



# SHARINGS

District 3, Greater Jacksonville, Florida

[jaxafg.org](http://jaxafg.org)

February 2017 – Panel 55

## MEETING NEWS

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

### ■ SPEAKER MEETING

Hope for Today AFG, which meets on Monday night at Encounter Christian Church, 2311 Starratt Rd., Jacksonville, will have a speaker meeting at 7 pm, February 20. All members are welcome to attend. Refreshments will be served after the speaker shares.



### FROM THE EDITOR to GROUP REPRESENTATIVES:

SHARINGS is a great tool for communicating meeting changes, speaker meetings, potluck meetings, etc. Email your meeting news to [newslettereditor@jaxafg.org](mailto:newslettereditor@jaxafg.org).

## BEEN TO JAXAFG.ORG LATELY?

Visit [jaxafg.org](http://jaxafg.org). Find out about how Al-Anon is serving its current and prospective members in District 3 (Duval, Clay, Nassau, and Baker counties) with information, insights, and links to much, much more. You'll find a meeting schedule, back issues of "SHARINGS" newsletters, a calendar of events, information for Alateens, and more about our Literature Distribution Center.

Take a look and then bookmark it!

E X P E R I E N C E • S T R E N G T H • H O P E

Al-Anon Family Groups  
District 3 of North Florida Area 9  
invites you to its

## Creative Writing Workshop & Fun Day



Saturday, March 11  
12 noon – 3:30 pm  
Jacksonville, Florida

Join us for an afternoon of fellowship, creativity, and fun!  
Share your experience, strength, and hope  
through your very own written words!

Facilitators Jill O., Area 9 Alt. Delegate, and Pat A., Area 9 Literature Chairperson, will lead us in some fun games to ignite our creative side. Then we'll have a chance to try out our new writing skills in a supportive and spiritual environment.

- All Al-Anon & Alateen members invited.
- Lunch provided.
- Writing supplies provided.
- Win big on our 50/50 raffle.
- Raffle baskets drawings.
- Bring laptops/tablets, if you wish.
- Free babysitting provided.
- \$6 donation suggested.

Arlington United Methodist Church • 1400 University Blvd. North, Jacksonville, FL 32211

E X P E R I E N C E • S T R E N G T H • H O P E

## THINKING ABOUT ATTENDING OUR FUN DAY WORKSHOP AND LUNCHEON?

LUNCH WILL BE PROVIDED! PRE-REGISTRATION IS ENCOURAGED BUT NOT NECESSARY.

EMAIL [NEWSLETTEREDITOR@JAXAFG.ORG](mailto:newslettereditor@jaxafg.org) IF YOU PLAN TO ATTEND. OR JUST COME JOIN US, EVEN IF YOU HAVEN'T NOTIFIED US. WE'LL BE HAPPY TO HAVE YOU!

## MEETING NEWS

### IT'S FUN TO MEET AT THE YMCA!

All Group Representatives and Al-Anon members are encouraged to attend our next District Business Meeting, scheduled for Saturday, April 8, 9:30 am to noon, at the Brooks Family YMCA, 10423 Centurion Pkwy N, Jacksonville, FL 32256. Come to learn more about the North Florida Area's upcoming TEAM Event and May Assembly (see page 4 for dates and location), working your program through service opportunities available throughout our District, and how Al-Anon works at the District and Area levels.

We hope this new meeting location will make it easier for all to attend. Free childcare will be available in the YMCA's Kid Zone during the meeting. Please contact Mark F. at [aisl3@afgarea9.org](mailto:aisl3@afgarea9.org) by noon on Monday, April 3, if you will need childcare. Attendees who are not members of the YMCA will need to sign a waiver form at the Member Services desk prior to attending the meeting.

Hope to see you there!

~ Mark F.  
AISL, District 3  
[aisl3@afgarea9.org](mailto:aisl3@afgarea9.org)

## NEWS FROM THE LITERATURE DISTRIBUTION CENTER

**NEW WORKBOOK FOR "PATHS TO RECOVERY":** *Paths to Recovery Workbook* (P-93) is now available at our Literature Distribution Center. It contains thought-provoking questions on each Step, Tradition, and Concept of Service found in the book *Paths to Recovery* (B-24), with space to write your answers. The workbook is spiral-bound and 8.5x11". It is 3-hole punched and contains 112 pages. Cost is \$10.

Or you may prefer to buy it as a set with the *Paths to Recovery* hardcover book (K-31) for \$25 (for both). See below for information about the location and hours of our District 3 Literature Distribution Center.



