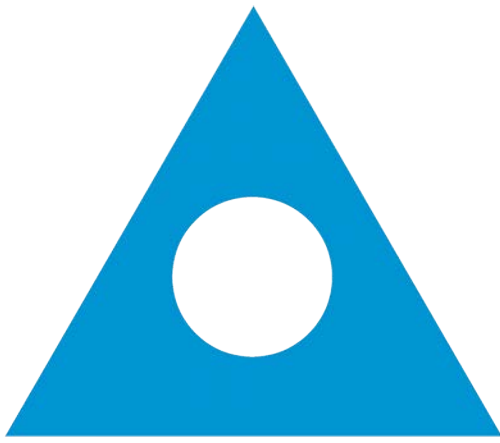


SHARINGS

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

Sharing our...



I didn't grow up around a drinking family, but I believe they were affected by the family disease of alcoholism. When someone shared in my meeting - "you don't have to drink to be spiritually sick" - my attitude and perspectives were changed. I didn't grow up expressing words or gestures of love with my family members.

When I got a boyfriend in high school and he said "I love you" I told him I loved him, too, as that is what I thought was expected.

As I had tried giving my love to many people growing up and getting hurt often, I realized that I needed to try something different. I kept doing the same thing over and over and expecting different results. So I made a goal - to work on receiving and accepting unconditional love from my Al-Anon family. Since trust was an issue for me I had to seek out trustworthy people. I watched what people did to see if their actions matched their words. Words often confused me - broken promises and saying one thing/meaning something else.

Finding a trustworthy sponsor who guided me through the 12 Steps was key. I did a 4th Step inventory and looked honestly at my beliefs, thoughts, and feelings about love, I developed my circle of Al-Anon friendships and I took risks to step outside my comfort zone by doing 12th Step work. It has enriched my life and offered me more unconditional love and acceptance than I can express.

The growth of a loving relationship with the God of my understanding has further developed my trust and given me more tools in my Al-Anon tool box. I have to work daily on my conscience contact with God as it's the most important relationship that I have today. This relationship with God has helped me to love God's kids for fun and for free. That doesn't mean that I have to bring them into my house and feed them.

There are many hurting people in the world, and offering a smile, a kind thought/silent prayer, or an encouraging word can be enough some days. Passing the love I've learned to receive along to others is my highest goal. - Anonymous



As newsletter editor I often get sent the best tidbits of things to share that don't necessarily make an article, but are tidbits of wisdom too good not to share. I will leave these all as "Anonymous" and let you decide to "Take What You Like and Leave the Rest." -Michelle

-Presuming goodwill requires effort at times, but it can have powerful results.

--Acceptance is when my heart hears what my head knows.

--Before Al-Anon I used a hammer as every tool in my tool box.

-I'm practicing being more patient. I've decided to slow down to the speed of love.

-Peace isn't the absence of conflict; it is the acceptance that conflict exists.

-I'm not in the program to find perfection (since it doesn't exist), I am here to find peace.

-I'm no match for the disease of alcoholism so I don't even try to engage in the battle.

-Today I woke up with the feelings from an emotional hangover.

-It is in the giving that I receive, not the endless getting.

-I must be ready to bear the cost of freedom, namely giving up my obsessive focus on "incomes and outcomes."

-I can't control alcoholism, but I can control how it impacts me.

-I used to have the disease to please.

-Just a reminder -you can pray if you want your socks on, but you are still going to have to put them on yourself.

-Am I giving my opinion when what I need to do is provide an example?

Coming Events

- **April 10** District Meeting 9:30am
To be held via Zoom
- **May 8** District Meeting 9:30am
To be held via Zoom
- **July 10** District Fun Day
Location/time to be determined
- **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 under EVENTS

For More Information

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

Other useful sources are found at N FL area website afgarea9.org. Further information about Al-Anon can be found at Al-Anon.org.

Panel 61

January 1, 2021-December 31, 2023

District Representative	Kathleen	drejaxafg.org
Alternate District Rep	Shelley	adrejaxafg.org
DISL	Pam	disljaxafg.org
Alternate DISL	VACANT	altdisljaxafg.org
District Treasurer	Janie	treasurerjaxafg.org
Secretary	Susan	secretaryjaxafg.org
Alateen	Erin	alateenjaxafg.org
AA Liaison	VACANT	aaljaxafg.org
Archives	VACANT	archivesjaxafg.org
Raffle	Julia	raffljaxafg.org
Group Records/Where & When	Gage	recordsjaxafg.org
LDC/Literature	Peg	ldcjaxafg.org
New Group Rep Greeter	VACANT	greeterjaxafg.org
Newsletter Editor	Michelle	newslettereditorjaxafg.org
Spanish Liaison	Maria	spanishjaxafg.org
Speaker Keeper	Jeanie	speakerkeeperjaxafg.org
Telephone Answering Service	Kristen	tasjaxafg.org
Technology	Risa	technologyjaxafg.org
Outreach to Institutions	Donnie	institutionsljaxafg.org
Outreach to Public/Media	VACANT	outreachmediajaxafg.org
Outreach to Professionals	VACANT	outreachprofjaxafg.org

When I got busy, I got better!

District Service Positions are available!

PICTURES FROM

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How to Donate

Al-Anon is self supporting through voluntary contributions. If you would like to send a contribution of support for your local meetings, you can send them to the following sources:

Mail checks/money orders:

District 3 AFG

1880 Eastwest Parkway

PO Box 9615

Fleming Island, FL 32006

(Note your group name/number or meeting time on the Memo portion so that your group gets credit for contribution.)

Credit Card Contributions:

<https://www.afgarea9.org/contributions-member.html>

In addition, if you would like to support **Al-Anon's World Service Office** you can find a link at Al-Anon.org/contributions/

A Final Thought

When the "Committee" in my head whispers that I might lose "X," I picture my Higher Power saying, "Do you mean the thing that I gave you?" -Anonymous



A special thank you to Arlington Tuesday Night and OK Ortega for sponsoring the Spring District 3 Fun Day at Fort Caroline National Memorial Park!