



# SHARINGS

District 3, Greater Jacksonville, Florida

January 2016 – Panel 55

## MEETING NEWS

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

### ■ SERENITY SEEKERS SPEAKER/POTLUCK LUNCHEON MEETING

Serenity Seekers AFG, which meets at noon, Wednesdays, at New Covenant Ministries, 2360 St. John's Bluff Rd., in Jacksonville, is holding a special Speaker/Potluck Luncheon meeting on Wednesday, January 20. This meeting was originally scheduled for December but moved to January because of the holidays. Please bring a dish to share. Everyone is welcome.

### ■ ANNIVERSARY MEETING

Just in Time AFG, which meets on Tuesdays, at St. Giles Presbyterian Church, 116 Foxridge Rd., in Orange Park will be celebrating its 35<sup>th</sup> Anniversary on Tuesday, January 26, 8 pm. There will be a speaker and refreshments will be served. The group meets in the choir room at the back of the church.

### ■ MEETING TIME CHANGE

Fruit Cove AFG, which meets on Wednesdays, at Fruit Cove Baptist Church, Annex AR Building – 107, 501 State Road 13, in Fruit Cove has changed its meeting time from 8:30 pm to 8 pm. Please note this new, earlier start time.



### 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).

## HEARD AT ASSEMBLY

*"District 3's Weeds to Seeds was the BEST area service workshop I have ever been to!"*

~ Anonymous

## THIS IS OUR YEAR!

DISTRICT 3 IS PROUD TO HOST THE 27<sup>th</sup> ANNUAL NORTH FLORIDA AREA AFG CONVENTION SEPTEMBER 16 – 18, 2016 • DAYTONA BEACH

INTERESTED IN VOLUNTEERING?  
EMAIL [CONVENTION2016@AFGAREA9.ORG](mailto:CONVENTION2016@AFGAREA9.ORG)  
OR ATTEND OUR NEXT MEETING ON 1/17  
(SEE BACK FOR MORE INFO)



VISIT [WWW.AFGAREA9.ORG/CONVENTION2016](http://WWW.AFGAREA9.ORG/CONVENTION2016) TO LEARN MORE AND TO REGISTER ONLINE.

## Personal Sharings

*I came to Al-Anon looking for answers. I thought I knew the questions, but I discovered that my thinking was so distorted by the family disease of alcoholism that I felt as though I was starting in kindergarten again! I remember gaining some insights by going to meetings, listening to members, reading Conference Approved Literature, and getting a sponsor; it wasn't long before I began feeling like I had moved to first grade!*

*I didn't know what I didn't know, so how could I change? I knew that my best thinking got me a seat in Al-Anon. The only way I could change was by accepting the grace of God. The only way I could change was a shift in my perception, thoughts, and behavior. I started acting and doing things differently from my thinking. Now I remind myself daily to "take an action, despite how I feel." My feelings will keep me stuck in my ego, self-will, self-righteousness, judgments, fears, etc.*

*Shifting my focus to myself was key to changing what I could. Working the Twelve Steps was changing what I could. I realized that I was a work in progress, so my journey through the Twelve Steps and my relationship with the God of my understanding have been parts of an ongoing journey.*

*Today, when life happens, I know I need to deepen my conscious contact with my Higher Power. My old thinking was to focus on everyone around me and tell them what they needed to do so that I would be happy. My understanding today is that my happiness is an inside job, based on my conscious contact with my Higher Power. I'm powerless over others and events that happen in my life, but I can change my perception and the actions I take when life happens.*

*I'm grateful that I kept coming back!*

~ A Grateful Al-Anon

**MARK YOUR  
CALENDARS NOW!**

**FUN  
DAY!**



*Make plans to attend our next District 3 Fun Day, Saturday, March 19, from 12:30 pm – 4 pm, Arlington United Methodist Church! (Changed from March 12.) See your Group Representative for an event flyer COMING SOON or go to [www.jaxafg.org](http://www.jaxafg.org) and click on the “Events” link.*

**SHARINGS ONLINE**

Did you know that each issue of SHARINGS is available both online and as hard copies distributed at group meetings?

Visit [jaxafg.org](http://jaxafg.org) to view each issue in full color! Click to access email accounts and more information about many of the articles and events!

Bookmark [jaxafg.org](http://jaxafg.org) for quick and easy access!

**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.

The TAS still has some shifts available and is seeking people 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](mailto:TAS@jaxafg.org).

**DISTRICT 3 CALENDAR**

- Sunday, January 17, 2016.....2016 NFA AFG Convention Planning Committee Meeting\*  
1835 Smith St., Orange Park
- Sunday, February 5 – 6, 2016.....AWSC (Area World Service Conference)  
Hilton, Altamonte Springs
- Sunday, February 21, 2016.....2016 NFA AFG Convention Planning Committee Meeting\*  
1835 Smith St., Orange Park
- Saturday, March 19, 2016.....Fun Day\* (see left for more info)  
**(Not March 12, as originally published)**

**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 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

**North Florida Area Donations:**

NFA AFG  
**NEW ADDRESS** } 1700 North Monroe St., Ste 11-120  
Tallahassee, FL 32303

**District 3 Donations:**

District 3 AFG  
PO Box 16513  
Jacksonville, FL 32245

**World Service Office Donations:**

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

**DISTRICT 3 TRUSTED SERVANTS**

**PANEL 55**  
JANUARY 1, 2015 – DECEMBER 31, 2017

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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).