



SHARINGS

District 3, Greater Jacksonville, Florida

October 2015 – Panel 55

Personal Sharings

What helps me maintain and deepen my relationship with God is what I do today — not what I did yesterday, last week, last month, or last year. I can easily slip back into old thinking, so daily work on Steps 3 and 11 are essential for my recovery. Readings from CAL, prayer, and meditation/quiet reflection are part of my daily schedule, just like brushing my teeth. In order to keep my body fit and healthy, I have daily routines, and if I want to maintain spiritual fitness, I need to make that a priority in my daily routines. I think I'm worth it.

~ Anonymous

Learning that fear and doubt were going to be a part of life was a change in my perception. I thought when I worked all the Twelve Steps, I would never again have any fear or doubt, nor would I have any more problems! Then some long-timer in my meeting shared some problem that she was having and also shared the solutions that she was applying to her problem! Oh! I got it! There will be problems, but the difference is how I can use the tools of Al-Anon (that are freely offered to me) to work through those problems.

I write a daily journal because I need to see evidence of how God is working in my life. Those little miracles that happen daily of God's presence in my life went unnoticed by me before Al-Anon. I also use a God Box where I write down my fears, worries, doubts, etc., and place the problem or person in my God Box. I'm turning over my problems to God and I don't have to worry or fret about them as I'm allowing God to work in my life in His time. Then I focus on the next right thing that I need to do for myself. I can have doubts that God is working in my life as I want to take back the problem since I think God isn't working fast enough, so I have to keep turning over the same problem multiple times.

For me, accepting that doubt is a part of life changes my perception. It's no longer something so scary and overwhelming that I lose myself. Fear and doubt used to consume me and ruled my life before I found the tools of Al-Anon. Today, learning how to wait and listen for clarity from my Higher Power has changed my life.

~ A Grateful Al-Anon

Have you heard the news?

**OUR DISTRICT IS HOSTING THE
2016 NORTH FLORIDA AREA AFG CONVENTION
SEPTEMBER 16 – 18, 2016 • DAYTONA BEACH**



MAKE PLANS TODAY TO ATTEND THE 27TH ANNUAL NFA AFG CONVENTION IN 2016, HOSTED BY OUR VERY OWN DISTRICT 3!

**SEPTEMBER 16 – 18, 2016 • DAYTONA BEACH, FLORIDA
THE PLAZA RESORT & SPA**

**REGISTER TODAY AND BOOK YOUR ROOM!
AT SPECIAL RATES, THESE HOTEL ROOMS/SUITES WILL GET
BOOKED QUICKLY! YOU DON'T WANT TO MISS OUT!**

**YOUR GROUP REPRESENTATIVE WILL SHARE MORE INFORMATION
AND HAVE REGISTRATION FORMS.**

**CAN'T WAIT? GO TO WWW.AFGAREA9.ORG/CONVENTION2016
TO LEARN MORE AND TO REGISTER ONLINE.**

Did you attend the 2015 NFA AFG Convention in St. Pete Beach? Let others know in "Sharings" how much you enjoyed your experience. Email your submission to newslettereditor@jaxafg.org.

**HEARD AT THE 2015 NFA
AFG CONVENTION**

In a workshop...

“Of the three A’s, awareness is on the physical level, acceptance is on the emotional level, and action is on the spiritual level... because I allow my Higher Power to guide me in those actions.”

By the spiritual speaker...

“There are three sets of 3 C’s: The first is that we didn’t cause it, we can’t control it, and we can’t cure it.

“Then there are the things we don’t do, as reminded in our literature... We don’t criticize, condemn, or complain.

“And the third set is the set of solutions...because we have consideration, courage, and a conscious contact.”

MEETING NEWS

For the most current meeting information, visit jaxafg.org and click on "Find a Jacksonville Area Meeting."

ENTRANCE CHANGE

Arlington Tuesday Nite AFG #2641, meets at 8 pm at St. Paul’s Episcopal Church, 5536 Atlantic Blvd. Attendees should look for the entrance marked with the yellow caution sign. See the photos below.



**FROM THE EDITOR to
GROUP REPRESENTATIVES:**

SHARINGS is a great tool for communicating meeting changes, speaker meetings, potluck meetings, etc. Email me at newslettereditor@jaxafg.org so I can inform our members of your meeting news.

DISTRICT 3 CALENDAR

- Sunday, November 1, 2015, 2 pmDistrict Budget Meeting*
3142 Lenox Ave., Jacksonville, 32254
- Saturday, November 14, 2015District Business Meeting*
- Saturday, December 5, 2015.....Fun Day* (more details coming 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. They 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.



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

LOCAL PUBLIC OUTREACH PROJECT

This is the first year Jacksonville University added a Safety Fair to their Student Involvement Organization Fair. It was planned for outdoors, but the rain was an all-day affair, forcing us indoors. We were in a room separate from the lunch room, so not many people came to visit. As in our meetings, it’s not about who isn’t there, but the 10 or 12 who took an Al-Anon Faces Alcoholism magazine and were glad to learn there is HOPE for the families. Our lifesavers helped us laugh and the

tissues gave us permission to cry. They got it. And we got better, too.



DISTRICT 3 TRUSTED SERVANTS

PANEL 55
JANUARY 1, 2015 – DECEMBER 31, 2017

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- Marty S.Public Information/Mediapi@jaxafg.org
- Dany A.Co-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.