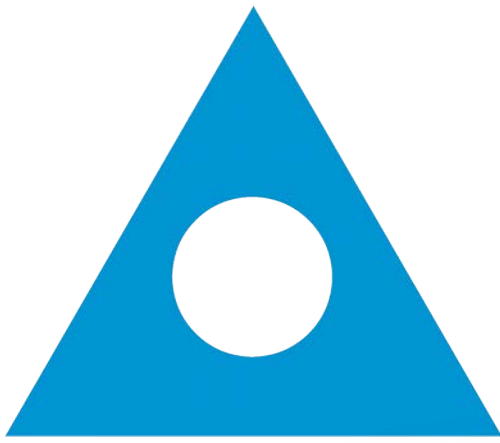


# SHARINGS

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



Sharing our...



I wasn't expecting to receive any gifts when I walked into the rooms of Al-Anon. I wanted you to tell me how to get my loved one to stop drinking. Many members replied, "Keep coming back." I was told to try at least 6 meetings before I decided if Al-Anon could help me, so I thought that "secret" of getting a loved one to stop drinking would be revealed to me after 6 meetings.

The members in the meeting were sharing my story, so that gave me hope that I was not alone - that was the first gift of the Al-Anon program that I received. They also shared solutions and things that they did to change their own thinking, action, and attitude. The second gift was acceptance of what things I could change and what I was powerless over - Step One. Then, the members encouraged me to chair a meeting, participate in a Fun Day, and raise my hand to volunteer for a service position. The members knew that I could do more than sit in my self-pity, fear, anger, delusions, and denial, so they gave me the gifts of self-confidence and courage. I never had to do anything alone as I

learned I could ask for help from other members and my Higher Power. The Twelve Steps gave me the gift of faith and a loving Higher Power through Steps Two & Three. The gifts of trust and honesty were given to me as I worked Steps Four & Five. Moving forward to Steps Six & Seven, I was given the gifts of humility and willingness. Steps Eight & Nine gave me balance and sincerity. Steps Ten, Eleven, and Twelve gave me the gifts of serenity, belonging, and a spiritually unlike anything I had ever experienced before Al-Anon.

Today, the gifts of keeping the focus on myself and focusing on the present moment are my daily tools. The gift of gratitude is my hourly focus because my brain can convince myself that the sky is falling. I write a daily gratitude list to keep my brain from going back to those old habits of negative thinking. Consistency has been a gift for me to keep myself focused on working my Al-Anon program daily because I never want to go back to my old, worn-out ways of thinking and doing.  
-A grateful Al-Anon

*Want more program? Al-Anon.Org has regular and speaker meetings and book studies that are available via phone or Zoom! Going to a meeting has never been easier!*

## Coming Events

- **January 30 1-3pm** Zoom Event on Sponsorship hosted by District 4  
See flyer at [afgarea9.org](http://afgarea9.org) under EVENTS
- **February 12 9:30am** District Meeting  
Location to be determined
- **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](http://afgarea9.org) under EVENTS



## Panel 61

January 1, 2021-December 31, 2023

District Representative	Kathleen	<a href="mailto:drejaxafg.org">drejaxafg.org</a>
Alternate District Rep	Shelley	<a href="mailto:adrejaxafg.org">adrejaxafg.org</a>
DISL	Pam	<a href="mailto:disljaxafg.org">disljaxafg.org</a>
Alternate DISL	VACANT	<a href="mailto:altdisljaxafg.org">altdisljaxafg.org</a>
District Treasurer	Janie	<a href="mailto:treasurerjaxafg.org">treasurerjaxafg.org</a>
Secretary	VACANT	<a href="mailto:secretaryjaxafg.org">secretaryjaxafg.org</a>
Alateen	Erin	<a href="mailto:alateenjaxafg.org">alateenjaxafg.org</a>
AA Liaison	VACANT	<a href="mailto:aaljaxafg.org">aaljaxafg.org</a>
Archives	VACANT	<a href="mailto:archivesjaxafg.org">archivesjaxafg.org</a>
Raffle	Julia	<a href="mailto:rafflejaxafg.org">rafflejaxafg.org</a>
Group Records/Where & When	VACANT	<a href="mailto:recordsjaxafg.org">recordsjaxafg.org</a>
LDC/Literature	Peg	<a href="mailto:ldcjaxafg.org">ldcjaxafg.org</a>
New Group Rep Greeter	VACANT	<a href="mailto:greeterjaxafg.org">greeterjaxafg.org</a>
Newsletter Editor	Michelle	<a href="mailto:newslettereditorjaxafg.org">newslettereditorjaxafg.org</a>
Spanish Liaison	Maria	<a href="mailto:spanishjaxafg.org">spanishjaxafg.org</a>
Speaker Keeper	Jeanie	<a href="mailto:speakerkeeperjaxafg.org">speakerkeeperjaxafg.org</a>
Telephone Answering Service	Kristen	<a href="mailto:tasjaxafg.org">tasjaxafg.org</a>
Technology	Risa	<a href="mailto:technologyjaxafg.org">technologyjaxafg.org</a>
Outreach to Institutions	Donnie	<a href="mailto:institutionsljaxafg.org">institutionsljaxafg.org</a>
Outreach to Public/Media	VACANT	<a href="mailto:outreachmediajaxafg.org">outreachmediajaxafg.org</a>
Outreach to Professionals	VACANT	<a href="mailto:outreachprofjaxafg.org">outreachprofjaxafg.org</a>

*Vacant Service Positions are available....are you?*

## A Final Thought

### Goodbye, 2020...Welcome, 2021!

I suspect my sentiments towards leaving an awful year behind are shared by many. Last year was difficult, to say the least. I experienced challenges old and new. I endured fear on a scale I hadn't known before. I felt loneliness and isolation that had me wondering at times, "Can anybody hear me?" Each day seemed to bring with it a barrage of new worries and uncertainties. But this program taught me that even in the darkest of days of 2020, there was hope that tomorrow could be better and brighter. I only needed to take things "One Day at a Time." I knew that my Higher Power had a plan for me, and when I remembered to trust Him, then I needn't waste any more time fretting over the uncertainties that could consume my thoughts and steal my serenity. And in hindsight (and please pardon the pun), 2020 wasn't all bad. One of the best things that came from a year in

which I had lots of extra time around the house was that I doubled down on my program. I went to more meetings than ever before because Zoom made that easier and less time-consuming than driving across town. I took every service opportunity that crossed my path. I spent more time in conscious contact with my Higher Power because, well, I just needed that more than ever. And I was reminded that in Al-Anon, I'm not alone, as many of my fellow members made sure I knew that through thoughtful telephone calls and loving text messages, just to check on me. So while the arrival of January 1st, 2021 didn't magically erase all the problems in my life, I am able to face this new year with renewed focus on my attitude, my relationship with my Higher Power, and the benefits I get from and can share with others in this wonderful program...not the least of which is hope.  
-A Grateful Al-Anon Member

## For More Information

Visit [jaxafg.org](http://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](http://afgarea9.org). Further information about Al-Anon can be found at [Al-Anon.org](http://Al-Anon.org).