



# SHARINGS

District 3, Greater Jacksonville, Florida

April 2015 – Panel 55

## HOPE IS AN INSIDE JOB

*I was raised in an alcoholic home, and my first husband was an alcoholic. After our divorce, I noticed that my young son was drinking, and it bothered me. Someone I know suggested I go to Al-Anon. I was desperate, so I went.*

*I found a ray of hope in the first Al-Anon meeting I went to even though I didn't hear a magic formula for how to stop my son from drinking.*

*Hope was my first gift in Al-Anon. As I continued to go to meetings, that hope grew. I was a little scared at first, but eventually I let some of my walls down and began my journey in this program.*

*The feeling of hope first came through the people who shared their own experience,*

*strength, and hope in meetings. I heard that through the Twelve Steps, I could become less fearful and more hopeful. I found that past feelings of despair, and doom and gloom, could be replaced by joyful hope, peace, and serenity.*

*The more I connected with my Higher Power, the more I became willing to commit to this beautiful program. It was like a spiritual treasure hunt. I found consistency, love, beauty, and hope in my life — those things that the disease of alcoholism had almost destroyed or buried a long time ago.*

*~ Lydia V., California*

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### WOULD YOU LIKE YOUR OWN COPY OF THE FORUM MAGAZINE?

#### **The story of Al-Anon recovery — today**

Experience an insight you won't find anywhere else. Newcomers and long-timers share what they've learned as they apply the principles of the Al-Anon program to life's challenges.

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Go [http://ecomm.al-anon.org/iCommerce/Store/StoreLayouts/Category\\_BP\\_Results.aspx?InitialText=Order%20Forms](http://ecomm.al-anon.org/iCommerce/Store/StoreLayouts/Category_BP_Results.aspx?InitialText=Order%20Forms) for an order form.

## Personal Sharings

### **What Are My Plans Today?**

*When I was a newcomer in Al-Anon, a long-time member would say to me every week, "Have a good day, unless you have other plans!" What? I had no clue what she meant, but I'm grateful that I kept coming back to discover the deeper meaning to her words.*

*As I reflected on her words, I thought about how I started my day. I realized I waited to see what kind of mood the drinker was in and then I would think to myself, "Oh, he's grumpy today so I'm going to have a bad day." His mood dictated my feelings. I was giving my power away to another person.*

*Then I learned (slowly) about detachment. My loved one could have a bad day, and I could choose to be happy. Now that took lots of practice! I learned that I had choices and that I could detach emotionally and sometimes physically, if needed.*

*I'm no longer willing to allow another person to have power over me. In my past, I was a victim, and my victim thinking followed me for decades. My plans and decisions were based on my victim thinking. This awareness took a while through working the Twelve Steps to discover my thinking patterns and how they were harming me.*

*Today, I start each day with readings from my Al-Anon daily readers, quiet reflection, and prayers which include turning my will and my life over to the care of the God of my understanding. It's a much better plan! Then I go about my day, asking to be guided throughout it.*

*If I do make plans, I do the footwork and turn the results over to God. My worry, anxiety, fear, and depression have been greatly reduced by using this simple but much more effective plan.*

*~ A grateful Al-Anon*

## MEETING NEWS

For the most current meeting information, visit [jaxafg.org](http://jaxafg.org) and click on "Find a Jacksonville Area Meeting."

### ■ NEW MEETINGS

Serenity Square AFG #30650682 is a new open meeting being held Mondays, from 6 – 7 pm, at Southside Baptist Church, 1435 Atlantic Blvd.

North Mandarin Newcomers AFG is another new open meeting being held on Thursdays, 7:30 – 8:30 pm, at Breakthroughs Treatment Center, 3810 Williamsburg Park Blvd. (just north of the intersection of San Jose Blvd. and Sunbeam Rd.).

### ■ PROGRAM CHANGE

Serenity Seekers AFG #30542743 has begun a new program format using the latest workbook, *Reaching for Personal Freedom*, to study the Steps/Traditions/Concepts. The group meets Wednesdays at noon at New Covenant Ministries, 2360 St. Johns Bluff Rd., Jacksonville.

### ■ SPANISH MEETINGS

Spanish meetings are available as telephone meetings. These daily half-hour meetings begin at 9:30 pm. Participants can dial 1-213-342-3000, code 32106, followed by the # key. For more details, go to [www.al-anon.alateen.org/localizar-una-reunion-electronica](http://www.al-anon.alateen.org/localizar-una-reunion-electronica), pages 3 and 4.



### FROM THE EDITOR to GROUP REPRESENTATIVES:

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

Were you one of the nearly 120 people who attended the "WEEDS TO SEEDS" Panel 55 2015 North Florida AFG Area 9 Service Workshop on March 14<sup>th</sup>?

