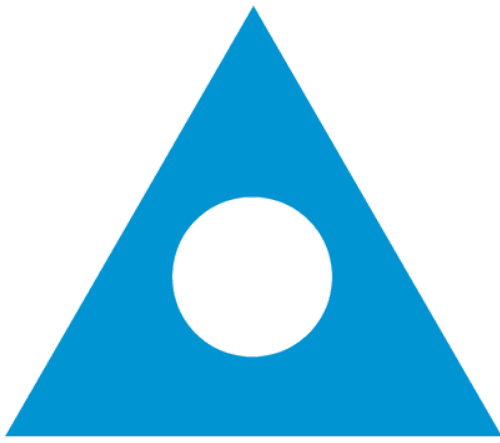


SHARINGS

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



Sharing our...



CARING FOR MYSELF

When I first heard members sharing in my meetings about self-care, I was confused. I was the ultimate caretaker and even made a career out of it. Always putting others' needs above my own, left me little time to focus on myself. I even expected others to read my mind and take care of my needs! When I finally looked around, there was no line of people waiting to take care of me!

I needed to take responsibility for my own self-care. I had to ask

myself, "What are my physical, emotional and spiritual needs?"

December 19th in Courage To Change helped me with questions that I could ask myself daily about my needs. It's my checklist to daily inventory how I'm doing. Does one area of my life need more attention? How can I balance my physical, emotional, and spiritual needs? Using HALT became another way to check in with myself. When I had a full-time job,

I would pause several times during the day to see if I was Hungry, Angry, Lonely, or Tired and take a few minutes to take care of those needs. Using Steps three and eleven during my day helped me to ask God to guide my thoughts and my actions.

I'm grateful that Al-Anon and the Twelve Steps give me guidelines for a peaceful, serene life no matter what is happening around me.

-Anonymous

A JOURNEY OF SELF-DISCOVERY

I remember in my first Al-Anon meetings hearing people say, "To thine own self be true." This was confusing for me as I thought I was an honest person, knew myself so well, and had sincere motives. The more I attended Al-Anon and read the literature, though, the more I discovered that I really did not know anything about myself at all—not my favorite color, favorite food, favorite recreational activity, favorite type of music, whether I preferred rural or city settings, and the list went on. Sometimes I even wondered whether I was part of the human race!

Having grown up in alcoholism and then continued on in life with one alcoholic after another, I realized that I did not know myself at all. I was whatever the alcoholic wanted me to be (or so I thought). This awareness was the point at which I figured out that in order for me to live a full and happy life—which meant being true to myself—I would have to work the Twelve Steps of Al-Anon. The journey to me began with Step One, and by the time I reached Step Twelve, I had discovered myself—a beautiful, spiritual woman on a human journey.

Today, I can answer all of those questions for myself with honesty and sincerity. In Al-Anon, I have learned that this journey of self-discovery is an ongoing process of consistently practicing the Steps and being awakened to my Higher Power's desire for me. This has become a way of life and a design for living. Thank you, Al-Anon, for giving me the tools to find myself and learn how to live as William Shakespeare suggested: "To thine own self be true." -Aly G
Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

Panel 61

January 1, 2021-December 31, 2023

District Representative	Kathleen	drejaxafg.org
Alternate District Rep	Shelley	adrjaxafg.org
DISL	VACANT	disljaxafg.org
Alternate DISL	VACANT	altdisljaxafg.org
District Treasurer	Janie	treasurerjaxafg.org
Secretary	Susan	secretaryjaxafg.org
Alateen	Erin	alateenjaxafg.org
AA Liaison	VACANT	aaljaxafg.org
Archives	Cam	archivesjaxafg.org
Raffle	Julia	raffljaxafg.org
Group Records/Where & When	Gage	recordsejaxafg.org
LDC/Literature	Peg	ldcjaxafg.org
New Group Rep Greeter	VACANT	greeterjaxafg.org
Newsletter Editor	Michelle	newslettereditorejaxafg.org
Spanish Liaison	Maria	spanishjaxafg.org
Speaker Keeper	Jeanie	speakerkeeperejaxafg.org
Telephone Answering Service	Kristen	tasejaxafg.org
Technology	Risa	technologyjaxafg.org
Outreach to Institutions	Donnie	institutionsljaxafg.org
Outreach to Public/Media	Lisa	outreachmediajaxafg.org
Outreach to Professionals	Judie R	outreachprofjaxafg.org

Coming Events

- **March 3** District Fun Day - more details soon!
- **August 26--28** 2022 AFG Florida North Convention - Orlando, FL

Service
Positions
are
available...
are you?

Prayerfully consider becoming a GR if your home group needs one, or volunteering for one of the open district positions!

For More Information

Visit jaxafg.org for more information on local meetings (in-person, Zoom, and hybrid) or for any of the events listed here. Other useful resources are found at N FL area website afgarea9.org. Further information about Al-Anon can be found at Al-Anon.org.

A Final Thought

When I think of the many service roles I was encouraged to stand for during my volunteer years, I am reminded of this quote from When I Got Busy, I Got Better (P-78): "I am not encouraged to identify myself with any of the roles I try on, and I am encouraged to pass the job on after a fairly definite period of time. Al-Anon calls this arrangement 'rotation of leadership,' and I find in this concept the encouragement to participate without exerting control and to let go without worrying that others might not step forward to carry on" (p. 50). This idea helped me to identify and accept my service roles and opportunities in Al-Anon—and to pass them along when the time came.

As a previous Sponsor once told me, new experiences, should we accept them, come into our lives to teach us something about ourselves. I have learned that my willingness to accept a new experience when presented gives me the courage to release control of the outcome. After all, I am reminded, I took on a service role or job that someone before me decided to let go. So, it may be time for me to do the same in order to experience a new opportunity that has been placed before me.

As we come to the end of this year, hopefully many Areas have had members step forward to fill vacant positions and embark upon exciting

new opportunities in service. Here at the World Service Office, we are excited that members have applied for and accepted positions that will help our continuing efforts to disseminate current information to those seeking our support.

I am grateful that we in our fellowship practice rotation of leadership. And because of this practice, we have learned, or are learning, that embracing new service opportunities—as well as passing them on to the next trusted servant—ultimately supports those seeking our Al-Anon message of hope. -Marsha W., Director of Programs Emeritus The Forum, December 2021

Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.