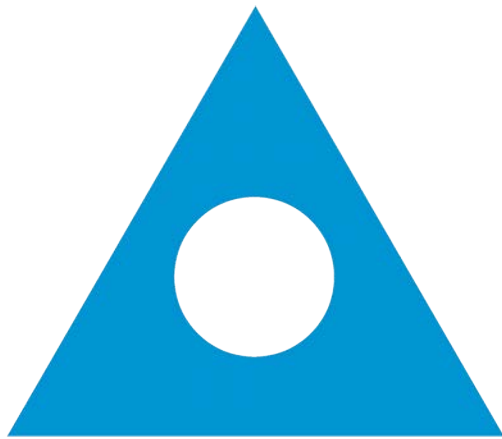


# SHARINGS

DISTRICT 3, GREATER JACKSONVILLE, FL  
SERVING BAKER, CLAY, DUVAL AND NASSAU COUNTIES

Sharing our...



## A SPONSORSHIP "MESS"AGE

Sponsorship is one of our Al-Anon tools. In my first meeting, members were talking about the tools of the program. I was confused, but I figured out that I wanted what the other members had. So if sponsorship was one of the tools, why wouldn't I want to use it?

I was so shy and full of fear that I was afraid to talk to anyone, so I just listened in meetings, which was probably a good thing for me. I started calling one person in my meeting who started Al-Anon about the same time as I did. Just practicing calling someone was what I needed at first since it was a new behavior for me to talk about what was going on in my home.

Finally, I got the courage to ask a woman who shared her experience, strength and hope (ESH) in the meeting to sponsor me. This woman

talked about how she used the Twelve Steps in her life and I knew working the steps was the key to the program.

I've heard "I share the message in the meeting, and I share the mess with my sponsor." My favorite meetings are where I hear solutions from others. Their ESH offers me suggestions to try. No one advised me to do anything. They just suggested that I keep coming back. I can talk at length to my sponsor, one-on-one, and feel like she will keep what I say private.

My sponsor is emotionally detached so she can listen with that detached ear. When my emotions get caught up in the middle of whatever is going on, all I can see is my own pain. Often times, I can't see any solutions, and my sponsor can offer me some solutions to consider.

My sponsor has offered me unconditional love as we did Step Five together. She was not judgmental of what I'd shared in my Fourth Step. She provided me with patience and understanding as I slowly began trying new behaviors. Many times, I felt like I was taking two steps forward and one step backwards, but my sponsor was my own personal cheerleader. She saw my progress when many times I saw none.

I'm very grateful that my fear of intimate relationships did not stop me from asking someone to sponsor me. It took faith to reach out to another person, and I did pray about asking someone to sponsor me. I'm so grateful that God continues to bless me with this special tool of sponsorship today.

-Anonymous

**It's Time to Celebrate!**

**District 3 Fun Day**

**Saturday July 10 12-4pm**

**Plan today to meet at Fort  
Caroline National Park for**

**fun and fellowship!**

**Workshop                      Gameshow  
Raffle Baskets                Nature Trails**

**Water Provided; or bring your own  
beverages and food. Flyer with complete  
information can be found at [jaxafg.org](http://jaxafg.org).**

DISTRICT 3 AFG

**WRITING  
WORKSHOP**

There will be a Zoom writing workshop, sponsored by our district, on Saturday July 31st from 12-2pm.

Gretchen S., our Area 9 Alternate Delegate, will provide ideas, tips and inspiration for sharing experience, strength and hope in a helpful, supportive environment. This workshop could open doors to more fruitful journaling, getting in touch with untapped potential and even create content that could be shared across Al-Anon's many published sources, like Al-Anon's monthly magazine, The Forum, or our own *Sharings* newsletter. Zoom meeting ID: 852 2914 4297 passcode Serenity.



