



# SHARINGS

District 3, Greater Jacksonville, Florida

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

November 2016 – Panel 55

## MEETING NEWS

For the most current meeting information, visit [jaxafg.org](http://jaxafg.org).

### ■ MEETING CANCELLED

The Westside Happy Hour AFG no longer meets at 8 pm on Tuesday nights. The group will continue its meetings scheduled for 8 pm on Sunday, Monday, and Wednesday, as well as 10 am Friday mornings. The location of the meetings is 4615 Lexington Ave., Jacksonville.

### ■ ANNIVERSARY SPEAKER MEETING LUNCHEON

New Beginnings Adult Child AFG, which meets on Saturday morning at 10:30 am at Grace Episcopal Church, 245 Kingsley Ave. (in the youth building behind the old chapel), Orange Park, will have an anniversary speaker meeting and luncheon on November 19. All members are welcome to attend and encouraged to bring a dish to share.

### ■ SPEAKER MEETING

Hope for Today AFG, which meets on Monday night at Encounter Christian Church, 2311 Starratt Rd., Jacksonville, will have a speaker meeting at 7 pm, November 21. All members are welcome to attend. Refreshments will be served after the speaker shares.

### ■ SPEAKER & POTLUCK MEETING

Serenity Seekers AFG, which meets on Wednesday at noon at New Covenant Ministries, 2360 St. Johns Bluff Rd., Jacksonville, will have a speaker meeting and potluck lunch on November 30. All members are welcome to attend and encouraged to bring a dish 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](mailto:newslettereditor@jaxafg.org).

## Personal Sharings

*Acceptance is the key to my serenity. October was a month in which many things happened around me that I had no control over — like a hurricane that hit Florida. I learned in Al-Anon to look for the positives so I could click off my gratitude list daily. Yes, there were challenges, like losing our electricity for 6 days and some minor damages outside, but I still had a roof over my head, food to eat, a generator that kept our refrigerator and TV going, temperatures that cooled off at night, and a helpful neighbor.*

*Before Al-Anon I would whine...Why me? Why? Why? "Why?" was my favorite question, which — of course — I never could answer. That was one of the first things — the question "Why?" — that I wrote down and put in my God Box. Today, when I live in*

*acceptance, I can breathe and trust that God has a plan. I found a postcard while traveling that reads BREATHE IN — BREATHE OUT, so I put that on my mirror to remind me that God is in charge, and all I have to do is breathe, right this minute.*

*Letting go was, and still is, difficult for me. I'm like a little child, grasping for the sweetness of life and afraid there won't be enough for me. So I hold on tightly to things and people. Again, I have to trust God that I will have everything that I need. My wants can be so distorted because of the family disease of alcoholism, that I can confuse my wants with my needs. My prayer is — God help me to want the things I have.*

*~ In gratitude,  
Susan*

## MARK YOUR CALENDARS NOW! DECEMBER 3!

## FAMILY FUN DAY!



*Make plans to attend our next District 3 Fun Day, Saturday, December 3, from 11 am – 2 pm, Hanna Park, Picnic Shelter #2! 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. Fun for the entire family! You won't want to miss it!*

## AND SINCE YOU HAVE YOUR CALENDAR OUT...

### *It's not too early to start thinking about Al-Anon's Sixth International Convention!*

Our next Al-Anon/Alateen International Convention will be July 5-8, 2018, in Baltimore, Maryland! For more info, go to [www.al-anoninternationalconvention.org/sixthInternational.html](http://www.al-anoninternationalconvention.org/sixthInternational.html)

Now is the best time to start planning your budget to attend. A few important things to consider:

1. Estimate your travel expenses.
2. Think about how many others you may want to room with.
3. Plan on registering early for the lowest registration price.
4. Total these items for a preliminary budget.
5. Divide this number by weeks remaining to determine how much to save each week.

**SHARED ONLINE**

**Hang  
On  
Pain  
Ends**

~ **Anonymous**

# DISTRICT 3 CALENDAR

Saturday, Dec. 3, 2016 ..... District FAMILY FUN DAY\*  
11 am until ?? **(Hanna Park. Food! Fun! Activities! Fellowship! Look for a flyer at your meeting soon!)**

**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.

## CONVENTION FEEDBACK

At the 27<sup>th</sup> Annual NFA AFG Convention in September, hosted by District 3, we celebrated Al-Anon's 65<sup>th</sup> Birthday with this beautiful, multi-tiered cake.

The convention was a grand success in every way. Some of the comments the attendees shared are below:

*"Loved meeting new friends and re-newing old acquaintances."*

*"Volunteering was a fun way to meet so many people and it was a great reminder that 'Participation is the key to harmony'."*

*"The fellowship with the other attendees made the weekend special."*

*"This convention was the best, most well-organized one I ever attended."*



## 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, 33 calls were answered in September and 34 in October. During September, 3 emails were responded to.

## DISTRICT 3 TRUSTED SERVANTS

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

- Gage M. .... District Representative.....[dr@jaxafg.org](mailto:dr@jaxafg.org)
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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).