



SHARINGS

District 3, Greater Jacksonville, Florida

jaxafg.org

January 2017 – Panel 55

MEETING NEWS

For the most current meeting information, visit jaxafg.org.

■ 36th ANNIVERSARY SPEAKER MEETING

Just in Time AFG, which meets on Tuesday evenings at 8:00 pm at St. Giles Presbyterian Church, 116 Foxridge Road, Orange Park, will have an anniversary speaker meeting on January 31. The group is celebrating 36 years of offering hope and help to friends and families of alcoholics! All members are welcome to attend and encouraged to bring a snack to share.



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.

**FOR MORE NEWS,
FOLLOW US ON TWITTER!**



@jaxalanon

Personal Sharings

I live daily in Steps 1, 2, & 3. Going about my day, there are numerous people/events that I'm powerless over. Acceptance is key for me. Once I've accepted that I'm powerless over others and events, then it's easier to let go and give the person or problem to God. This is key for my peace and serenity.

I like to use my God Box, by writing down the person/event that I'm powerless over, and giving them to God. This physical action helps remind me that I'm giving up control, giving up knowing the answer, giving up obsessing about it, and allowing God to work in my life. When my obsessive thinking starts again, I silently yell — STOP! I've given that to God, so I don't have to think about that right now. Then I ask myself, "What do I need to be doing the next 5 or 10 minutes?" This gives my brain something positive to focus on. I've learned that obsessing about a problem is not a solution to a problem! Obsession is just my mind taking a ride on that merry-go-round to nowhere. I've left God and my "Al-Anon team" off of my ride.

Making decisions was always difficult for me before Al-Anon. What if I make the wrong decision and then I'm stuck with that decision? I've learned that decisions are not written in stone, and I can make a new decision daily. One of my biggest decisions was staying married to the drinker or getting a divorce. Daily I made a decision: I'm in this marriage just for today. Knowing that I'm making that decision daily helped me get rid of all the wasted time and energy worrying about what to do. Decision made today, (check), and move onto the next right action to take.

Using Step 3, and giving my problem to God, doesn't mean that I do nothing. I go about the task of living my life, with guidance from my Al-Anon team— God, prayer, meditation, CAL, meetings, phone calls, etc. Asking for the next right action helps me to keep focused moving in a positive direction. It's a much better solution than my old way of thinking and obsessing, and obsessing and thinking. I can turn over my old thoughts to God, too.

~ Al-Anon hugs,
Susan

GETTING OFF THE ROLLERCOASTER OF CONTROL

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My husband's alcoholism and my son's rebellion were the proverbial last straw that brought me to Al-Anon. There, I met several compassionate, strong, wise, and accepting people who shared their experiences and listened to mine without judging or using it against me.

About two years ago, my life had become totally unmanageable. I blamed my husband and son for the chaos created in my life and in my mind. After joining Al-Anon, I came to realize that my tendency to try to control events and people around me, along with my resistance to accept change, were the major contributors to my insanity.

For many years, I spent my energy trying to fight forces that I couldn't control, such as parents quarreling, family scattering because of revolution and war in my home country, and being cut off from my homeland. I married someone who was culturally different from me, and found myself facing my husband's alcoholism while raising a child.

Now, I am finally ready to stop fighting the things that are out of my control. I am ready to strengthen my ability to pick my battles wisely, and even not engaging in them. I am ready to take a deep breath, consider my options, discuss them with my Sponsor, and if necessary, act without remorse or regret. I am getting off the rollercoaster and adjusting my expectations. I have stopped forcing a rigid direction for my life.

I will take life "One Day at a Time." I accept that I am powerless over alcohol, as well as many other events around me. I ask my Higher Power to help me cherish and appreciate my newfound serenity—Just for Today.

~ Anonymous

FAMILY FUN DAY!

Did you attend the Fun Day at Hanna Park on December 3?

Fun Day included a cook-out, a beachfront meeting, and a Serenity Journey! And the weather was PERFECT!

Share your feedback about your experience by writing to newslettereditor@jaxafg.org.

DISTRICT 3 CALENDAR

- Friday, Feb. 3 – Saturday, Feb. 4, 2017AWSC
(Area World Service Conference)
Altamonte Springs, FL
- Saturday, February 11, 2017District Business Meeting*
- Saturday, March 11, 2017.....District 3 FUN DAY*
12 noon – 3:30 pm
More information to follow soon!
- Sunday, April 2, 2017.....District 3 Steering Committee Meeting
(location to be announced)
- Saturday, April 8, 2017District Business Meeting*

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.



NORTH FLORIDA AREA CONVENTION

**AUGUST 25–27, 2017
TAMPA, FL**

SAVE THE DATES! AND WATCH THIS SPACE FOR MORE INFORMATION COMING SOON!

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.

Thanks to our helpful volunteers, 30 calls were answered in November and 30 more in December. In addition, 4 emails were answered in November.

DISTRICT 3 TRUSTED SERVANTS

PANEL 55
JANUARY 1, 2015 – DECEMBER 31, 2017

- Gage M. District Representative.....dr@jaxafg.org
- VACANT..... Alternate District Rep.....adr@jaxafg.org
- Mark F. AISL.....aisl@jaxafg.org
- VACANT..... Alternate AISLaltaisl@jaxafg.org
- Susan H. District Treasurertreasurer@jaxafg.org
- Curt S. Secretary.....secretary@jaxafg.org
- Beth H. Alateenalateen@jaxafg.org
- VACANT..... AA Liaison/Spanish Liaison...aal@jaxafg.org
- VACANT..... Historian.....historian@jaxafg.org
- Carolyn I. Archivesarchives@jaxafg.org
- Julia & Florence... Area Raffleraffle@jaxafg.org
- Toni C. Group Recordsrecords@jaxafg.org
- Roxanne A. LDC/Literature.....ldc@jaxafg.org
- Charlene S. New Group Rep. Greetergreeter@jaxafg.org
- Risa G..... Newsletter Editornewslettereditor@jaxafg.org
- David G..... Speaker Keeperspeakerkeeper@jaxafg.org
- Tom H..... Telephone Answering Svc.....tas@jaxafg.org
- Freddie S. Webmasterwebmaster@jaxafg.org
- Kathy M. Where & Whenww@jaxafg.org
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- VACANT..... Public Information/Media.....pi@jaxafg.org
- Dany A. Co-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.