## Panel 61

January 1, 2021-December 31, 2023

District Representative	<b>Kathleen</b>	<a href="mailto:dr@jaxafg.org">dr@jaxafg.org</a>
Alternate District Rep	<b>Shelley</b>	<a href="mailto:adr@jaxafg.org">adr@jaxafg.org</a>
DISL	<b>Pam</b>	<a href="mailto:disl@jaxafg.org">disl@jaxafg.org</a>
Alternate DISL	<b>VACANT</b>	<a href="mailto:altdisl@jaxafg.org">altdisl@jaxafg.org</a>
District Treasurer	<b>Janie</b>	<a href="mailto:treasurer@jaxafg.org">treasurer@jaxafg.org</a>
Secretary	<b>Susan</b>	<a href="mailto:secretary@jaxafg.org">secretary@jaxafg.org</a>
Alateen	<b>Erin</b>	<a href="mailto:alateen@jaxafg.org">alateen@jaxafg.org</a>
AA Liaison	<b>VACANT</b>	<a href="mailto:aale@jaxafg.org">aale@jaxafg.org</a>
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Raffle	<b>Julia</b>	<a href="mailto:raffle@jaxafg.org">raffle@jaxafg.org</a>
Group Records/Where & When	<b>Gage</b>	<a href="mailto:records@jaxafg.org">records@jaxafg.org</a>
LDC/Literature	<b>Peg</b>	<a href="mailto:ldc@jaxafg.org">ldc@jaxafg.org</a>
New Group Rep Greeter	<b>VACANT</b>	<a href="mailto:greeter@jaxafg.org">greeter@jaxafg.org</a>
Newsletter Editor	<b>Michelle</b>	<a href="mailto:newslettereditor@jaxafg.org">newslettereditor@jaxafg.org</a>
Spanish Liaison	<b>Maria</b>	<a href="mailto:spanish@jaxafg.org">spanish@jaxafg.org</a>
Speaker Keeper	<b>Jeanie</b>	<a href="mailto:speakerkeeper@jaxafg.org">speakerkeeper@jaxafg.org</a>
Telephone Answering Service	<b>Kristen</b>	<a href="mailto:tase@jaxafg.org">tase@jaxafg.org</a>
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Outreach to Institutions	<b>Donnie</b>	<a href="mailto:institutions@jaxafg.org">institutions@jaxafg.org</a>
Outreach to Public/Media	<b>Lisa</b>	<a href="mailto:outreachmedia@jaxafg.org">outreachmedia@jaxafg.org</a>
Outreach to Professionals	<b>Judie R</b>	<a href="mailto:outreachprof@jaxafg.org">outreachprof@jaxafg.org</a>

## COMING EVENTS

- **July 10** District Fun Day  
Fort Caroline National Memorial Park  
Check [jaxafg.org](http://jaxafg.org) for more info
- **July 10** Al-Anon's 70th Anniversary  
Virtual Celebration Event
- **July 31** Zoom Writing Workshop  
See information on page 1 of Sharings
- **August 5-8** AA 64th Florida State  
Convention with Al-Anon Participation  
Jacksonville, FL
- **August 27-29** North Florida Area  
Convention in Orlando, FL  
See flyer at [afgarea9.org](http://afgarea9.org) under  
EVENTS



*There's Still Time to Register!*

The **31st Annual Florida North AFG Convention** is being hosted by District 10 from August 27-29. The convention is being held at the beautiful Hilton Orlando Buena Vista Palace.

Preregistration is being offered at a discount, as well as discounted hotel rates available through August 7. More detailed information about the event can be found at [jaxafg.org](http://jaxafg.org). Hotel reservations are made by contacting the hotel directly.



The **64th Florida State AA Convention** is in Jacksonville this year and is being held at the Hyatt Regency Riverfront August 5-8.

Registration forms and more information about the many planned activities can be found at [64.floridastateconvention.com](http://64.floridastateconvention.com).

If you are available to serve as a volunteer, there is also information on the website to direct you.

## FOR MORE INFORMATION

Visit [jaxafg.org](http://jaxafg.org) for more information on local meetings (live and Zoom) or for any of the events listed here.

Other useful resources are found at N FL area website [afgarea9.org](http://afgarea9.org). Further information about Al-Anon can be found at [Al-Anon.org](http://Al-Anon.org).

## A FINAL THOUGHT

As I sat in a meeting on Step Six, it occurred to me that one of my character defects was the need to comfort myself with the thoughts that go along with feeling like a victim. I realized that I could choose to hold on to past hurts and let them keep damaging me, or I could let go of them and lean into my Higher Power for comfort and strength. I felt like I had lost 100 pounds with just that change in my head. I'm so grateful for this program. -Anonymous