
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 10

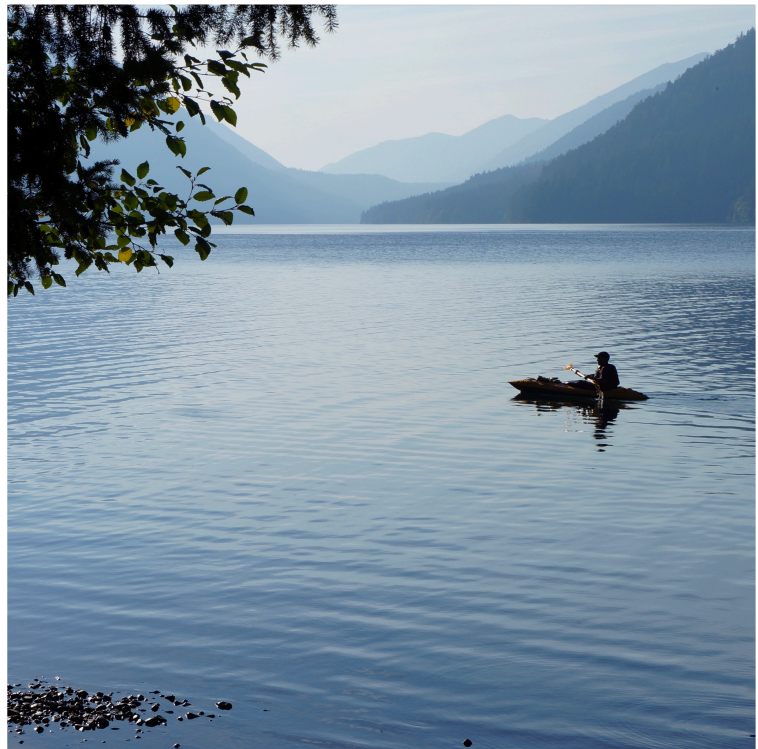
Continued to take personal inventory and when we were wrong promptly admitted it.

TRADITION 10

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

CONCEPT 10

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.



Serenity opens my mind to new ideas.

-Hope for Today pg 360

I felt utterly at peace with life and at the same time filled with joy. At that moment, I realized this was Serenity, and I laughed out loud for the sheer, glorious pleasure of it!

-From Survival to Recovery, pg 268

Serenity isn't freedom from the storms of life. It's the calm in the middle of the storm that gets me through.

-Hope for Today pg 196



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

October 11, 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 your 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

HOW IMPORTANT IS IT?

Living in the throes of alcoholism in my family, I had a difficult time sorting out the important things in my own life from the chaos of the changing reality of the alcoholic's behavior.

What a relief to find the tools of Al-Anon; to begin to separate my own behavior from that of another; to recognize my feelings as part of my very being; to own my actions as more than just reactions to another.

"How Important is It?" has become a way to center myself, to weigh and balance my feelings, thoughts, and options. I need to consider my own reality and the impacts my actions may have on myself and others. I can move forward, or stand still, based on a clear assessment of importance.

-Naples/Minnesota

LIVE AND LET LIVE

Years ago I kept a calendar for every member of my family. Doctor appointments, sports, play dates, activities, vacations, school tests. I even noted the evenings my husband came home drunk! It was quite a job keeping track of three kids and a husband. I had no time for myself because I was making sure everyone was on time and where they were supposed to be.

When my children went off to college or moved out, I still kept a calendar for them, reminding them of their appointments or plans, worried that they wouldn't be on time. I thought I was responsible for my family. Eventually my husband got into AA and I marked the calendar with AA time and dates for him.

It was suggested I go to Al-Anon. Between Step One and *Live and Let Live* I have learned that I really don't have any control and that I would be happier if I kept the focus on me. I needed to get a life!! It was very difficult at first to change years of behavior but with the help of Al-Anon I'm learning to Live and Let Live.

-Marco Island

Time offers me evidence that
the Al-Anon program works.

-Courage to Change pg 262.



HUMOR IN AL-ANON

A New Prayer

In the newspaper this morning I read this prayer, quoted from the window of a local pet shop: "Dear God, please help me be the person my dog thinks I am."

This has been my prayer for the day, and it has kept me smiling. With my dog, I am very much the person I want to be, and when I am not, my dog doesn't seem to hold it against me.

This joking prayer has helped me take myself less seriously and be more honest about my own behavior, and just for today it has helped me feel the presence of a Higher Power.

Laughter may not have made me a better person today but it has made me better company for my dog.

