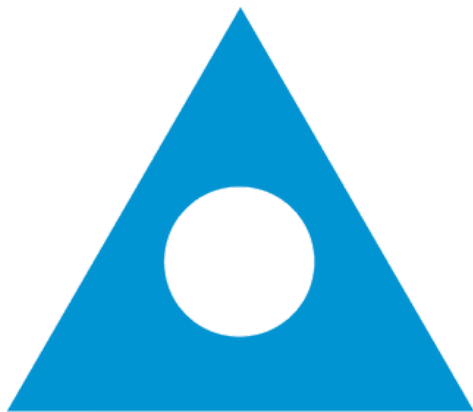


# SHARINGS

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



Sharing our...



## OVERCOMING MY FEAR OF SHARING

When I first came to Al-Anon, I had the same fears about sharing in meetings that I've since heard other newcomers express: fear of the story getting back to the alcoholic, with disastrous repercussions; fear of sounding overly dramatic or being misunderstood; fear of speaking to a group. But after coming to Al-Anon meetings for a while, I recognized the truth of the Al-Anon closing: "Whatever your problems, there are those among us who have had them, too."

When I share now, I know that other members don't see me as a bizarre or foolish person. They see in me the struggle to find my way out of the chaos in my life. I learned from another member

that if something is a big deal inside my head, it's a big enough deal to share about in a meeting.

Overcoming my own fear of sharing did a number of wonderful things for me. Telling those parts of my story that I had kept secret took away their power to control my actions. I no longer had to spend time and energy avoiding and hiding that part of my past. You might say that sharing my story released those secrets so they can't keep me sick.

By far the biggest lesson I learned from sharing my story was the difference between what is secret (something I believed I could not share) and what is

private (something I only share with trusted friends). For example, my personal finances are not secret but private, something the world at large is not privileged to know. By mentally moving certain issues from the "secret never to be shared" category to "private information only shared with trusted friends," I took away their power to control my thoughts and actions. -Allen L., Washington, The Forum, April 2022

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## MEETING TREASURE CHEST



**If you have a short one (or two) liner and would like the share that treasure, text our editor at 904-508-8094 or send it to newslettereditor@jaxafg.org. These have all been shared anonymously. Take what you like, and leave the rest.**

- Most of the things I've let go of have claw marks on them.
- Nothing has the power to hurt my feelings without my permission.
- Resentments get into the soil of my soul and grow weeds.
- My Holy Trinity of "We" are Me, my Higher Power, and my Al-Anon community.

- I now allow myself to go to the worst thing that can happen and then go to my Higher Power and ask him to be there and show me how to handle it if it does happen. This gives me peace regarding my future.
- I am never sane enough to do it on my own; that is why I need my Higher Power.
- I was glad when I finally grasped that if I am my problem, then there is a fixable solution.
- When I feel myself re-enter victim phase, I know I need to check my attitude.
- I never make decisions when I am sick or in pain.

- When my mind is spinning, I journal two columns - what I can control and what I cannot control. What I can control is what I do next.
- Resentment is replaying a scenario, and every time I get more right and they get more wrong.
- I can stop the merry-go-round of blaming others for my problems - this includes wishing others would change, resenting them for not changing, and thinking that my happiness is tied to what others do or do not do.
- I realized I don't have to pick up the whole Al-Anon tool bag, I can just choose one tool for the day to use.

## Panel 61

January 1, 2021-December 31, 2023

District Representative	<b>Kathleen</b>	<a href="mailto:drejaxafg.org">drejaxafg.org</a>
Alternate District Rep	<b>Shelley</b>	<a href="mailto:adrejaxafg.org">adrejaxafg.org</a>
DISL	<b>VACANT</b>	<a href="mailto:disljaxafg.org">disljaxafg.org</a>
Alternate DISL	<b>VACANT</b>	<a href="mailto:altdisljaxafg.org">altdisljaxafg.org</a>
District Treasurer	<b>Janie</b>	<a href="mailto:treasurerjaxafg.org">treasurerjaxafg.org</a>
Secretary	<b>Susan</b>	<a href="mailto:secretaryjaxafg.org">secretaryjaxafg.org</a>
Alateen	<b>Erin</b>	<a href="mailto:alateenjaxafg.org">alateenjaxafg.org</a>
AA Liaison	<b>Kathy</b>	<a href="mailto:aalejaxafg.org">aalejaxafg.org</a>
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Raffle	<b>Julia</b>	<a href="mailto:rafflejaxafg.org">rafflejaxafg.org</a>
Group Records/Where & When	<b>Gage</b>	<a href="mailto:recordsjaxafg.org">recordsjaxafg.org</a>
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>
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Speaker Keeper	<b>Jeanie</b>	<a href="mailto:speakerkeeperjaxafg.org">speakerkeeperjaxafg.org</a>
Telephone Answering Service	<b>Kristen</b>	<a href="mailto:tasejaxafg.org">tasejaxafg.org</a>
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Outreach to Public/Media	<b>VACANT</b>	<a href="mailto:outreachmediajaxafg.org">outreachmediajaxafg.org</a>
Outreach to Professionals	<b>VACANT</b>	<a href="mailto:outreachprofejaxafg.org">outreachprofejaxafg.org</a>

## COMING EVENTS

- **August 26–28** AFG Florida North Convention - Orlando, FL. More info at [afgarea9.org](http://afgarea9.org)
- **October 1** District 9 Gratitude Luncheon, Sebring, FL 11am-3pm - More information available at [afgarea9.org](http://afgarea9.org)
- **December 3** District Fun Day - more details soon!
- **December 9-11** Tri-State Winter Weekend, St. Simons Island, GA. More details coming soon!

## 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 useful resources 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).

*There's Still Time to Register!*



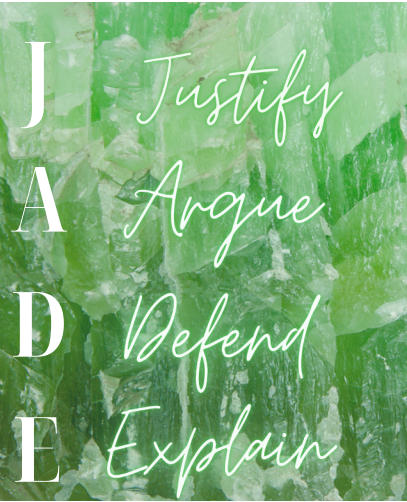
## A FINAL THOUGHT

I love the meeting after the meeting where I can ask questions, laugh, and enjoy more fellowship time. