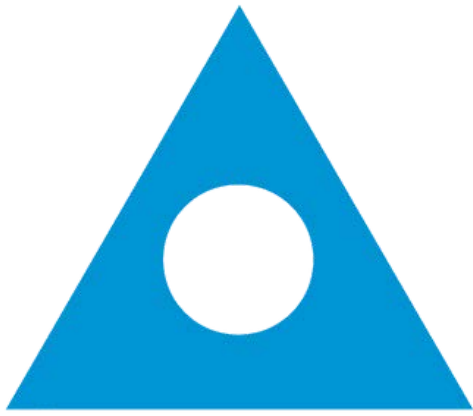


# SHARINGS

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

Sharing our...



## THE NEW YEAR IS A PRESENT OF 365 DAYS

As the New Year presents itself, I am thinking about how I would like my life to look 365 days from now. What opportunities did I take? What changes did I make? What have I learned? While I am not one to make New Year's resolutions, I am open to challenging myself in 2023 to grow into the person that I want to be. I'm so thankful for the rooms of Al-Anon, my sponsor, and all of the opportunities that being a member of this program gives to me in the paths of making positive changes. I'm always hearing that the only person I can change is myself!

So, what can I do? My personal challenges start with working the Twelve Steps again. From there I am going to make time to go to at least two of the three Fun Days. I am going to go to the FL N Convention at Disney Springs and invite some friends to drive down there with me. I am going to write something to contribute to *The Forum* magazine. I also will challenge my introverted self to invite an Alapal for coffee! I am going to be open to the possibilities and say "Yes" more often.

I extend this invitation to you too, to COME GROW WITH ME! What do you want to do in 2023? Here are a list of things that our program offers.

- Become a Group Representative
- Phone a friend! Make more calls to make connections.
- Volunteer to work at the District Level.
- Get involved in Fun Day planning.
- Attend the N FL Convention in August - and even more, volunteer to help!
- Attend District Business Meetings.
- Volunteer to work in Public Outreach.
- Become a greeter at your home group.
- Send a contribution into *Sharings* or to *The Forum* magazine.
- Did you know that the international Al-Anon Convention is in Albuquerque this year?
- Attend a workshop or a weekend get-away.
- Go to an in-person meeting if you've been on Zoom for the past few years.
- Do a book study meeting.

The possibilities are endless and the change is within us!

## MEETING TREASURE CHEST

- Feelings are feelings, not character defects.
- Nobody can "push my buttons" when I am the keeper of my buttons.
- My pain was not from letting go but rather from holding on.
- I came to the point where I realized that I can spend my time making sure "you" have a great life, or I can spend the time making sure I have a great life.
- What a thought in that when I give a hug I am also getting one.

- Al-Anon teaches me to live One Day At a Time. Today is that day.
- QTIP - Quit Taking It Personally.



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

# Panel 61

January 1, 2021-December 31, 2023

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Alternate District Rep	<b>Shelley</b>	<a href="mailto:adrejaxafg.org">adrejaxafg.org</a>
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Secretary	<b>Susan</b>	<a href="mailto:secretaryjaxafg.org">secretaryjaxafg.org</a>
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Alateen Trainer	<b>Phil</b>	<a href="mailto:aaljaxafg.org">aaljaxafg.org</a>
AA Liaison	<b>Kathy</b>	<a href="mailto:alateentrainerjaxafg.org">alateentrainerjaxafg.org</a>
Archives	<b>Cam</b>	<a href="mailto:archivesjaxafg.org">archivesjaxafg.org</a>
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LDC/Literature	<b>Peg</b>	<a href="mailto:ldcjaxafg.org">ldcjaxafg.org</a>
New Group Rep Greeter	<b>Shannon</b>	<a href="mailto:greeterjaxafg.org">greeterjaxafg.org</a>
Newsletter Editor	<b>Michelle</b>	<a href="mailto:newslettereditorjaxafg.org">newslettereditorjaxafg.org</a>
Spanish Liaison	<b>Maria</b>	<a href="mailto:spanishjaxafg.org">spanishjaxafg.org</a>
Speaker Keeper	<b>Jeanie</b>	<a href="mailto:speakerkeeperjaxafg.org">speakerkeeperjaxafg.org</a>
Telephone Answering Service	<b>Kristen</b>	<a href="mailto:tasjaxafg.org">tasjaxafg.org</a>
Technology	<b>Risa</b>	<a href="mailto:technologyjaxafg.org">technologyjaxafg.org</a>
Outreach to Institutions	<b>Donnie</b>	<a href="mailto:institutionsljaxafg.org">institutionsljaxafg.org</a>
Outreach to Public/Media	<b>VACANT</b>	<a href="mailto:outreachmediajaxafg.org">outreachmediajaxafg.org</a>
Outreach to Professionals	<b>VACANT</b>	<a href="mailto:outreachprofjaxafg.org">outreachprofjaxafg.org</a>

# COMING EVENTS

- **January 14** District Hybrid Business Meeting Zoom/Christ Episcopal Church/Ponte Vedra 9:30-noon
- **January 27-29** Southern States Women's Conference, Jacksonville, FL
- **January 20-22** Garden of Hope Weekend 12 Step Study, Miami, FL
- **February 11** District Hybrid Business Meeting Zoom/Christ Episcopal Church/Ponte Vedra 9:30-noon
- **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

# DISTRICT FUN DAY

The December Fun Day was held on December 3 and was sponsored by Easy Does It AFG. Many thanks to them for stepping up for service! There are opportunities in 2023 for groups to sponsor Fun Days in May, June, and December. Contact our District Representative, Kathleen, at [drejaxafg.org](mailto:drejaxafg.org) for more information.



Make plans today to attend our Spring Fun Day, held in March. More information coming in future months.

# 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).

# A FINAL THOUGHT

The AFG Tri-State Winter Weekend was held at Epworth by the Sea, St. Simon's Island, Georgia, in December. Many members gratefully shared what a wonderful experience was had, between the fellowship, fun, and relaxation. What a gift to give yourself!

