



SHARINGS

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

Sharing our...



DETACHING WITH LOVE THROUGHOUT A LIFE

Our son had been in alcohol and drug addiction since about 20 years old and was now 36. He called because he and his girlfriend had been evicted and she had gone home to live with her parents. They were both drug users and he was on unemployment after the 2008 market crash had closed the new car dealership that he had worked at successfully for many years. He asked us for \$500 for a deposit on a low-income apartment in his small town about two hours away from us.

When my husband, who had 28 years of sobriety, asked me what I thought, I said I thought it was enabling since he was an addict and spending his money on drugs instead of paying his rent. He looked at me and said, "Does he always have to be an addict? Can't he ever just be our son who needs our help?"

I knew right away that his compassion for

the sickness and suffering of our son was way beyond mine. I then agreed, and he was able to get his apartment. I kept praying for him and sharing at Al-Anon when I would get disappointed in some of his choices.

In 2010 while I was driving down to see a friend in a city near to where his apartment was, I made arrangements to meet him for lunch. He looked so handsome and told me that he had quit smoking and I was so happy for him since I knew that marijuana was his first love. I told him that I would give him \$50 to celebrate, and to pay for his gas money. He did admit to me that he was still chewing tobacco. I just laughed and didn't really care. Before we parted, I gave him a big hug and said, "I love you and I'm proud of you...you are gorgeous."

I was so grateful for that day a couple of weeks later as we were driving down to

clean out that apartment. It was where he was when he died from a Fentanyl overdose. He had lived to the age of 38 before the deadly disease of addiction took him. I thank God for that memory with him to hold in my heart.

We had spoken one last time on the phone the day before he died. I was on a zip line with my daughter and granddaughter and he was cheering me on for doing it.

After his death, I was blown away from the outpouring of love from all of his devoted, lifelong friends, and his rugby team from college. They had always accepted him and loved him just as he was. I am so grateful to the rooms of Al-Anon that I was able to come to a place of detachment with love for him. Today I am grateful for the days I had with him due to my program, and the tools it gave me for living with and without him.

-A Very Grateful Al-Anon Member

MEETING TREASURE CHEST

If you have a short one (or two) liner and would like to share that treasure, text our editor at 904-508-8094 or send it to newslettereditor@jaxafg.org. These have all been shared anonymously. Take what you like and leave the rest.

- Like many alcoholics need A.A. before their first drink, I needed Al-Anon long before I took my first "think."
- "NEW" to me stands for "Nothing Else Worked."
- My sponsor often reminded me "Let God, or Be God."
- I used to have a PhD in catastrophizing.
- When I am talking to my Sponsor, I start noticing that my problems shrink down to real size and not the enormity that they were in my head.
- I am taking small steps, reconnecting and checking in with God several times a day, slowing down, listening to learn God's will, getting back to meetings, and recovering and rediscovering my God-given powers.



- My recovery swings on the hinges of gratitude.
- Self-love is a bridge to loving others. Self-care is a bridge to caring for others.

Last Reminder!



COMING EVENTS

- **August 26–28** AFG Florida North Convention - Orlando, FL. More info at afgarea9.org
- **October 1** District 9 Gratitude Luncheon, Sebring, FL 11am–3pm - More information available at afgarea9.org
- **December 3** District Fun Day - info TBA
- **December 9-11** Tri-State Winter Weekend, St. Simons Island, GA. More info at jaxafg.org

Panel 61

January 1, 2021–December 31, 2023

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TOOLS FROM MY AL-ANON TOOLBELT



These days I challenge myself to use my new tool WAIT.

Before I employ my mouth, I try to examine what I am going to say, what my motives are, and most importantly (to me) is - Have I said this before? If I have said something and am now on my third or more go around, I know I am nagging and need to WAIT for my HP to handle whatever I am feeling the need to address. - Anonymous

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

A FINAL THOUGHT

Growing up in a home with active alcoholism permanently stained my soul. But in Al-Anon, I've learned that even though I can't change my past, I'm not hopeless. Maybe because tea is my favorite beverage, this image helps me understand that the impact of alcoholism can be diminished.

Once I put a teabag into a cup of hot water, nothing is going to get the tea out of the water again. However, if I pour that tea into a bigger container—a bathtub, for instance—and then fill the tub with clean water, the tea will still be in the water, but the effects of the tea will be greatly weakened. The more fresh water I add, the weaker the tea-like characteristics become.

Every time I go to a meeting, read my Al-Anon literature, talk to a program friend, or connect with the God of my understanding, I'm adding fresh water to my tea-stained heart and soul. The impact of alcoholism will never be completely gone, but its power to color my life continues to fade as I "Keep Coming Back." -BJ

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