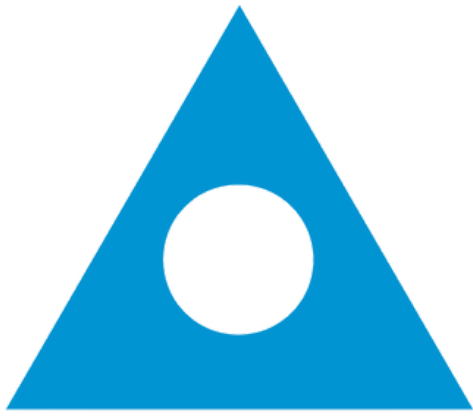


SHARINGS

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

Sharing our...



SHARING TREASURES THIS HOLIDAY SEASON

- If I'm not the problem, then I'm not the solution.
- I'm learning the difference between procrastinating and waiting.
- Al-Anon is not a ticket to heaven but it is a ticket out of hell.
- I came to realize the freedom in finding I was only responsible for the little bit that I could control. Just me and what was inside of me.
- This program is giving me joy where I didn't know I had any and gratitude where I didn't have any.
- Instead of using a magnifier on others, I need to use a mirror on myself.
- It was hard to let go of the idea that if everyone would just follow my script, things would be fine.
- Worry is a conversation with myself about something that I have no control over. Prayer is a conversation with The One who can do something about my situation.
- Forget the problem. I need to focus on what is the solution.
- My disease is "Dis-ease."
- For the holidays: I set realistic priorities, I accept my limitations, I ask myself "What do I have to do" and "What do I want to do?"
- I had to look at who (or what) was at the top of my triangle.
- My 3 C's - I Count, I'm not Crazy and I have Choices.

Meeting Treasure Chest If you have a short one- (or two-) liner that you would like to share to the Meeting Treasure Chest, text our editor at 904-508-8094. These have all been shared anonymously. Take what you like and leave the rest.



MANY LOCAL GROUPS NEED REPRESENTATIVES

Volunteering to serve as a Group Representative (GR) is an opportunity of personal growth for the individual and their home group, and it helps Al-Anon as a whole. Many of the meetings today are operating without a GR. Prayerfully consider stepping up to "Rep" for your group if the position is available!

Panel 61

January 1, 2021–December 31, 2023

District Representative	Kathleen	drejaxafg.org
Alternate District Rep	Shelley	adrejaxafg.org
DISL	Freddie	dislejaxafg.org
Alternate DISL	VACANT	altdislejaxafg.org
District Treasurer	Janie	treasurerjaxafg.org
Secretary	Susan	secretaryjaxafg.org
Alateen	Erin	alateenjaxafg.org
Alateen Trainer	Phil	aalexaxafg.org
AA Liaison	Kathy	alateentrainerjaxafg.org
Archives	Cam	archivesjaxafg.org
Raffle	Julia	rafflejaxafg.org
Group Records/Where & When	Gage	recordsjaxafg.org
LDC/Literature	Peg	ldcjaxafg.org
New Group Rep Greeter	Shannon	greeterjaxafg.org
Newsletter Editor	Michelle	newslettereditorejaxafg.org
Spanish Liaison	Maria	spanishjaxafg.org
Speaker Keeper	Jeanie	speakerkeeperjaxafg.org
Telephone Answering Service	Kristen	tasejaxafg.org
Technology	Risa	technologyjaxafg.org
Outreach to Institutions	Donnie	institutionsljaxafg.org
Outreach to Public/Media	VACANT	outreachmediajaxafg.org
Outreach to Professionals	VACANT	outreachprofejaxafg.org

COMING EVENTS

- **January 14** District Hybrid Business Meeting Zoom/Christ Episcopal Church/Ponte Vedra 9:30-noon
- **January 20-22** Serenity Weekend, Garden of Hope, Florida South, Miami
- **January 27-29** Southern States Women's Conference Jacksonville, FL
- **June 29-July 3** Al-Anon International Convention-Albuquerque, NM
- **Aug 10-13** 66th Florida State AA Convention with Al-Anon participation Wesley Chapel, FL
- **Aug 25-27** N FL Al-Anon Convention Lake Buena Vista, FL

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.)

Florida North Area 9 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/

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.

A FINAL THOUGHT

I attended a meeting on the topic "personal freedom" and was struck by many of the shares. To me, personal freedom goes beyond breaking free from the chains of alcoholism. It is freedom from being affected by the moods and actions of others. It is freedom to eat when I am hungry, sleep when I am tired and not have to justify my decisions. It allows me choice and new adventures beyond my wildest dreams. Personal freedom is obtained by working the Steps with a sponsor. It is a step-by-step guide to serenity. I am so grateful for this opportunity I have been given. - Anonymous