



SHARINGS

District 3, Greater Jacksonville, Florida

January 2015 – Panel 55

MEETING NEWS

■ NEWCOMER'S MEETING SAN MARCO

Effective January 2015, a **Newcomer's Meeting** will be held Wednesdays, from 1 to 1:30 pm, just prior to the regular 1:30 to 2:30 pm meeting at the San Marco clubhouse (upstairs at 1423 San Marco Blvd.).



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 so I can inform our members of your meeting news.

Personal Sharings

The following was shared online (with permission to reprint in "SHARINGS").

Clearly facing reality is about the Steps. In Step One I face the reality of powerlessness. In Step Two I face that there is help, and in Step Three I acknowledge that I need help and all I have to do is ask for it.

In Step Four I start the process of self-discovery and in Step Five admit to the reality of who I am to my Higher Power and another person...very difficult to do.

In Steps Six and Seven I learn about the character defects that have held me back and I gain humility. In Steps Eight and Nine I learn to put this new reality into practice by being honest with someone in my life.

I continue the process in Steps Ten and Eleven daily by looking at reality through my prayer and meditation or my quiet time with my Higher Power and being given the courage to face it squarely.

Finally for me it has been through the Twelfth Step that I've recently come to an ability to look squarely at my reality with others in my group. Attraction rather than promotion. It's not all down to me. It can begin with me but I'm not the authority...on everything!

~ Catherine, England

SPECIAL NEWS! EXECUTIVE DIRECTOR OF WORLD SERVICE OFFICE OF AL-ANON COMING TO JACKSONVILLE

Area Service Workshop Program Chairperson, Tina D., is pleased to announce that Ric B., World Service Office (WSO) Executive Director, will be speaking at our Panel 55 2015 North Florida AFG Area Service Workshop, "Weeds to Seeds," Saturday, March 14. (See flier below.)

According to Tina D., "Al-Anon's best-kept secret..." a quote from *Paths to Recovery*, p. 247, is about to be revealed! You're encouraged to come hear Ric B. share with us the value of Al-Anon's Twelve Concepts and how they apply to service work, which can enrich your recovery.

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 Ric B. Make plans now to join us at the "Weeds to Seeds" Area Service Workshop. Registration information is below.

Our District is also seeking volunteers to host visitors from other districts who plan to attend. Visitors need accommodations for one or two nights in your home. Opening your doors to other members is a great way to meet new people in Al-Anon while providing service within our Fellowship.

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.

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

**SATURDAY,
MARCH 14TH**

**9AM TILL 4PM
BREAKFAST &
LUNCH INCLUDED**

**Arlington United
Methodist Church**

Wesley Hall
**1400 University
Blvd N**
Jacksonville FL
32211

**"I am new to
Al-Anon. What's
service all about?"**



**Panel 55
2015
North Florida AFG
Area Service Workshop**

**HOSTED BY DISTRICT 3
GREATER JACKSONVILLE
(BAKER, CLAY, DUVAL, HASSAU COUNTIES)
FLORIDA**

W E E D S T O S E E D S

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.

- Bring Love Gifts
- Bring Raffle Items With A Gardening Theme
- Gardening Attire Welcomed



Mail in Registration Form

2015 NORTH FLORIDA AFG AREA SERVICE WORKSHOP	
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... breakfast, lunch, free childcare, free registration for Alateens, and love gift
E-Mail: al-anon@jaxafg.org (Address your message to Tina)	
Mail registration & make checks payable to: NFA AFG, PO Box 2392, Orange Park, FL 32073	

START THE NEW YEAR OFF THE RIGHT WAY! RESERVE YOUR SPOT NOW FOR THE 26TH ANNUAL NORTH FLORIDA AREA AFG 2015 CONVENTION!

▲ 26th 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 FOR INFORMATION AND LINKS TO RESERVATIONS AT THE BEAUTIFUL TRADE WINDS ISLAND RESORT ON ST. PETERSBURG BEACH, FLORIDA.

Personal Sharings

Detachment With Love

The concept of "Detachment with Love," as mentioned in Al-Anon meetings, was difficult for me to understand. Before I could learn what that meant to me, I had to realize how attached I was to my loved one who drinks. How many hours had I spent pacing the floor when he didn't come home? On the first Christmas in sobriety, he went to his meeting and didn't come home in time for our Christmas dinner. I found myself doing the same behavior as when he was drinking — pacing the floor and worrying. When I shared this at an Al-Anon meeting, there was gentle laughing as everyone related and I found I could smile as I realized I really did need Al-Anon.

~ Anonymous

DISTRICT 3 CALENDAR

- Friday, Feb. 6 – Sunday, Feb. 8, 2015AWSC (Area World Service Committee)
<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275674&key=33DAEDA4>
(Group rate available until Jan. 12, 2015)
- Saturday, March 14, 2015.....North Florida AFG
Area Service Workshop*
(See flier on page 1)
- 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. 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 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.

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 35 telephone calls and 6 emails in December.

If you would like to help or need more information, please contact Mark F. at al-anon.alateen@jaxafg.org.

DISTRICT 3 TRUSTED SERVANTS

PANEL 55 JANUARY 1, 2015 – DECEMBER 31, 2017	Sally O.District Representative dr@jaxafg.org
	Gage M.Alternate District Rep. adr@jaxafg.org
	Mark F.AISL al-anon.alateen@jaxafg.org
	VACANTAlternate AISL..... altaisl@jaxafg.org
	Maddy P.District Treasurer treasurer@jaxafg.org
	Curt S.Secretary secretary@jaxafg.org
	Beth H.Alateen alateen@jaxafg.org
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	Tina D.AA Liaison/Spanish Liaison aal@jaxafg.org
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VACANTPublic Information/Media pi@jaxafg.org	
VACANTCo-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.