-Having Had a Spiritual Awakening pg 73

AL-ANON CANNOT WORK WITHOUT VOLUNTEERS

2024 DISTRICT POSITIONS ARE NOW OPEN

After three years, the current **District 159 PANEL 61** 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.

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: Literature Distribution Center (LDC). A Literature Distribution Center (LDC) provides Al-Anon members with local access and quick delivery of Al-Anon Conference Approved Literature, including books, pamphlets, booklets, kits, posters, and other Al-Anon material.

POSITION: Public Outreach includes four inter-related positions. **Cooperating with the Professional Community (CPC).** The CPC chairperson and committee contact various professionals such as doctors, therapists, counselors, clergy, attorneys and other helping professionals to educate them about Al-Anon and Alateen. **Institutions** coordinates with rehab facilities to bring Al-Anon informational meetings to clients and families. **Public Information** brings an awareness of Al-Anon and Alateen to the public via the media, Public Service Announcements, newspapers, public agencies, and libraries. **Latino Public Outreach** brings an awareness of Al-Anon and Alateen to the Latino public via the media, Public Service Announcements, newspapers, public agencies, libraries and professionals.

Remember - you don't do it alone.

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.

FALL ELECTION ASSEMBLY

October 20-22, 2023

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

GRATITUDE GALA

Sponsored by District 150

October 28, 2023 6-9pm

Peace Luthern Church
5480 McGregor Blvd
Fort Meyers, FL

WHAT
DOES
YOUR
RECOVERY
LOOK
LIKE?

EMOTIONAL ABUSE

Emotional abuse is one of those secret abuses. It leaves invisible scars. Emotional abuse can be hard to identify. It's often unrecognizable covered up by sarcasm or a joke. It's not like a physical abuse that one can point to and identify. Do we know what it is? Do we know what it does to another person? And then, what can we do about it? Some examples of emotional abuse are:

- The silent treatment
- Refusing to except responsibility for actions
- Manipulating to get what they want
- Pushing someone to question their sanity
- Leading someone to believe something is their fault when it is not
- Using shame to make a person feel bad
- Indifference when someone appears hurt, sad or upset
- Ignoring someone when they express deep feelings
- Ridiculing a person for expressing vulnerability

One of the first things heard in Al-anon is that we don't have to accept the unacceptable.

"Al-Anon doesn't give specific advice about relationships... [they] do, however, emphasize our personal responsibility to take care of ourselves."

-Courage to Change pg 273

"Al-Anon helps me remember that I have choices."

-Courage to Change pg 297

"Living with alcoholism has taken a huge toll on my self-esteem."

-Courage to Change pg 311

...I am learning to find my place in this world—a place where I can live with dignity and self respect.

STEP TEN

is about
taking responsibility
promptly

HEARD AT A MEETING

Healing comes a lot quicker
with Al-Anon.

I have my biological family and
I have my logical family.

We have break downs before
we have break throughs.

I used to love complications,
chaos and crisis but today
boring is good.

Their discomfort is not my
emergency.

Regrets are about the past

Anxiety is about the future

Gratitude
keeps me in the present.



CELEBRATING 36 years!



It has been heard in a meeting that people come into our lives for a reason or a season. This can be said about a woman from Iowa, Dianne B, a Winter visitor, who felt a day meeting was needed in Bonita. In 1987, she recruited Georgia H, Rosalie A. and Helen from the Friday night Keep It Simple, AFG group to begin the **Courage to Change, AFG** meeting. They came together, saw a need, and got the meeting registered.

From the beginning, a very simple format was created-whoever chairs the meeting chooses the topic and then opens up the meeting for discussion. One week a month they discuss the Step and Tradition of the month.

One member reminisced about the special people she had met over the years who kept the meeting healthy & vibrant. People who demonstrated patience & flexibility, positive attitudes, uncommon service and yet carried unbelievable sorrows.

Another member appreciated how even though it's a "We" program where we recover together, people in this meeting used "I" when sharing their experience, strength and hope, reinforcing for her, "I'd rather see a sermon than hear a sermon".

It was noted that "the meeting has always been well attended. We have a nice mix of long timers with lots of recovery as well as double winners who bring a different perspective to our discussions thus creating a unique meeting."

Courage to Change, AFG meets in person Tuesday at noon at the First Presbyterian Church of Bonita, 9751 Bonita Beach Road SE, Bonita Springs, FL 34135. It is their tradition to meet for lunch and fellowship after the meeting.

