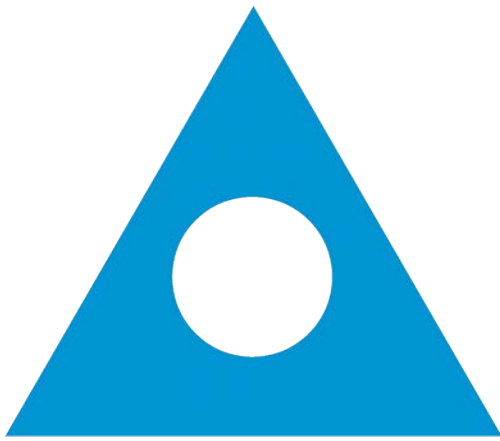


SHARINGS

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

Sharing our...



I Felt Compassion

I remember seeing sun beams through the trees and feeling a gentle breeze that was lapping small waves across the water. It was so peaceful. But as I sat on that porch looking at the scene before me, I could also hear my husband's voice in crisis on the phone in my ear. He was supposed to be sitting on the porch with me. He was supposed to be sober. But he wasn't.

He was calling to ask me to come get him and bring him to be with us. He wanted me to bring him to this peaceful place where our boys and extended family were gathered. Before coming to Al-Anon, I would have done it. Out of fear and anger, I would have brought him to us. And, we would have all paid a heavy price for that. But this time was different.

I heard the pain and fear in his voice, and my heart hurt for him and for us. I heard my Sponsor's voice in my mind and felt compassion rather than anger. I heard the words from

the members in my home group about treating others with enough respect to not immediately spring to their rescue or prevent the crisis that was coming.

I heard my husband ask me to come get him, and for the first time, I heard myself saying, "No." I realized the best thing I could do was to stay where I was and enjoy my time with family. I told him that I loved him and reminded him that he knew who he could reach out to for help and they could be there for him in ways I could not. That was the start of his longest time of sobriety in his adult life. I am grateful that I had nothing to do with it besides getting out of his way and letting him find and work his own program. "Don't just do something, sit there." I had heard it countless times in meetings and look what happened when I finally listened.

-Anonymous (Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Virginia Beach, VA)

Jax AFG District Three Book Study Meetings

"Reaching for Personal Freedom"

400 Penman Road Jacksonville, FL
Mondays 6:30 PM

"Opening Our Hearts, Transforming Our Losses"

Zoom Meeting sponsored by Arlington Tuesday Night AFG
Meeting ID: 833 4526 9055 Passcode: Serenity
Via Phone (646)558-8656 Passcode 62283213
Tuesdays 9:15 PM (starts directly after 8pm meeting)

"As We Understood"

In Person: All Saints Episcopal Church
4171 Hendricks Avenue Jacksonville, FL
Via Phone: (717)275-8940
Thursdays 6:30 PM

How to Donate

Al-Anon is self supporting through voluntary contributions. Throughout the past year many meetings have been existing on Zoom or phone. If you would like to send a contribution of support you can send them to the following sources:

Mail checks/money orders: to

District 3 AFG
1880 Eastwest Parkway
PO Box 9615
Fleming Island, FL 32006



(Note: This option sends funds to District 3. Please add 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>

(Note: This option sends funds to Area 9.)

In addition, if you would like to support **Al-Anon's World Service Office** you can find a link at [Al-Anon.org/contributions/](https://www.al-anon.org/contributions/)

Coming Events

- **February 13** District Meeting 9:30am
Zoom ID 904 885 1961 Password 885 1961
- **March 4** Lois W's Birthday
Remember to Forget literature somewhere!
More details at al-anon.org or jaxafg.org
- **March 13** District Fun Day
Location/Time to be determined
- **April 10** District Meeting 9:30am
Location 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



Panel 61

January 1, 2021-December 31, 2023

District Representative	Kathleen	dre@jaxafg.org
Alternate District Rep	Shelley	adre@jaxafg.org
DISL	Pam	disl@jaxafg.org
Alternate DISL	VACANT	altdisl@jaxafg.org
District Treasurer	Janie	treasurer@jaxafg.org
Secretary	VACANT	secretary@jaxafg.org
Alateen	Erin	alateen@jaxafg.org
AA Liaison	VACANT	aal@jaxafg.org
Archives	VACANT	archives@jaxafg.org
Raffle	Julia	raffle@jaxafg.org
Group Records/Where & When	VACANT	records@jaxafg.org
LDC/Literature	Peg	lcc@jaxafg.org
New Group Rep Greeter	VACANT	greeter@jaxafg.org
Newsletter Editor	Michelle	newslettereditor@jaxafg.org
Spanish Liaison	Maria	spanish@jaxafg.org
Speaker Keeper	Jeanie	speakerkeeper@jaxafg.org
Telephone Answering Service	Kristen	tas@jaxafg.org
Technology	Risa	technology@jaxafg.org
Outreach to Institutions	Donnie	institutionsl@jaxafg.org
Outreach to Public/Media	VACANT	outreachmedia@jaxafg.org
Outreach to Professionals	VACANT	outreachprof@jaxafg.org

When I got busy, I got better!
District Service Positions are available!

A Final Thought

A Power Greater Than Me

Recently I was meditating on Step Two "Came to believe that a Power greater than ourselves could restore us to sanity" and a few words stuck out to me: "A power greater than ourselves".

I often used to make myself crazy trying to think of all of the ways that I would solve, handle, or avoid problems.

With the help of the program, my sponsor, and my Al-Anon friends, I found great comfort (and serenity) when I learned that I do not need to take on the world's (or even MY) problems. My God is far more powerful than I am and He wants me to let go. When I am able to fully accept that I am not God, I find great peace. I have come to know that I can trust God to take care of me today and also trust He will be taking care of me tomorrow too. -Anonymous

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.