

SHARINGS

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

Sharing our...

ESH

Experience Strength Hope



DISTRICT FUN DAY

New Beginnings AFG recently announced details of Spring Fun Day. The activity is open to both Al-Anon and Alateen members and will be held on March 11 from 12-3:30pm at the Hendricks Avenue Baptist Church in Jacksonville.



Leapin' Into Al-Anon

Organizers of the event have planned fun and games, along with a potluck luncheon and raffle.

All groups are asked to thoughtfully consider donating gift baskets to be used at the raffle. Suggested donation will be \$3 and will be collected at the door.



ALATEEN IS GROWING!

A new Alateen group that will be meeting in Yulee on Thursdays starts on February 16. This meeting joins the other two Alateen groups that gather in Jacksonville - Tuesdays at 7pm in Orange Park and on Wednesdays at 6:30pm in Jacksonville Beach.

Alateen is a group for young people whose lives have been or are being affected by alcoholism in a family member or friend.

More details can be found at jaxafg.org.

SOME INS & OUTS OF GROUP FUNDS

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Group funds may be handled in various ways, in accordance with each group's conscience.

Some groups may use a cash method, while others have simple savings accounts from which they replenish reloadable debit cards. Still others choose to open a group checking account. As financial industry fees continue to climb, it pays to research the features of various accounts. Whatever method is chosen, as a prudent measure, groups are encouraged to have multi-

ple signers with group account access, for transparency and accountability as well as in the event of an emergency.

Remember that individual groups are not tax-exempt, nonprofit organizations and thus may not claim that status in relation to their banking. Please see pages 55-56 of the 2022-2025 Al-Anon/Alateen Service Manual (P-24/27) v2 for more information on group bank accounts.

FOR MORE INFORMATION

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

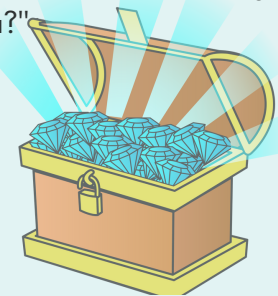
Other resources can be found at N FL area website afgarea9.org or by visiting Al-Anon.org.

COMING EVENTS

- **March 11** District 3 Fun Day at Hendricks Ave Baptist Church 12-3:30 pm
- **June 29-July 3** Al-Anon International Convention, Albuquerque, NM. You can attend virtually. See jaxafg.org EVENTS tab for info.
- **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

MEETING TREASURE CHEST

- It was an "A-Ha!" moment for me that I realized that not only was Step One saying to me that I was powerless over alcohol but that so was my loved one.
- Things are not always black and white. I have to remind myself that others are doing the best that they can.
- The disease and recovery are both progressive.
- When I think about all the kids who might now be getting help in our Alateen meetings and I compare it to how late in life I came into the rooms of Al-Anon, it reminds me that you're never too old nor too young to discover the peace and serenity our programs offer as an alternative to the pain and sadness of living with the family disease of alcoholism.
- I keep trying to make sense out of senseless behavior.
- I am appreciative when I speak with my sponsor and they don't judge me but challenge me with this phrase, "How's that working out for you?"



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

A FINAL THOUGHT

I believe that my serenity is directly related to my expectations of myself and others. When I have unrealistic expectations, I can feel my resentments growing. My serenity takes a nose dive. When I stop expecting perfection from myself and others, I can feel my serenity return. -Anonymous

Panel 61

January 1, 2021-December 31, 2023

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