



# SHARINGS

District 3, Greater Jacksonville, Florida

February 2015 – Panel 55

## SERVICE OPPORTUNITY

**Can you spare one hour a month?  
The LDC needs you!**

District 3 Literature Distribution Center (LDC), located at the San Marco Clubhouse (click [here](#) for map) is currently seeking a volunteer to operate the center during its regularly scheduled hours on Wednesday, from 2:30 to 3:30 pm, on the THIRD or FOURTH WEDNESDAY of each month. Duties include opening and closing the center, filling orders for Conference Approved Literature, collecting monies and writing receipts. Training is provided.

If you are interested or would like more information, please contact Roxanne at [ldc@jaxafg.org](mailto:ldc@jaxafg.org).

## AREA SERVICE WORKSHOP REGISTRATION STILL OPEN!

It's not too late to register for "Weeds to Seeds," the North Florida AFG Area Service Workshop, scheduled for Saturday, March 14<sup>th</sup>, 9 am to 4 pm.

District 3 is honored to host this important event, which promises to be both fun and informative. The program will be attended by Al-Anon members from all over the North Florida Area (NFA), presenting the opportunity to meet many other Al-Anon members and help one another grow through service.

You won't want to miss this chance to hear our special guest speakers. We're happy to have Ric B., World Service Office (WSO) Executive Director, speak about Al-Anon's Twelve Concepts and how they apply to service work. In addition, we'll hear Georgia delegate Cathy O. share how she got involved in service and the difference that it's made.

See page 2 for *UPDATED FLYER and REGISTRATION information.*

**Special Note:** Our District is seeking volunteers to host attendees from other districts. Visitors need accommodations for one or two nights in your home. To take advantage of this service opportunity, contact your Group Representative or Elaine J. Elaine's contact information can be found on a printed version of this issue of "Sharings" or by asking your Group Representative.

**Also Needed:** A volunteer to serve as Food Chairperson. Contact Tina D. at [aal@jaxafg.org](mailto:aal@jaxafg.org).

## Personal Sharings

### Point of View

*In the back of our apartment was an ugly wing chair with fabric of brown and yellow flowers that had been scratched to shreds by our cat. It sat at a 45-degree angle, facing away from the house so that its occupant had a view through the sliding glass door. Unfortunately, my mother slumped in the chair almost every evening, legs crossed, sipping slowly on scotch on the rocks, smoking her long, brown cigarettes. She would stare out of that window as if the view appeared interesting; however, the only*

*thing to see was our messy patio bordered by a three-foot wall of brick. Often, Gordon Lightfoot would play on the stereo.*

*I was 26 years old before I was introduced to Al-Anon, and it was in an effort to "get her sober" by signing her into a residential rehab facility after she hinted that she was going to kill herself...again. As a family member of an alcoholic, I learned two very important things that summer that changed my life. First, the drinking is not the problem for the alcoholic; it is her solution. With this information, I was able to identify that it hurt more to see her depression than it did her drunkenness. Second, I learned the Serenity Prayer with a new slant. It goes like this:*

*God, grant me the serenity to accept the person I cannot change; the courage to change the person I can; and the wisdom to know that the person is me.*

*Thanks to Al-Anon, I am spending time focusing on myself and making life better rather than wasting time blaming others and trying to change and control everything and everyone around me. My prayer is that I will one day grow in understanding and love for the mother who was also hurting. As I listen to others in Al-Anon share their stories of hurt and hope, I believe my prayers are being answered.*

*~ KW, Jacksonville*

## Personal Sharings

I lean to my program using the three "A's."

**AWARENESS:** Alateen needs meetings and Sponsorship in District 3.

**ACCEPTANCE:** The teens are part of this family of recovery.

**ACTION:** Serve as a Sponsor or Co-Sponsor with a commitment for one year and become the solution.

~ Beth H., Orange Park

## SERVICE VOLUNTEERS HELPED FAMILIES IN RECOVERY

Throughout last year, several Al-Anon members from District 3 volunteered to bring Introductory Meetings to the family members of patients at Stepping Stone Center for Recovery, in Jacksonville. The meetings were well-received as the following letter, from one of the counselors, shows:

*"To Al-Anon Volunteers from a Stepping Stones Family Counselor: Thanks so much for all you guys did! Having Al-Anon come was a great advantage to our families. We received so much positive feedback from the families the next day after our meetings, letting us know how they loved being introduced to Al-Anon and how they, more than likely, would have never gone, or that they had gone to a meeting in their home town and they experienced much more positive an experience at ours, giving them the encouragement to try another meeting once they returned home. We really feel this was such a strong component to help the families find support in order for them to get well.*

*We thank you for all you have done and for your continued support with these meetings."*

For full-size form, click [here](#) or go to <http://www.jaxafg.org/2015%20Service%20Workshops%20Flyer.pdf>