**E-Books:** *Courage to Change* is available as an e-book! If you enjoy reading through an electronic device, such as an iPad, Kindle, or Nook, you will be happy to know that the daily reader *Courage to Change* (eB-16) is available from the following electronic media providers, in English, Spanish, and French:

Apple iBooks • Amazon • Barnes & Noble • Kobo

On Apple iBooks, the electronic book is priced at \$13.99 (U.S.), and on Amazon, Barnes & Noble, and Kobo, it is available in two parts, each for \$6.99 (U.S.). Also available as an e-book are *Alateen – Hope for Children of Alcoholics*, *Having Had a Spiritual Awakening*, *How Al-Anon Works*, and *The Forum*.

The Literature Distribution Center (LDC), located on the second floor of the San Marco Clubhouse, 1423 San Marco Blvd., is open on Wednesdays, from 2:30 to 3:30 pm. If you are interested in volunteering to help at the LDC or have questions, please email [LDC@jaxafg.org](mailto:LDC@jaxafg.org).



## NORTH FLORIDA AREA CONVENTION

**AUGUST 25–27, 2017  
TAMPA, FL**

**SAVE THE DATES!**

**Visit [www.afgarea9.org/convention2017.html](http://www.afgarea9.org/convention2017.html)  
for more information!**

## MESSAGE ABOUT SERVICE FROM OUR DISTRICT REPRESENTATIVE

Our Where and When Editor recently resigned. I consider this one of our most important positions because we have many new people coming to Al-Anon, so the upkeep of our meeting schedule is crucial to our membership. As I was preparing for this month's District meeting, I was looking at the list of open positions and was filled with the feeling that the perfect person to be our new Where and When Editor was out there in our District. Then I thought that the perfect members for each of the open jobs are out there — we just need to get the word out to them. So to all our members, please seek your Higher Power's guidance in finding the position that's best for you and Al-Anon.

### WHERE AND WHEN CHAIRPERSON –

Without a Where and When Editor, we won't have a current meeting schedule on our district web site, nor at our meetings to hand out to newcomers. Ask yourself: "Could I update a document with new addresses or meeting times for a group?" If your answer is "Yes," then you can do this job!

### ALCOHOLICS ANONYMOUS (AA)/

**SPANISH LIAISON** – Ask yourself: "Could I pass along contact information for Spanish-speaking members? Would I be willing to receive emails from AA about

their events and share that at District meetings, asking for volunteers to help with the events as needed?" If your answer is "Yes," then you can do this job!

**SPEAKER KEEPER** – Ask yourself: "Do I enjoy hearing members tell their story? Would I be willing to keep a list of names and phone numbers of members who are willing to tell their stories and bring that list to District meetings to share with other members?" If your answer is "Yes," then you can do this job!

### OUTREACH TO PUBLIC AND MEDIA –

Ask yourself: "Would I be willing to look at ways to get the Al-Anon name out there without compromising my anonymity? Could I call TV and radio stations and ask them to play the Public Service Announcement (PSA) that they received from the World Service Office (WSO)?" If you answered "Yes" to either of these, you can do this job!

### ALTERNATE DISTRICT REPRESENTATIVE

**(ALT DR)** – Ask yourself: "Have I ever been a Group Representative? Would I be able to pick up the key from the church two or three times per year? Could I help Gage remember to schedule a host for the District meetings?" If "Yes," then you can do this job!

### ALTERNATE AL-ANON INFORMATION

**SERVICES LIAISON (ALT AISL)** – Ask yourself: "Have I ever been a Group Representative? Could I work with our AISL to help ensure that the AIS Chairpersons have the information that they need to do their jobs?" If "Yes," you can do this job!

I recently heard Alt DR and Alt AISL referred to as the "Fun Positions." You have little responsibility, you don't have to go to any Area meetings, and you get to help out an Al-Anon friend. The same is true for all of the positions listed above. Ask yourself: "How much have I gotten from Al-Anon? Would I like to share a little of what I've learned? Would I like to meet new people and grow more? Am I willing to try something new?"

If you would like additional information, please contact Gage (dr@jaxafg.org) or Mark F (aisl@jaxafg.org) or come to the District meeting held on the second Saturday of each month at Arlington United Methodist Church. (See back page for time and location). There's only a year left in Panel 55. Now is the perfect time to try something new!