Share how it helped you in your program. We'll publish it in an upcoming issue of "Sharings." Submit your article to [newslettereditor@jaxafg.org](mailto:newslettereditor@jaxafg.org)

(Please keep your submission to 300 words or less.)

## FUN DAY!

### MARK YOUR CALENDARS NOW!

Make plans to attend our next District 3 Fun Day, Saturday, June 13! Check "Sharings" or [jaxafg.org](http://jaxafg.org) for more details as the date nears!

## GOING TO ASSEMBLY?

There is now a 6-page guide with helpful hints for getting the most out of your experience at Assembly. Check out these tips at:

<http://pub.lucidpress.com/a0193bef-fdde-4963-a341-3dcd03bed1ff/#IXYIZo.hNgwY>

## Personal Sharings

### The Story After the Story

*Like pebbles in a pond, my writing in the February issue of "The Forum" magazine continues to impact me and others. I'm honored and blessed to be part of God's plan to give hope to others.*

*The first thing I did was lead a meeting, sharing how the article and other outreach opportunities, came about. I gave out index cards for writings for our newsletter, "Sharings." Afterwards, only those who wanted to have them printed put their card in a large envelope. Without looking at them, I handed the envelope to our editor who published some of them in this and last month's issues of "Sharings."*

*I also received an email about another meeting whose topic was "What is MY*

*success story?" My article was read and people shared how our small successes lead to positive and loving thoughts to ourselves. The group realized with the sharings that we can be happy, whether the alcoholic is still drinking or not!*

*At another meeting, a lady was weeping over the loss of her son to this cruel disease. My article gave her much comfort and a new perspective. A visitor from out of town recognized my name and said, "I know her! We met at the Illinois convention!" We got in touch and spent time together before she returned home.*

*So you never know what will spring forth when you sow seeds of hope in any kind of Twelfth Step outreach. I do the footwork, and God takes care of the rest.*

~ Carolyn H., Jacksonville

## ANNUAL VACANCIES FOR WSO SERVICE VOLUNTEERS

The World Service Office (WSO) has several volunteer opportunities for members. A list of the positions available is below, as is a link for more information and application forms.

The positions available annually are:

- 3 at-Large Trustees\*
- 3 Regional Trustees (rotates depending on region)\*
- 1 at-Large member, Executive Committee for Real Property Management\*
- 1 at-Large member, Alateen Work Group (trial)
- 5 at-Large members, Forum Editorial Advisory Committee
- 5 at-Large members, Literature Committee
- 5 at-Large members, Public Outreach Committee
- 1 at-Large member, Audit Committee

Potential candidates' resumes must be postmarked, faxed, or emailed to the WSO by **April 19, 2015**. Positions indicated with an asterisk have a deadline of **August 15, 2015**. For more information and application forms, go to: [www.afgarea9.org/delegates-corner.html](http://www.afgarea9.org/delegates-corner.html). Click on links on the right-hand column under **WSO Resource Documents**.

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## SAVE THE DATE FOR AL-ANON'S SIXTH INTERNATIONAL CONVENTION

◆  
JULY 5-8, 2018

BALTIMORE, MARYLAND

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## IMPROVING COMMUNICATIONS FOR DISTRICT 3 AL-ANON FAMILY GROUPS

To help enhance communications, Group Representatives now have an email box. District news, announcements, and other information will be sent to these email boxes for the Group Representatives to share with their groups. If you are a Group Representative and your group is not listed, or if you have not been able to access your group's email account, contact Mark F. [aisl@jaxafg.org](mailto:aisl@jaxafg.org).

- Circle of Hope (Penman Road): [circleofhope@jaxafg.org](mailto:circleofhope@jaxafg.org)
- San Marco groups: [sanmarco@jaxafg.org](mailto:sanmarco@jaxafg.org)
- Language of the Heart (Penman Monday Night): [languageheart@jaxafg.org](mailto:languageheart@jaxafg.org)
- Hope for Today: [hopefortoday@jaxafg.org](mailto:hopefortoday@jaxafg.org)
- SOS AFG: [sosfernandina@jaxafg.org](mailto:sosfernandina@jaxafg.org)
- Mandarin Monday Night: [mandarin@jaxafg.org](mailto:mandarin@jaxafg.org)
- Arlington Tuesday Nite: [arlington@jaxafg.org](mailto:arlington@jaxafg.org)
- Fruit Cove: [fruitcove@jaxafg.org](mailto:fruitcove@jaxafg.org)
- Ponte Vedra: [pontevedra@jaxafg.org](mailto:pontevedra@jaxafg.org)
- Ortega: [ortega@jaxafg.org](mailto:ortega@jaxafg.org)
- New Beginnings Adult Child: [newbeginnings@jaxafg.org](mailto:newbeginnings@jaxafg.org)
- Beaches Sat. Morning Adult Child: [beachessaturday@jaxafg.org](mailto:beachessaturday@jaxafg.org)
- Spiritual Awakenings (Sunday Jax Beach Hospital): [spiritualawakenings@jaxafg.org](mailto:spiritualawakenings@jaxafg.org)
- Serenity Seekers: [serenityseekers@jaxafg.org](mailto:serenityseekers@jaxafg.org)
- Serenity Square: [serenitysquare@jaxafg.org](mailto:serenitysquare@jaxafg.org)
- North Mandarin Newcomers: [northmandarin@jaxafg.org](mailto:northmandarin@jaxafg.org)

