie Highway**

**Oakland Park, FL 33334**

2 OPTIONS F2F or HYBRID

Register online **HERE**

or at the Event

Suggested contribution \$5

POT LUCK SIGN UP

[CLICK  
HERE](#)



*Participation is the Key to Harmony*

Event info or volunteer opportunities [BP4Sinfo@gmail.com](mailto:BP4Sinfo@gmail.com)