~ Yours in service,  
Gage  
DR District 3

## Personal Sharings

*"Do the next right thing" for me helps stop my obsessive thinking about a person or problem. It helps to refocus me to do something positive. I suffer from analysis paralysis, which can keep me stuck by analyzing a problem on and on. (Al-Anon and on and on and on!) If I think I have to come up with the solution, then I've told God that I don't need him in my life.*

*Today, I can see where I'm taking on the role of Mrs. God. Doing the*

*same thing (analyzing the problem), over and over, did not give me any peace and serenity. Once I turn over a person or problem to God, then I trust that God will reveal to me the solution or will work out the problem without me doing anything! Imagine that! I thought I had to have all the answers because then you would need me! (O, great seer of knowledge that I am!)*

*Once I've turned over the person or problem, I can ask myself, "What do I need to be doing right this minute?" It could be something simple, like washing some dishes, taking out the*

*garbage, making my bed, or going for a walk. Many times for me, the next right thing is picking up an Al-Anon book and reading, or saying the Serenity Prayer. This will keep my brain focused on my Al-Anon tools and help me to detach from the person/problem.*

*I'm grateful today, that I have choices. I don't have to stay stuck in the problem. I can ask God to help with the solution. I'm not alone when I seek help from my Higher Power.*

~ Grateful Al-Anon!



# NORTH FLORIDA SPRING ASSEMBLY

Friday, May 5 – Saturday, May 6, 2017  
Altamonte Springs, 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, 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-NFA5-20170503/index.jhtml?WT.mc\\_id=POG](http://www.hilton.com/en/hi/groups/personalized/A/ALTAHHF-NFA5-20170503/index.jhtml?WT.mc_id=POG) The special rate is available through April 14.

# TEAM 2017 EVENT

Saturday, May 6 – Sunday, May 7, 2017  
Altamonte Springs, Florida

TEAM Events are an opportunity for AI-Anon and Alateen members to learn more about service and our program.

A TEAM event is designed to energize members' spiritual quests, activate their creativity, and expand understanding of our worldwide fellowship!

The theme of this year's event is "The Umbrella of the Serenity Prayer: Putting the Serenity Prayer to Work in Service."

## RESERVATION INFORMATION:

To make reservations, call the Hilton at 407-830-1985, Group name NFA AFG, Group Code NFA 5, or go online to: [http://www.hilton.com/en/hi/groups/personalized/A/ALTAHHF-NFA5-20170503/index.jhtml?WT.mc\\_id=POG](http://www.hilton.com/en/hi/groups/personalized/A/ALTAHHF-NFA5-20170503/index.jhtml?WT.mc_id=POG) The special rate is available through April 14.

Registration is \$20 and is available online at [www.afgarea9.org](http://www.afgarea9.org) at "TEAM 2017" or send your check payable to NFA AFG, Inc. to Team Event, PO Box 1511, Largo, FL 33779-1511. Write TEAM EVENT on memo line. Please register by April 21.

Meal tickets for both events available in advance online at [afgarea9.org](http://afgarea9.org)

# DISTRICT 3 CALENDAR

- Saturday, March 11, 2017.....District 3 FUN DAY\*  
12 noon – 3:30 pm  
(See page 1 for details.)  
Alateens also welcome.
- Sunday, April 2, 2017.....District 3 Steering Committee Meeting
- Saturday, April 8, 2017.....District Business Meeting\*  
Brooks YMCA (See page 2 for details.)
- Friday, April 14, 2017.....Hotel Registration Deadline for  
Assembly/TEAM Event\*  
(More information at left.)

**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](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.

# DISTRICT 3 TRUSTED SERVANTS

<b>PANEL 55</b> JANUARY 1, 2015 – DECEMBER 31, 2017	Gage M. .... District Representative..... <a href="mailto:dr@jaxafg.org">dr@jaxafg.org</a>
	VACANT ..... 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>
	Susan H. .... 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>
	VACANT ..... AA Liaison/Spanish Liaison.... <a href="mailto:aal@jaxafg.org">aal@jaxafg.org</a>
	VACANT ..... Historian..... <a href="mailto:historian@jaxafg.org">historian@jaxafg.org</a>
	Carolyn I. .... Archives ..... <a href="mailto:archives@jaxafg.org">archives@jaxafg.org</a>
	Julia & Florence... 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>
	VACANT ..... Speaker Keeper ..... <a href="mailto:speakerkeeper@jaxafg.org">speakerkeeper@jaxafg.org</a>
	Tom H. .... Telephone Answering Svc..... <a href="mailto:tas@jaxafg.org">tas@jaxafg.org</a>
	Freddie S. .... Webmaster ..... <a href="mailto:webmaster@jaxafg.org">webmaster@jaxafg.org</a>
	VACANT ..... Where & When ..... <a href="mailto:ww@jaxafg.org">ww@jaxafg.org</a>
	Lisa ..... Institutions ..... <a href="mailto:institutions1@jaxafg.org">institutions1@jaxafg.org</a>
VACANT ..... Public Information/Media ..... <a href="mailto:pi@jaxafg.org">pi@jaxafg.org</a>	
Dany A. .... 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).