



SHARINGS

DISTRICT 3, GREATER JACKSONVILLE, FL

SERVING BAKER, CLAY, DUVAL, AND NASSAU COUNTIES



Sharing our...

ESH

Experience Strength Hope

Meeting Treasure Chest

- "When I think of respect, it begins with me. As I respect myself I am able to respect others. Letting go of judgement, comparison, shame, past ruminating, and future expectations. Choosing serenity, acceptance, staying present, open-mindedness and kindness."
- "Something that has helped has been to treat my alcoholic loved one like a newcomer. Would I be judgy and critical of that person? Of course not. If I can set aside my relation to my loved one, I think I can do better."
- "Today I will let go of my need to stay in turmoil. I will cultivate peace and trust that timely solutions and goodness will arise naturally and harmoniously. I will consciously let go and let God."
- "No matter what's going on in my head, I know without a doubt that my misery would be so much more acute if I turned away from the principles and tools of the Al-Anon program and tried to go it alone."



-Note: Please send your tidbits of ESH to be published in the next Sharings to: newslettereditor@jaxafg.org

Fun Day News!

Our March Fun Day can be described in one word: FUN! We laughed and played and enjoyed a delicious brunch!

There were fun games, and even funnier jokes and stories shared by many clever members. There were 36 in attendance, representing 15 groups, and one very fun Alateen! Don't miss our next FUN Day on July 13, 2024!

PANEL 64 MEMBERS & EMAILS

Panel 64

January 1, 2024–December 31, 2026

District Representative	Janie	dr@jaxafg.org
Alternate District Rep	Peg	adre@jaxafg.org
DISL	VACANT	disl@jaxafg.org
Alternate DISL	VACANT	altdisl@jaxafg.org
District Treasurer	Gage	treasurer@jaxafg.org
Secretary	VACANT	secretary@jaxafg.org
Alateen	Sandy	alateen@jaxafg.org
AA Liaison	Kristen	aal@jaxafg.org
Archives	Ray	archives@jaxafg.org
Raffle	Shelley	raffle@jaxafg.org
Group Records/Where & When	Chris	records@jaxafg.org
LDC/Literature	Jackie	ldc@jaxafg.org
New Group Rep Greeter	Kristi	greeter@jaxafg.org
Newsletter Editor	Dawn	newslettereditor@jaxafg.org
Spanish Liaison	Mary C.	spanish@jaxafg.org
Speaker Keeper	Carla	speakerkeeper@jaxafg.org
Telephone Answering Service	Jodie	tase@jaxafg.org
Technology	Tina	technology@jaxafg.org
Outreach to Institutions	VACANT	institutions@jaxafg.org
Outreach to Public/Media	VACANT	outreachmedia@jaxafg.org
Outreach to Professionals	VACANT	outreachprof@jaxafg.org

Interested in one of these vacant positions listed above? Contact the District Representative at dr@jaxafg.org to find out more!

COMING EVENTS

- **April 19- 21** Fellowship of the Spirit South (with Al-Anon Participation), Lafayette, LA
- **May 17- 19** 22nd European Al-Anon Convention (with AA Participation), Porto Heli, Greece
- **June 14- 16** Sisters by the Sea Conference for AA and Al-Anon Women, Naples, FL
- **July 13** District Fun Day, TBD
- **August 1- 4** 67th Florida State AA Convention (with Al-Anon Participation), Jacksonville, FL
- **September 6-8** 2024 Florida North AFG Convention, Hilton Daytona Beach Oceanfront Resort, Daytona Beach, FL

FOR MORE INFORMATION

Visit jaxafg.org for listings on local meetings (in-person, Zoom, and hybrid) or for any of the events listed here.

Other resources can be found at N FL area website afgarea9.org or by visiting Al-Anon.org.

OPEN POSITIONS

District Secretary

Information Service Liaison (DISL)

Alternate District Information Service Liaison (Alt DISL)

Outreach to Professionals Chairperson

Outreach to Institutions Chairperson

Outreach to Public & Media Chairperson

You can read about these positions on the Members Page of jaxafg.org. See the document called *District Job Duties as of August 2023*.

Overheard in the rooms:

“Purposely make your world bigger.”

“When I got busy, I got better!”

“Be around winners!”

Won't you consider joining us in Service to Al-Anon? Your serenity will thank you.

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

P.O. Box 10654

Jacksonville, FL 32247

You can also send contributions using Zelle to treasurer@jaxafg.org.

Whether using Zelle or sending in checks/money orders, please note your group name/number or meeting time in the memo portion so that your group will get credit for the contribution.

Florida North Area 9

NFA AFG, Inc.

1700 Monroe St., #11-184

Tallahassee, FL 32303

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/