## COMING IN SEPTEMBER! THE 26<sup>TH</sup> ANNUAL NORTH FLORIDA AREA AFG 2015 CONVENTION!



## Taking Care of Business The Al-Anon Way Hosted by District 6

IT'S NOT TOO EARLY TO START PLANNING!

SEPTEMBER 18-20, 2015!

VISIT [TAKINGCAREOFBUSINESS2015.COM](http://TAKINGCAREOFBUSINESS2015.COM) FOR INFORMATION AND LINKS TO RESERVATIONS AT THE BEAUTIFUL TRADE WINDS ISLAND RESORT ON ST. PETERSBURG BEACH, FLORIDA.

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Did you know the North Florida Area of Al-Anon and Alateen has its own newsletter?

Check out a sample issue at [www.afgarea9.org](http://www.afgarea9.org). Click on "The Legacy" on the left-hand column.

(Complete issue coming next month.)

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# NORTH FLORIDA SPRING ASSEMBLY

Friday, May 1 – Sunday, May 3, 2015  
Orlando, Florida

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

## RESERVATION INFORMATION:

To make reservations online, go to: <https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275676&key=5E956DE> The special rate is no longer available at the Sheraton Lake Buena Vista Resort. You may, however, book a room at a nearby hotel for a lower rate.

# DISTRICT 3 CALENDAR

Friday, May 1 – Sunday, May 3, 2015.....North Florida Spring Assembly\*  
(see note at left)

Saturday, June 13, 2015.....District 3 Fun Day\*  
(Details to come soon!)

Saturday, July 18, 2015.....District 3 Business Meeting\*  
(changed from original date of July 11)

Friday, Aug. 14 – Sunday, Aug. 16, 2015.....AWSC (Area World Service Committee)

**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 AI-Anon members are invited to this event.

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

## 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 AI-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 44 telephone calls and 5 emails in March.

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

## DISTRICT 3 TRUSTED SERVANTS

<b>PANEL 55</b> JANUARY 1, 2015 – DECEMBER 31, 2017	Sally O. ....District Representative ..... <a href="mailto:dr@jaxafg.org">dr@jaxafg.org</a>
	Gage M. ....Alternate District Rep. .... <a href="mailto:adr@jaxafg.org">adr@jaxafg.org</a>
	Mark F. ....AISL ..... <a href="mailto:aisl@jaxafg.org">aisl@jaxafg.org</a>
	VACANT.....Alternate AISL..... <a href="mailto:altaisl@jaxafg.org">altaisl@jaxafg.org</a>
	Maddy P. ....District Treasurer ..... <a href="mailto:treasurer@jaxafg.org">treasurer@jaxafg.org</a>
	Curt S. ....Secretary ..... <a href="mailto:secretary@jaxafg.org">secretary@jaxafg.org</a>
	Beth H. ....Alateen ..... <a href="mailto:alateen@jaxafg.org">alateen@jaxafg.org</a>
	Charlene S. ....Alateen Trainer..... <a href="mailto:alateen@jaxafg.org">alateen@jaxafg.org</a>
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	VACANT.....Area Raffle..... <a href="mailto:raffle@jaxafg.org">raffle@jaxafg.org</a>
	Toni C. ....Group Records..... <a href="mailto:records@jaxafg.org">records@jaxafg.org</a>
	Roxanne A. ....LDC/Literature ..... <a href="mailto:ldc@jaxafg.org">ldc@jaxafg.org</a>
	Charlene S. ....New Group Rep. Greeter ..... <a href="mailto:greeter@jaxafg.org">greeter@jaxafg.org</a>
	Risa G. ....Newsletter Editor..... <a href="mailto:newslettereditor@jaxafg.org">newslettereditor@jaxafg.org</a>
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Marty S. ....Public Information/Media ..... <a href="mailto:pi@jaxafg.org">pi@jaxafg.org</a>	
VACANT.....Co-op w/Prof. Community ..... <a href="mailto:cpc@jaxafg.org">cpc@jaxafg.org</a>	

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).