

SHARINGS

District 3, Greater Jacksonville, Florida

July 2015 – Panel 55

Personal Sharings

How the Seventh Tradition Helped Me Get a Life

Before I worked the tradition, I thought it dealt only with the donation basket. But working the Seventh Tradition helped me to become self-supporting in all aspects of my life.

Financially, I don't lend money and the family financial decisions are made by committee.

Spiritually, I have a Higher Power and I thank Him daily for all my blessings.

Socially, my social life used to revolve around the alcoholic. But today I have a social life that does not include the alcoholic and I have a life!

When I got busy, I got better.

~ *Anonymous*

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

I heard at a meeting to pay attention to loneliness — it was God's way of asking for my attention. That caused a shift in my attitude about feeling alone!

~ *Paula C., South Florida*

Sign on the table at my meeting...

"Please feel free to leave your baggage here: Guilt, Shame, Fear, Embarrassment, Anxiety, Envy, Anger, Blame, Hatred, Denial, Self-pity, Jealousy"

It's important for me that I do leave my baggage somewhere safe.

~ *Anonymous*

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North Florida Area AFG
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The Al-Anon Way
Hosted by District 6

SEPTEMBER 18–20, 2015!

TAKINGCAREOFBUSINESS2015.COM

GO TO THE ABOVE WEBSITE FOR
REGISTRATION INFORMATION AND
LINKS TO RESERVATIONS AT THE
TRADE WINDS ISLAND RESORT ON
ST. PETERSBURG BEACH, FL.

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 47 telephone calls and 6 emails in June.

Currently, the TAS is seeking a Chairperson. There are also service opportunities for the following two shifts:

- Mondays, 1 – 6 pm
- Wednesdays, 1 – 6 pm

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



NORTH FLORIDA FALL ASSEMBLY

Friday, Oct. 2 – Sunday, Oct. 4, 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/events/start.action?id=1405275681&key=4552756> The special rate is available through August 30.

Personal Sharings

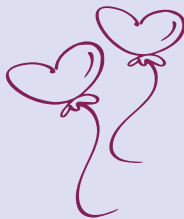
I attended our district's most recent Fun Day, on June 13th, and I'm happy to share that it lived up to its name! It really was FUN! We played games, had relay races, and enjoyed some team-building exercises.

We got to play with marshmallows, clothespins, ping-pong balls, and balloons! It was fun playing like a kid, especially since I missed out on so many kid-type opportunities, having grown up in an alcoholic home.

Fun Day also included the chance for us to share what fun meant for us, and I learned I was in good company with others who shared that they, too, had a fun-challenged childhood.

I'm grateful to have had the chance to let my hair down, play with friends, and laugh all afternoon long!

~ Anonymous



DISTRICT 3 CALENDAR

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

Saturday, Sept. 12, 2015.....District Business Meeting*

Friday, Sept. 18 – Sunday, Sept. 20, 2015.....North Florida Area AFG Convention*
St. Petersburg, FL
(see front for more details)

Friday, Oct. 2 – Sunday, Oct. 4, 2015.....North Florida Area Fall Assembly*
(see note 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. Start times for events such as Workshops and Fun Days may vary. Please check fliers or 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

PANEL 55 JANUARY 1, 2015 – DECEMBER 31, 2017	Sally O.District Representativedr@jaxafg.org
	Gage M.Alternate District Rep.adr@jaxafg.org
	Mark F.AISLaisl@jaxafg.org
	VACANTAlternate AISL.....altaisl@jaxafg.org
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Marty S.Public Information/Mediapi@jaxafg.org	
VACANTCo-op w/Prof. Communitycpc@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.