



SHARINGS

District 3, Greater Jacksonville, Florida

jaxafg.org

October 2017 – Panel 55

MEETING NEWS

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

■ NEW MEETING

Easy Does It AFG, a new meeting in District 3 with a Steps/Traditions focus, meets at the Mandarin Presbyterian Church – WEST Campus, located at 2501 Loretto Road, Jacksonville, 32223, Fridays at 1:30 pm. The WEST Campus is west of San Jose Blvd. and east of Mandarin Rd. Please enter the building in the back. There will be signs and other cars parked in the parking area. Once inside the building, thread your way through the hallways to the Choir Room.

■ ANNIVERSARY / SPEAKER MEETING / POTLUCK

New Beginnings Adult Child AFG, which meets at the Grace Episcopal Church, 245 Kingsley Ave., Orange Park, 32073, is celebrating its 32nd anniversary on Saturday, November 18. Beginning at 10:30 am, a Speaker Meeting will be held, followed by a potluck luncheon; please bring a dish to share.



FROM THE EDITOR to GROUP REPRESENTATIVES:

SHARINGS is a great tool for communicating meeting information. Email your meeting news to newslettereditor@jaxafg.org.

A MESSAGE TO YOU — OUR MEMBERS — FROM THE DISTRICT REPRESENTATIVE

It has been a wild Fall so far here in District 3. I hope that you have all recovered from any damage sustained during Hurricane Irma.

As you know, our September District elections were postponed due to the hurricane. Please share the news at your meetings that the elections are now scheduled for Saturday, November 11th.

Anyone who is even a little bit curious about the elections, what a District position is, or what happens at District meetings should come to the meeting on November 11th. All District meetings are open to anyone who comes to Al-Anon. Most positions are open to all Al-Anon members, including those members who are also members of AA. The positions are for a three-year term beginning January 2018. If three years is

too long for you to commit to, just commit one day at a time for as long as you can. Complete Elections Procedures, Qualification Requirements, and Job Descriptions may be found on our District website www.jaxafg.org. If you have any questions about a position, you may email the current chair or me, your District Representative, using the email addresses listed on the last page of this newsletter.

The November 11th meeting will be held at Arlington United Methodist Church, 1400 University Blvd North. The doors will open at 9 am and the meeting (and elections) will begin at 9:30 am. Coffee and snacks will be available, as will free babysitting. An agenda will be going out to Group Representatives about one week prior to the meeting. I hope to see you there!

~ Gage

JOIN US FOR THE NEXT FUN DAY ON SATURDAY, DECEMBER 2

If you've never attended one of our District 3 Fun Days before, you'll want to make plans to be at the next one on December 2nd. Al-Anon members from all over District 3 will gather at the Arlington United Methodist Church, at 1400 University Blvd., North, in Jacksonville, to share fellowship, food, and most of all, FUN!

And if you've participated in a District Fun Day before, well then...you need no convincing! If you've never attended one of our Fun Days, try this one on for size! It's time well-spent! Mark your calendars now and plan to share in our Fun Day, from 12 noon to 3:30 pm, Saturday, December 2nd. Keep an eye out for fliers with more details. And as always, free babysitting services are available at all District Fun Day events.

Personal Sharings

I came to the rooms of Al-Anon looking for answers on how to get my loved one to stop drinking. My focus was outward. When I started looking at myself, my part, my feelings, my thoughts, and my actions, I realized how my negative thinking ruled my life. Good news is that was something I could change. I can't change what he/she is saying or doing, because I tried that for decades. That just created anger, resentment, headaches, stomachaches, backaches, etc., and kept me stuck in negative thinking.

I was judging others — both good and bad actions. It took lots of work on my part to find unconditional love for others. Accepting others and having some compassion for family members suffering from alcoholism was something I could change. But that didn't happen overnight and I can easily slip back into my old thinking habits of "you should," "you ought," or "you must." Then I know my focus is on another person and I'm trying to control or change another person. I change my thinking by using Step 1 – I'm powerless over another person, Step 2 – God can help me change my thinking, and Step 3 – I'll let him help me.

When I keep the focus on myself, I can see how much of my thinking is on blame, fear, and resentments, and my energy is depleted. I have no energy left to take care of me. Living in Steps 1, 2, and 3 multiple times daily keeps my focus on my part, and I have more time and energy to focus on the things I can change. It's a much better way to live than the way I did before I walked into the rooms of Al-Anon.

~ Grateful Al-Anon Member

BOOK SALE

Three books from Al-Anon's Conference Approved Literature inventory are now on sale at the low price of **\$5.99 each!** Buy for yourself or to give as a gift!

- "The Al-Anon Family Groups — Classic Edition" (B-5) ~~\$12~~
- "Discovering Choices" (B-30) ~~\$15~~
- "Many Voices, One Journey" (B-31) ~~\$16~~

The sale price is available through December 31st at the District 3 Literature Distribution Center (LDC) at the San Marco Club, 1423 San Marco Blvd., Jacksonville, 32207. The LDC is open every Wednesday, 2:30 – 3:30 pm. Or ask your group's Literature Coordinator for help. Quantities are limited but orders will be taken until December 15th.

YOUR OPINION COUNTS!

The World Service Office (WSO) of Al-Anon Family Groups is conducting its membership survey from January 10 to February 27, 2018. 2018 Al-Anon Membership Survey links are:

English: al-anon.org/18membersurvey

Spanish: al-anon.org/18encuestamiembros

Please mark your calendars and participate in the survey. Your opinion matters!

DISTRICT 3 TRUSTED SERVANTS

PANEL 55

JANUARY 1, 2015 – DECEMBER 31, 2017

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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.