

# SHARINGS

District 3, Greater Jacksonville, Florida

[jaxafg.org](http://jaxafg.org)

June 2017 – Panel 55

## MEETING NEWS

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

### ■ NEW MEETING

**Discovering Choices** AFG has begun meeting at All Saints Episcopal Church, 4171 Hendricks Ave., Jacksonville, on Thursday evening at 6:30. This is an open meeting and free babysitting is available. The meeting is held in the Christian Education Building.

### ■ SCHEDULING NOTE

Please note the following cancellation. The Sunday, June 11<sup>th</sup> meeting of **Spiritual Awakenings** AFG, which meets at Baptist Medical Center Beachside, will be cancelled. The group will resume its regular schedule the following Sunday, June 18<sup>th</sup>.

## ALATEEN MEETINGS

**Tuesday, 8 pm**  
St. Giles Presbyterian Church  
116 Foxridge Rd., Orange Park

**Wednesday, 8 pm**  
San Marco Clubhouse  
1423 San Marco Blvd., Jax.



### FROM THE EDITOR to GROUP REPRESENTATIVES:

**SHARINGS** is a great tool for communicating meeting changes, speaker meetings, anniversary meetings, potluck meetings, etc. Email your meeting news to [newslettereditor@jaxafg.org](mailto:newslettereditor@jaxafg.org).

## BEEN TO JAXAFG.ORG LATELY?

Visit [jaxafg.org](http://jaxafg.org). Find out about how Al-Anon is serving District 3 (Duval, Clay, Nassau, and Baker counties) with information, insights, and links to much, much more. You'll find a meeting schedule, back issues of "SHARINGS" newsletters, a calendar of events, information for Alateens, and more about our Literature Distribution Center.

## 61<sup>st</sup> FLORIDA STATE CONVENTION WITH AL-ANON PARTICIPATION

Thursday, July 27 – Sunday, July 30, 2017 • Hyatt Regency, Jacksonville Riverfront

This year's theme is "**LOVE IN ACTION.**" Register for the AA convention now and join us for a weekend of fellowship and fun, including Al-Anon workshops and a speaker. **Alateen program to be announced soon!**

For information or to register, visit: [www.floridastateconvention.com](http://www.floridastateconvention.com)

**WE NEED YOU!** Interested in volunteering? Email [jaxafg@gmail.com](mailto:jaxafg@gmail.com)



## Personal Sharings

### Humility

*If you could have one superpower, what would it be? The invulnerability of Superman? The healing power of the mystics? The superhuman courage of the war hero? Many of us in Al-Anon have already chosen one or more supernatural powers and may have been wielding them for many years, although if we are honest, it hasn't always been to uphold "truth, justice, and the American way." Think I'm kidding you? In the throws of our disease, how many of us haven't tapped our ego-given superpowers in a quixotic attempt to battle our real-world super-villains, rescue others from peril, and escape dangerous situations in the nick of time? These include our "Al-Anonic" ability to time-travel to a shameful past or an uncertain future, read the minds and motives of those around us, no matter how sick or inebriated they may be, battle the zombie reincarnations of our loved ones, and assume the "cloak of invisibility" behind enemy lines. Unfortunately, while our "superhuman abilities far beyond those of mortal man" may have given us an illusion of power and even safety in a nightmarish world that lacked any semblance of justice or sanity, becoming caped crusaders left us with the same sense of isolation and alienation as the brooding superheroes of pulp fiction. Trapped by our secret identities, we cannot love or be loved by those we seek to rescue. Overwhelmed by the impossibility of the task, we cannot save even ourselves and, in the end, are in danger of becoming that which we battle mightily to oppose. What if someone told you that there was a REAL superpower,*

*every bit as amazing as levitation or x-ray vision and almost as rare, that you could actually attain without having to see your home planet obliterated by an asteroid or be bitten by a radioactive creepy crawly? One every bit as powerful as the splitting of the atom, and that combined the best features of many fictional ones? It exists as surely as any Superego — that real superpower is "humility." It is a soft power, in fact the softest, but like the flame of a small candle, its light can penetrate the blackest night. How powerful is this real superpower? It affords greater protection than the deepest moat or castle wall, for even these can be crossed or breached. Its subtle influence can deflect the slings and arrows of the sharpest criticism, disarm the angry brute, and resurrect the spirits of neither dead nor living. When Gustave Eiffel was tasked with creating the world's tallest building, the materials of his day would not tolerate the wind loads required to build to that height. His solution was simplicity itself — remove the resistance and you remove the wind load. The result was in astonishing feat, a triumph of engineering in which the highest wind blew through the building rather than against it. In the same paradoxical way, humility forms an indestructible yet penetrable armor that stops nothing and yet leaves its wearer unscathed. The stoic philosopher Epictetus, often quoted in Al-Anon's daily readers, understood its unique properties. When criticized, he responded "you must not be aware of all of my other faults or else you would've mentioned those as well." Movie fans will remember the lead character in "The Matrix," who asks, "How am I supposed to dodge bullets?," to which Morpheus responds, "When you're ready, you won't have to." How is humility attained as*  
*(continued on next page)*