<b>SATURDAY, MARCH 14TH</b>		<b>Panel 55 2015 North Florida AFG Area Service Workshop Hosted By District 3</b>
<b>9 AM TILL 4 PM BREAKFAST &amp; LUNCH INCLUDED</b>		<b>COME JOIN THE FUN!</b> 
<b>Arlington United Methodist Church Wesley Hall 1400 University Blvd North Jacksonville FL 32211</b>	<b>WEEDS TO SEEDS</b>	
<b>"I am new to Al-Anon. What's service all about?"</b>	This year's event is based on how exciting and necessary service is. Service is the fertilizer in our garden. The correct amount and appropriate kind of service work can cause our lives to be filled with bright, healthy, long-lasting blooms.	
	<ul style="list-style-type: none"><li>• Weeds Can Be Pulled And Seeds Planted</li><li>• Bring Raffle Baskets—Gardening Theme Welcome/Not Required</li><li>• Cathy O—Georgia Delegate will share her story</li><li>• Ric—Executive Director from Al-Anon's World Service Office in Virginia will share on the Concepts</li><li>• Panel 55 Coordinators will be available to meet and greet</li><li>• Speakers will be recorded and CD's available at the event only</li><li>• Pick up a sharing from North Florida District Representatives</li><li>• We have Love Gifts for You</li><li>• Free Childcare</li><li>• Gardening Attire Welcome</li></ul>	
<b>Mail in Registration Form</b>		
<b>2015 NORTH FLORIDA AFG AREA SERVICE WORKSHOP</b>		
Name _____	Al-Anon \$10	Alateen Registration is Free
Address _____	<input type="checkbox"/> would like to be hosted by a member (includes housing) One night or two? Allergies?	
Phone Number _____	Workshop registration includes... Fellowship, learning, breakfast, lunch, free childcare, free registration for Alateens, love gifts, and raffle baskets	
	E-Mail: <a href="mailto:al-anon@jaxafg.org">al-anon@jaxafg.org</a> (Address your message to Tina)	
<b>Mail registration: make checks payable to: NFA AFG, PO Box 2392, Orange Park, FL 32073</b>		

## TELEPHONE ANSWERING SERVICE

The Telephone Answering Service (TAS) is composed of volunteers who take telephone calls and answer messages from people seeking information about the Al-Anon program, as well as where and when to find a meeting.

Our volunteers share their experience, strength, and hope with families who

are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 54 telephone calls and 6 emails in January.

If you would like to help or need more information, please contact Mark F. at [aisl@jaxafg.org](mailto:aisl@jaxafg.org).

For more information about Al-Anon Family Groups – District 3



Web site: [jaxafg.org](http://jaxafg.org)  
Email: [al-anon@jaxafg.org](mailto:al-anon@jaxafg.org)



904-350-0600

SHARE YOUR THOUGHTS ABOUT AL-ANON. ANONYMOUS MEMBER SURVEY AVAILABLE ONLINE THROUGH FEBRUARY 22.

## MEETING NEWS

### ■ ALATEEN MEETING

An Alateen meeting is held Tuesdays, 8 pm, in connection with the 8 pm Just in Time AFG, at St. Giles Presbyterian Church, 116 Foxridge Road, Orange Park. For info, contact Beth H. at [alateen@jaxafg.org](mailto:alateen@jaxafg.org).

### ■ DISBANDED MEETINGS

The following two meetings have disbanded:

1. Yulee Daytime AFG  
Thursday, Noon
2. Cove Life AFG  
Wednesday
3. Sunday Night 12 & 12 AFG  
7 pm

### ■ SPEAKER MEETINGS

The following groups have regularly scheduled Speaker Meetings:

#### Language of the Heart AFG

First Monday of Each Month, 6:30 pm  
400 Penman Road, Jax Beach

#### Hope for Today AFG

Fifth Monday of Each Month, 7 pm  
Encounter Christian Church  
2311 Starratt Road, Jacksonville

#### Serenity Seekers AFG

Fifth Wednesday of Each Month, Noon  
New Covenant Ministries  
2360 St. John's Bluff Rd., Jacksonville

#### San Marco AFG

First Wednesday of Each Month, 1:30 pm  
San Marco Clubhouse  
1423 San Marco Blvd., Jacksonville

### ■ SPANISH-SPEAKING MEETINGS

There currently are no Spanish-speaking meetings available in District 3.

*Please visit [jaxafg.org](http://jaxafg.org) for the most up-to-date meeting listings.*



### FROM THE EDITOR to GROUP REPRESENTATIVES:

SHARINGS is a great tool for communicating meeting changes, speaker meetings, anniversary meetings, potluck meetings, etc. Email me at [newslettereditor@jaxafg.org](mailto:newslettereditor@jaxafg.org) so I can inform our members of your meeting news.



reading "Having Had a Spiritual Awakening," and the first part is how to see God in Nature. I thought this was God's gift to me to go along with my butterfly story. But there is more...

