

SHARINGS

District 3, Greater Jacksonville, Florida

June 2015 – Panel 55

ONE OF AL-ANON'S BEST-KEPT SECRETS: "THE TWELVE CONCEPTS"

Excerpts from Carolyn H., who spoke at the Spring Assembly about the Twelve Concepts of Service.

"First Things First: What are our Al-Anon Concepts? A concept is an idea...an idea on how to live together with others in my personal life, my family, my group and all levels of Al-Anon, including the annual World Service Conference. We use them all the time without knowing it.

"The new workbook, 'Reaching for Personal Freedom,' goes right to the core of my responsibility, my accountability, how to let go of others and what is not my business.

"My introduction to the Twelve Concepts of Service was gradual over the years. I heard others share on the Concepts and began documenting my own experiences. I hope you, as a reader of 'SHARINGS,' will be inspired to save your stories on how the Concepts came to life for you and send them to newslettereditor@jaxafg.org so they can be shared with others in our district."

FUN DAY!

DID YOU ATTEND FUN DAY ON JUNE 13TH!

Tell others in District 3 just how much you enjoyed the latest FUN DAY!

Submit your reflections to "SHARINGS" at newslettereditor@jaxafg.org.

Please keep your submission to 150 words.

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 to view each issue in full color! The issues posted online are web-enhanced too! Click to access email accounts and more information about many of the articles and events!

Bookmark jaxafg.org for quick and easy access!

WILL YOU BE THERE?

26th ANNUAL

North Florida Area AFG 2015 Convention



Taking Care of Business The Al-Anon Way Hosted by District 6

YOU WON'T WANT TO MISS THIS YEAR'S CONVENTION, SEPTEMBER 18-20, 2015!

VISIT TAKINGCAREOFBUSINESS2015.COM FOR INFORMATION AND LINKS TO RESERVATIONS AT THE BEAUTIFUL TRADE WINDS ISLAND RESORT ON ST. PETERSBURG BEACH, FL.

Personal Sharings

What made me want to come back to Al-Anon? It was how I felt in that first Sunday night San Marco meeting:

- One woman, smiling from ear-to-ear, welcomed me.
- One man listened to me talk and said, "We've read your mail."
- There was laughter I heard there and warmth I felt there.
- It gave me hope that very first night!

~ Anonymous, Jacksonville

WE NEED YOUR OLD AFAs

Please search closets, drawers, bins, boxes and at home for any old Al-Anon Faces Alcoholism (AFA) magazines. Even if they are as old as the hills, they aren't helping any potential newcomers just sitting there hidden away. The AFA magazines will be put to good use as outreach materials to professionals at the C.O.R.E. (Clinical Overview of the Recovery Experience) event in July at Amelia Island Plantation Resort.



Our 2012 survey reported that 80% of referrals to Al-Anon come from therapists and counselors. They help get our information to those who need us. Please bring the AFA magazines to the June 13th Fun Day collection box near the entry door. Email Carolyn H. at historian@jaxafg.org for questions.

Personal Sharings

I have found the following questions to be helpful before I respond.

- Is what I'm going to say true?
- Is what I'm going to say kind?
- Is what I'm going to say necessary?

When I've remembered to ask myself these questions, then I have often found that I have nothing to add to the discussion. Also, I have found that when I ask myself these questions, I rarely have to say, "I'm sorry."

~ Sharyn, Jacksonville

Personal Sharings

I came to Al-Anon because of a sober alcoholic's behavior and I realized I was obsessed with many other people's behavior. When I realized what I was doing, I was amazed that I could get anything done because I spent all my time concerned with what other people were doing. With the tools I learned in Al-Anon, I now have a lot more time to devote to worthwhile activities.



~ Don,
Jacksonville

DISTRICT 3 CALENDAR

Saturday, July 18, 2015.....District 3 Business Meeting*
(changed from original date of July 11)

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

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

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 Al-Anon members are invited to this event.



Babysitting services are available at all District Business Meetings and Fun Day events.

AL-ANON LITERATURE PART OF DOWNTOWN PUBLIC LIBRARY'S DISPLAY ON ADDICTIONS



Photographs courtesy of Kathleen B.

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.

It was discovered recently that a technical glitch in the answering service caused several telephone calls to go unanswered. As soon as the problem was detected, however, TAS volunteers followed up with those callers to offer help. A special word of gratitude goes to all TAS volunteers who helped resolve the problem and who continue to serve those who call our 24/7 help line. Because of their support, many calls and email inquiries for meeting information were handled by volunteers willing to share their experience, strength and hope.

The TAS is still seeking a chairperson for this important role. If you would like to serve or need more information, please contact Mark F. at aisl@jaxafg.org.

DISTRICT 3 TRUSTED SERVANTS

<h1 style="font-size: 4em; margin: 0;">PANEL 55</h1> <p style="font-size: 1.2em; margin: 0;">JANUARY 1, 2015 – DECEMBER 31, 2017</p>	Sally O.District Representative dr@jaxafg.org
	Gage M.Alternate District Rep. adr@jaxafg.org
	Mark F.AISL aisl@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
	Charlene S.Alateen Trainer..... alateen@jaxafg.org
	Tina D.AA Liaison/Spanish Liaison aal@jaxafg.org
	Carolyn H.Historian historian@jaxafg.org
	Carolyn I.Archives..... archives@jaxafg.org
	VACANTArea Raffle..... raffle@jaxafg.org
	Toni C.Group Records..... records@jaxafg.org
	Roxanne A.LDC/Literature ldc@jaxafg.org
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	Freddie S.Webmaster webmaster@jaxafg.org
	Jerry B.Where & When ww@jaxafg.org
Lynn B.Institutions institutions1@jaxafg.org	
Marty S.Public 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.