

# SHARINGS

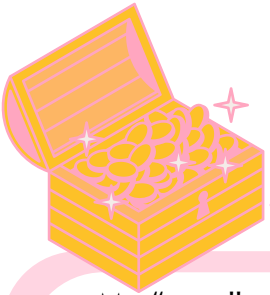
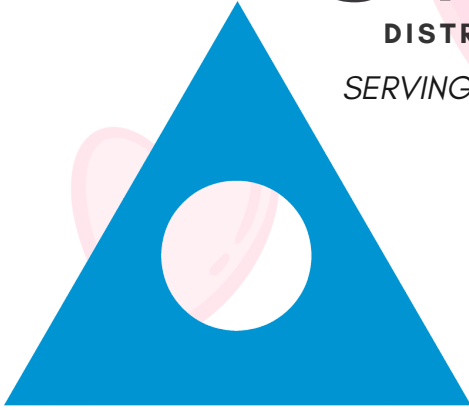
DISTRICT 3, GREATER JACKSONVILLE, FL

SERVING BAKER, CLAY, DUVAL AND NASSAU COUNTIES

Sharing our...

# ESH

Experience Strength Hope



## Meeting Treasure Chest

- My "part" in any situation is to use whatever Life throws at me to grow in some way. Working in partnership with my Higher Power, figuring out how to transform problems into blessings is my version of doing the NY Times crossword puzzle.
- The question that I'm currently revisiting is THINK. Before I speak, what I say is filtered through: Is it Thoughtful? Is it Honest? Is it Important? Is it Necessary? Is it Kind? And Al-Anon taught me to ask myself: Does this need to be said? By me? At this time? There is very little to say after weighing all of the above!
- Today I will focus my attention on my own life, not to blame myself or focus on my faults and failures, but to relish each day's opportunities to enjoy the best in myself and others.
- When I have a struggle with detaching, it's probably connected to something I did that had an expectation attached to it. Then I ask myself, the time and effort I've spent on something or someone, how can I redirect that towards me? I start with self care and awareness that this "other" thing can't meet my expectations and needs.
- While fear can still be my first response to trouble, I soon put into God's gentle hands the fear, sorrow, love, hope and gratitude that swell my heart. When I manage my feelings spiritually, I show my trust that a caring God waits beside me with a better solution.

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

# PANEL 64 MEMBERS & EMAILS

## Panel 64

January 1, 2024–December 31, 2026

District Representative	<b>Janie</b>	<a href="mailto:drexaxafg.org">drejxaxafg.org</a>
Alternate District Rep	<b>Peg</b>	<a href="mailto:adrexaxafg.org">adrexaxafg.org</a>
DISL	<b>VACANT</b>	<a href="mailto:disl@jaxafg.org">disl@jaxafg.org</a>
Alternate DISL	<b>VACANT</b>	<a href="mailto:altdisl@jaxafg.org">altdisl@jaxafg.org</a>
District Treasurer	<b>Gage</b>	<a href="mailto:treasurer@jaxafg.org">treasurer@jaxafg.org</a>
Secretary	<b>Donnie</b>	<a href="mailto:secretary@jaxafg.org">secretary@jaxafg.org</a>
Alateen	<b>Sandy</b>	<a href="mailto:alateen@jaxafg.org">alateen@jaxafg.org</a>
AA Liaison	<b>Kristin</b>	<a href="mailto:aal@jaxafg.org">aal@jaxafg.org</a>
Archives	<b>Ray</b>	<a href="mailto:archives@jaxafg.org">archives@jaxafg.org</a>
Raffle	<b>Shelley</b>	<a href="mailto:raffle@jaxafg.org">raffle@jaxafg.org</a>
Group Records/Where & When	<b>Chris</b>	<a href="mailto:records@jaxafg.org">records@jaxafg.org</a>
LDC/Literature	<b>Jackie</b>	<a href="mailto:lde@jaxafg.org">lde@jaxafg.org</a>
New Group Rep Greeter	<b>Kristi</b>	<a href="mailto:greeter@jaxafg.org">greeter@jaxafg.org</a>
Newsletter Editor	<b>Dawn</b>	<a href="mailto:newslettereditor@jaxafg.org">newslettereditor@jaxafg.org</a>
Spanish Liaison	<b>Mary C.</b>	<a href="mailto:spanish@jaxafg.org">spanish@jaxafg.org</a>
Speaker Keeper	<b>Carla</b>	<a href="mailto:speakerkeeper@jaxafg.org">speakerkeeper@jaxafg.org</a>
Telephone Answering Service	<b>Jodie</b>	<a href="mailto:tase@jaxafg.org">tase@jaxafg.org</a>
Technology	<b>Tina</b>	<a href="mailto:technology@jaxafg.org">technology@jaxafg.org</a>
Outreach to Institutions	<b>VACANT</b>	<a href="mailto:institutionsl@jaxafg.org">institutionsl@jaxafg.org</a>
Outreach to Public/Media	<b>VACANT</b>	<a href="mailto:outreachmedia@jaxafg.org">outreachmedia@jaxafg.org</a>
Outreach to Professionals	<b>VACANT</b>	<a href="mailto:outreachprof@jaxafg.org">outreachprof@jaxafg.org</a>

Interested in one of these vacant positions listed above? Contact the District Representative at [drejxaxafg.org](mailto:drexaxafg.org) to find out more!

# COMING EVENTS

- **January 26-28** Southern States Women's (AA) Conference (with Al-Anon Participation), Hyatt Riverfront, Jacksonville, FL
- **February 2-4** Gottawanna Weekend Workshop, Cedarkirk Camp and Conference Ctr, Lithia, FL
- **March 15-17** Soberstock 2024 (with Al-Anon Participation), Sand Hill Scout Reservation, Brooksville, FL
- **May 17-19** 22nd European Al-Anon Convention with AA Participation, Porto Heli, Greece
- **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](http://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](http://afgarea9.org) or by visiting [Al-Anon.org](http://Al-Anon.org).

## OPEN DISTRICT POSITIONS

- District 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](http://jaxafg.org). See the document called *District Job Duties as of August 2023*.

Please search your heart and ask your higher power, you may find you are ready to serve!

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](mailto:treasurer@jaxafg.org).

Whether using Zelle or sending in checks/money orders, please note your group name/number or meeting time on the Memo portion so that your group gets credit for 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/](http://Al-Anon.org/contributions/)