



SHARINGS

District 3, Greater Jacksonville, Florida

April 2016 – Panel 55

JOIN IN THE FUN!

SIGN UP TODAY!
**THE 27th ANNUAL
NORTH FLORIDA AREA
AFG CONVENTION
SEPTEMBER 16 – 18, 2016
DAYTONA BEACH**



**VISIT WWW.AFGAREA9.ORG/CONVENTION2016
TO LEARN MORE AND
TO REGISTER ONLINE.**



**HOTEL ROOMS ARE
GOING FAST!
CALL NOW TO BOOK!**

LET THE HAND OF AL-ANON...

In last month's issue, we shared how a group of crafters are gathering at the Penman Rd. meeting room for fellowship and crafting of hand-made items to be sold at the 2016 NFA Convention. All proceeds raised from the sales of these donated crafts will benefit Al-Anon.

Craft Days are held every Sunday from 1 – 4 pm. Bring your crafts to work on, unused supplies for others, or just come visit. A sewing machine is available there for your crafting convenience. New ideas for the 2016 NFA AFG Convention Boutique are always welcome.



Here are some photos of our crafters in action, making beautiful items to be sold at the Convention Boutique.



For more information, see Florence L., Peg E., Lily I., Ann M., Ann C., or Carolyn H. We hope other parts of our district will organize their own craft days. Remember the convention theme, "SEEING CLEARLY NOW."

Crafting for the Convention Boutique is just one way you can volunteer to help the Convention. Whether you're planning to attend or not, or just aren't sure yet, we can still use your help! Visit <http://www.afgarea9.org/volunteers-and-donations.html> to learn more!

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.

Thanks to our helpful volunteers, the following emails and telephone calls were responded to:

	CALLS	EMAILS
November	53	1
December	46	5
January	45	2
February	64	3
March	50	2

There are still some shifts, which run 5 hours, available for those willing to serve. This is an opportunity to enhance your recovery with Twelfth Step work in the Al-Anon program. Training is provided.

If you would like to help or need more information, please contact Tom H. at TAS@jaxafg.org.

Interested in taking part in an Al-Anon Writing Workshop? District 9 is hosting an AFG Writing Workshop on Saturday, April 30th, in Lake Wales, from 10 am to 3 pm. See your Group Representative for more info and to RSVP.

Personal Sharings

Once I found a God of my understanding that I could learn to trust, then turning my will and my life over to that God got easier with practice.

Dealing with the family disease, I felt as though I had no control over my life. I kept trying to force control and my will (getting a loved one to see that my way was the right way!), but I was always frustrated, angry, resentful, and disappointed. Turning my will over to anyone felt like defeat to me.

It was in listening to others in meetings, reading Conference Approved Literature, getting a sponsor, and working the Twelve Steps that my thinking changed. I listened to others describe how their Higher Power was unconditionally loving, kind, wise,

always available, accepting, and had a sense of humor. In walking through the doors of Al-Anon, I brought the God of my youth, who was score-keeping and judgmental. How could I turn my will and my life over to that God?

I learned that I could change my concept of the God of my understanding. As I wrote down the qualities that I wanted in my Higher Power, my understanding of God changed, and then the decision to turn over my will became easier as I started practicing daily. My ego can be a roadblock to my happiness, peace, and serenity, so I have to continue daily practice of turning my will and my life over to the God of my understanding.

~ A Grateful Al-Anon



SHOW YOUR GRATITUDE! Did you spot the Al-Anon Public Service Announcement on one of the four Clear Channel billboards around Duval and Clay counties between March 7 and April 4? If you did, why not write a letter to Clear Channel thanking them for helping spread the word of hope and help for families and friends of problem drinkers?

Send your thank you note (card or email) to Shirley Dasher, Clear Channel Jacksonville, 11700 Central Parkway, Suite 100, Jacksonville, FL 32224 or ccssd@comcast.net

FUN DAY! MOVIES AND POPCORN WAS FUN FOR ALL!

Our District's most recent Fun Day, held March 19th, was an event worth sharing about!

Our Fun Day hosts organized a fun-filled afternoon, complete with a potluck luncheon, movies and popcorn, a raffle, and the wonderful fellowship that Al-Anon is known for.

In addition, we all helped make "Anti-depression Love Gifts" for the area delegate to share at the World Service Conference.

The feature of Fun Day was previews of two movies: "Lois's Story" and "Lois W. & the Pioneers," both of which showed how Al-Anon began 65 years ago. These two movies will be shown again at the "Experience, Strength, and Hope Luncheon," to be held on Saturday, September 17th, at the 27th Annual NFA AFG Convention in Daytona Beach.

Lois's Story: A truly beautiful and moving film that every Al-Anon member would enjoy. Produced in 1971, "Lois's Story" tells about the early days of A.A. and Al-Anon — how Lois and Bill W., against tremendous odds, built the two fellowships that now bring strength and hope to alcoholics and their friends and families throughout the world.

Lois W. & the Pioneers: Al-Anon's co-founder, Lois W., met with Henrietta S., first General Secretary of the Al-Anon Family Group Headquarters, and Margaret D., first Editor of *The Forum*, in June 1982. Their recollections rekindle the spirit of commitment of our pioneer members in Al-Anon's formative days.



Thanks to our volunteers, these beautiful and creative centerpieces adorned the tables at Fun Day, March 19th. In keeping with the theme of Movies and Popcorn, these decorative tributes to one of our favorite pastimes were the perfect reflection of our Fun Day feature...the movies!