TRADITION TEN

reminds us
to keep the
focus
on our
recovery



AFFIRMATIONS

- I deserve to be happy.
- I choose to bring my Higher Power into my relationships.
- I don't have to accept unacceptable behavior.



THOUGHTS

When I first came into
Al-Anon, my dominant
emotion was fear.

Today I have learned
to live in the present.

THE DR'S CORNER



Tradition One: Our common welfare should come first; personal progress for the greatest number depends upon unity.

Tradition One deals with respect, well-being and peace. It encompasses anything that benefits and is naturally shared by all members of a group. It deals with the responsibility of each member and of the group as a whole. We are a community, and as *Survival to Recovery*, page 268, states, a sense of community rather than loneliness defines our lives.

In *Reaching for Personal Freedom*, page 68, we are reminded that we have an opportunity for growth and gain personal progress while striving for unity in situations. *Paths to Recovery*, page 136, tells us, in achieving unity we will find some familiar ground in any Al-Anon group we attend. In Al-Anon, we have a volunteer fellowship, a spiritual program, and without enforcing rules. This works by placing trust in a God of our understanding (Tradition Two) and sharing a common welfare (Tradition One).

Personal progress can be gained by practicing Tradition One not only in our groups, but as Step 12 reminds us, "in all our affairs".

Mike S.

District Representative District 159

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

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.

In practicing

CONCEPT TEN

we set clear goals
and
trust each other
to
accomplish them

NEWS ACROSS THE DISTRICT

WOW! If you didn't make it to the September District Meeting on Zoom or in-person, you missed Al-Anon volunteers in action! There was a buzz of election excitement as the room and the Zoom squares filled up at 6:30pm. One attendee said, "It was amazing the way Michael S., our District Representative, orchestrated and encouraged all the volunteers who were present in the room and on Zoom to step-up to service. He read the list of open positions and people volunteered. Then, he went through the remaining positions stopping to say the Serenity Prayer a couple of times. 90% plus of the service arms were filled to the delight of everyone.

It has been noted that there are districts in other places in America that have folded because of a lack of volunteers. District 159 can feel proud of their accomplishments through participation, *Just For Today*.

A nationwide plea concerning **Maui Relief for Al-Anon** groups affected by the fires was read during the District Meeting. After a discussion about how best to help-sending books can be expensive-a vote was taken to send \$100 to help replenish their literature.

Marco Island's **THURSDAY NOON, AFG** meeting and the 11am **MONDAY MORNING ON MARCO, AFG** meeting have returned to Hybrid Meetings at St. Marks Episcopal Church, 1101 N. Collier Blvd, Marco Island, FL

The **Alateen** program is in need of volunteers to become an AMIAS. (Al-Anon Member Involved in Alateen Service) Please check your heart and then email alateen@naplesalateen.org for more information.

Volunteers are needed each Sunday about 3pm to go to the **David Lawrence Center**-after brunch or before Sunday dinner-for an hour to meet with the families. Remember when you first came into Al-Anon and how you felt? Let's **Pay It Forward**. Email institutions@naplesal-anon.org to volunteer.

Spiritual Principle of the Month

Acceptance - recognizing reality
without trying to change it.

Acceptance brings relief from
impossible responsibilities.

-Paths to Recovery pg 9

Acceptance doesn't mean I have to
like it.

-Heard at a Meeting

Acceptance means simply admitting
there are things we cannot change.

-ODAT pg 76



HOW EMPTY OF ME, TO BE SO FULL OF YOU



CONCEPT 10

Double-headed management is
when I'm telling God what he
needs to do and how it should be
done.

ACCEPTANCE HELPS RECOVERY

Acknowledging the past has been an essential part of my recovery in Al-Anon. But constantly revisiting emotionally disturbing events from long ago – with an agonizing craving to change them, deny them, or make them go away – only created more insanity for me. Working Step Four, “Made a searching and fearless, moral inventory of ourselves,” and Step Five, “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs,” allowed me to examine the past, explore how it affected my behavior, and accept the reality of it all, without regret. I had to examine the past, and its consequences, the good and the bad. In doing so, I could see who I was, why I behaved as I did, and how I could move forward to live a happier life.

Today's Reminder

I don't have the power to change the past. Acknowledging it – and accepting it – serves my recovery.

I can let the healing power of the program help me feel my old, buried emotions, and then put them where they belong – in the past.” Hope for Today

How can honestly accepting my past help my recovery?

-A Little Time for Myself—A Collection of Al-Anon Personal Experiences. pg 129



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.