*(Personal Sharings, from front) a practical matter? Instead of a capital "S" on your chest, think of a lower-case "h" and you're on the right track. Saint Francis, famous for founding the Minor Order of Friars, was ever aware of the dangers of self-seeking. Simply put, our disease is one of self-will run riot, and we are tyrannized by the ego that binds us to our attachments and dependencies. As the literature notes, our dependencies create demand — a demand that we control the people and situations around us. What, then, of humility? It had been said that humility is not thinking less of ourselves — it is thinking of ourselves less. Once we have cleared the channel by practicing the first nine steps, the way to complete the circuit is through the continuous life-long practice of Step 12, literally "giving it away in order to keep it." "Carry this message to others" may be buried in the middle of Step 12, but it may be the central point of continuing to grow in our recovery. Like the first unlit bulb in a string of Christmas lights, we cannot expect to experience the current of our higher power's grace and the emotional sobriety it brings unless we link up with the next light in the chain and pass it on to others. Without completing that circuit, we neither give nor receive the light of life and love that is our promise for working the Steps. This is no secret; it has been with us since the beginning of the program. It is not by accident that the prayer of St. Francis has greeted newcomers to Al-Anon — it is a blueprint from the ages for the attainment of the superpower of humility and emotional sobriety through practical action. If God is in the present (think "I am," not "I was" or "I will be"), then humility is the gateway by which we may meet him here and now. As the prayer of Saint Francis so poetically says, "It is in giving that we receive, and it is in dying (as in the death of our self-centered life) that we are born to a (new) eternal life," living fully and freely in the present.*

~ Mark B., Jacksonville

## TELEPHONE ANSWERING SERVICE

The Telephone Answering Service is still seeking volunteers to help answer telephone calls from those seeking information about Al-Anon. If you are interested or would like more information, please email [tas@jaxafg.org](mailto:tas@jaxafg.org).



The TAS reports that 78 telephone calls were responded to from April through May. And between February and May, 11 emails were answered. Thanks to our helpful volunteers for being there whenever anyone reaches out for help.

# DISTRICT 3 CALENDAR

Thurs., July 27 – Sunday, July 30, 2017.....	Florida State AA Convention * "Love in Action" Jacksonville Hyatt Regency (More information on front page.)
Sunday, August 6, 2017.....	District Steering Committee Meeting *
Saturday, August 12, 2017.....	District Business Meeting* (Held at the Brooks Family YMCA, 10423 Centurion Pkwy N., Jax 32256. Please sign once-per-year waiver at front desk. Meeting room is upstairs.)
Friday, August 18 – Saturday, August 19, 2017.....	Area World Service Conference Altamonte Springs, FL
Friday, August 25 – Sunday, August 27, 2017.....	28 <sup>th</sup> Annual NFA AFG Convention * Tampa, FL (More information below.)

\*All Al-Anon members are invited to this event.

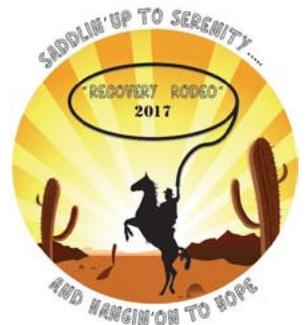


Babysitting services are available at all District Business Meetings and Fun Day events.

## HAVE YOU REGISTERED YET?

28<sup>TH</sup> ANNUAL NORTH FLORIDA AREA AFG CONVENTION  
AUGUST 25-27, 2017 • TAMPA, FL

You won't want to miss this year's **"RECOVERY RODEO"**! A great convention is being planned, complete with the spiritual workshops and speakers our conventions have become famous for. There will be AA and Alateen participation too! Enjoy accommodations at the beautiful Grand Hyatt on Tampa Bay, where all events will take place. Make your reservation by August 5<sup>th</sup> to get the discounted rate and to be sure you have a room. Then sign-up for the convention. Register online and save. Or register on-site. For more information, visit the web site:



[www.afgarea9.org/convention2017.html](http://www.afgarea9.org/convention2017.html)

## DISTRICT 3 TRUSTED SERVANTS

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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).