Some of the participants shared their appreciation for Fun Day; read their comments below:

"I loved the relaxed atmosphere of this Fun Day. We all had time to talk, sharing the same activity while we ate popcorn and chocolate and listened to our common history." ~ Anonymous

"Thank you for having a kid-sitter. My kids had lots of fun too. (P.S. And we had *lots* of kids attend!)" ~ Anonymous

"What a joyous opportunity to learn more about ourselves, our Al-Anon family, and its founding traditions from the people who were there at the start. A great Fun Day." ~ Anonymous

"It is reassuring that our co-founder, Lois W., had resentments too." ~ Anonymous

"Quote by Lois W.: 'It only takes one person to start something, but many people to carry it out.' Thanks to all who helped make it a Fun Day."

~ Carolyn H

"Fun Day was awesome. It was easy to help with the Raffle, and I'd be happy to help anytime." ~ Sharon

"The District used our Fun Day as a time for all to work together to make 'Love Gifts' for our Area Delegate to bring to the World Service Conference. We made 96 'Love Gifts' using an assembly-line technique to put 10 different items into plastic baggies and we called them 'Anti-depression Kits'." ~ Anonymous

"Fun Day was fantastic! So many people had such a great time. The food, fun, and especially the fellowship were true blessings. Thank you." ~ Anonymous

"I really enjoyed the Fun Day. The first movie wasn't so much about the beginnings of Al-Anon, but the second one was. It was good to hear from Lois's and Henrietta's mouths about the growth of Al-Anon. The movie was slow-moving as the ladies thought and remembered, but it was worth my time and patience to listen. I'm looking forward to watching it again at Convention." ~ M.A.C.

"We learned about 'Love Gifts' and 'God Cans'. Many registered for the Area Convention in September and saw ideas to make for the Boutique. Thanks to all the groups who brought Raffle Baskets! They were awesome!" ~ Anonymous

"I have read books and seen movies about Lois W. But it was so much fun to 'see' her tell her story." ~ Anonymous

NORTH FLORIDA SPRING ASSEMBLY

Friday, May 20 – Sunday, May 22, 2016
Altamonte Springs, Florida

District Representatives, AISLs (Al-Anon Information Service Liaisons), and Group Representatives attend. Groups are encouraged to send a Group Representative or a Group Contact. All Al-Anon members are welcome to attend.

RESERVATION INFORMATION:

To make reservations, call the Hilton at 407-830-1985, Group name NFA AFG, or go online to: http://www.hilton.com/en/hi/groups/personalized/A/ALTAHHF-NFA516-20160519/index.jhtml?WT.mc_id=POG The special rate is available through May 4 (previously published as 4/29).

Personal Sharings

When I open my heart to share my experience, strength, and hope at a meeting, I feel the power of the Al-Anon program working for me. Sharing, for me, has a three-fold benefit. First, sharing reminds me that I'm not alone. When I sense that my experience mirrors that of others around me, then I no longer feel as though I'm traveling this sometimes-bumpy road myself.

Secondly, trusting the fellowship to guard, with special care, my anonymity is essential for me. Knowing my most personal thoughts and reflections are going to stay in that meeting room is all the reassurance I need in order to open my heart to others through my words.

And lastly, knowing that my insights might just help another member, whether that member is new or a long-timer, is especially gratifying and encourages me to continue to participate by sharing with those who might benefit from what I've learned by applying the principles of the Al-Anon program.

~ Anonymous

DISTRICT 3 CALENDAR

Sunday, April 17, 2016, 2 – 4 pm2016 NFA AFG Convention Planning
Sunday, May 1, 2016, 2 – 4 pmCommittee Meeting*
Sunday, May 15, 2016, 2 – 4 pm1835 Smith St., Orange Park

Friday, May 20 – Sunday, May 22, 2016.....North Florida Area Spring Assembly*
Altamonte Springs (see note at left)

Saturday, June 11, 2016.....District Business Meeting*

Saturday, July 9, 2016.....District Fun Day*

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. Meetings end at noon. Start times for events such as Workshops and Fun Days may vary. Please check fliers or 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.

DISTRICT 3 TRUSTED SERVANTS

PANEL 55
JANUARY 1, 2015 – DECEMBER 31, 2017

- Gage M.District Representativedr@jaxafg.org
- VACANTAlternate District Rep.adr@jaxafg.org
- Mark F.AISLaisl@jaxafg.org
- VACANTAlternate AISL.....altaisl@jaxafg.org
- Susan H.District Treasurertreasurer@jaxafg.org
- Curt S.Secretarysecretary@jaxafg.org
- Beth H.Alateenalateen@jaxafg.org
- Charlene S.Alateen Trainer.....alateen@jaxafg.org
- VACANTAA Liaison/Spanish Liaisonaal@jaxafg.org
- Carolyn H.Historianhistorian@jaxafg.org
- Carolyn I.Archives.....archives@jaxafg.org
- VACANTArea Raffle.....raffle@jaxafg.org
- Toni C.Group Records.....records@jaxafg.org
- Roxanne A.LDC/Literatureldc@jaxafg.org
- Charlene S.New Group Rep. Greetergreeter@jaxafg.org
- Risa G.Newsletter Editor.....newslettereditor@jaxafg.org
- David G.Speaker Keeper.....speakerkeeper@jaxafg.org
- Tom H.Telephone Answering Svc.tas@jaxafg.org
- Freddie S.Webmasterwebmaster@jaxafg.org
- Kathy M.Where & Whenww@jaxafg.org
- Lily E.Institutionsinstitutions1@jaxafg.org
- VACANTPublic Information/Mediapi@jaxafg.org
- Dany A.Co-op w/Prof. Communitycpc@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.