January 30<sup>th</sup>, I received my February Forum. Page 5 has my very first published story and, much to my surprise, a lovely photo of a monarch butterfly. It looks just like the one we put on my son's grave marker those many years ago. I still tear up every time I look at the page. So much of this is beyond anything I could have planned or even thought of doing. You may call it a coincidence, but with this many things falling into place, I chose to believe it certainly is a "God Thing."

~ Carolyn H., Jacksonville

## Personal Sharings

### The Story Behind the Story

Last February, Gail A. and I had just started going to Stepping Stone Center for Recovery to talk to families. After a couple of meetings, the director asked us to tell our Al-Anon Success Story. A new Al-Anon was quick to tell about her son who had gone through the treatment center and was clean and sober. I froze because my son had not gotten sober after two treatment centers. In fact, he committed suicide and died about 25 years ago. What kind of hope is that? Then I realized, I am my Al-Anon success story.

Soon afterwards in March, I attended the North Florida Area Service Workshop in Melbourne. We were asked to write about a service experience and not to worry about the spelling or grammar. Just write. So I wrote about the experience above. Our Alternate Delegate collected our papers and placed them in a large manila envelope. I promptly forgot about it.

At Flo D.'s funeral several years ago, we received butterfly bush seeds. Mine has grown and multiplied and returned each spring. I have tried to bring butterfly bush flowers inside as cut flowers, but they wilt before getting to the vase. This November, Jacksonville had its first almost-freeze. The butterfly bush flowers were so pretty, I decided to try anyway. Sure enough, they stayed pretty and grew four caterpillars. I watched as they grew and ate away at the leaves. One day I happened to see the largest caterpillar turning inside out and forming a beautiful, light-green chrysalis. A day later, it was trimmed in gold, so I knew it was a monarch.

I was visiting my sister the last week of December, so I missed the butterfly coming out of the chrysalis. A couple of days later, I found it! It lazed around as the weather is cool this year for at least two weeks.

Every year, I choose a different Daily Reader for my morning prayer time. This year, I am

## Personal Sharings

I came to realize that I accept thoughts that support my codependent values, codependent beliefs, codependent memories, codependent experiences, and codependent survival skills. Because of my thoughts, I attracted the right people who knew how to dance the dance with me.

The only way to create the dance I want is to **stay** in recovery. There is no cure for codependency. It can be in every thought I think. So to change my dance, I change my thought. Al-Anon is a program that showed me the steps to a new dance.

~ Tina D.

# DISTRICT 3 CALENDAR

- Saturday, March 14, 2015.....North Florida AFG  
Area Service Workshop\*  
(See flier on page 2)
- Saturday, April 11, 2015 .....District 3 Business Meeting \*
- Friday, May 1 – Sunday, May 3, 2015.....Spring Assembly  
<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275676&key=5E956DE>  
(Group rate available until April 1, 2015)

**Please note:** District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211, in Wesley Hall. District Business Meetings begin at 9:30 am with doors opening at 9 am. Start times for events such as Workshops and Fun Days may vary. Please check fliers or [jaxafg.org](http://jaxafg.org) for event times.

\*All Al-Anon members are invited to this event.

 Babysitting services are available at all District Business Meetings and Fun Day events.



## MAILING ADDRESSES FOR DONATIONS

**CLIP AND SAVE** this section!  
It contains the new mailing addresses for donations:

### District 3 Mailing Address:

Al-Anon District 3  
PO Box 16513  
Jacksonville, FL 32245

### District 3 Donations:

District 3 AFG  
PO Box 16513  
Jacksonville, FL 32245

### North Florida Area Donations:

NFA AFG  
PO Box 730306  
Ormond Beach, FL 32073-0306

### World Service Office Donations:

AFG, Inc.  
1600 Corporate Landing Pkwy.  
Virginia Beach, VA 23454-5617

# DISTRICT 3 TRUSTED SERVANTS



Sally O. ....	District Representative .....	dr@jaxafg.org
Gage M. ....	Alternate District Rep. ....	adr@jaxafg.org
Mark F. ....	AISL .....	aisl@jaxafg.org
VACANT .....	Alternate AISL .....	altaisl@jaxafg.org
Maddy P. ....	District Treasurer .....	treasurer@jaxafg.org
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Beth H. ....	Alateen .....	alateen@jaxafg.org
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VACANT .....	Co-op w/Prof. Community .....	cpc@jaxafg.org

Interested in serving in one of the vacant positions on Panel 55 or simply wish to learn more about the positions available? Contact the District Representative at [dr@jaxafg.org](mailto:dr@jaxafg.org).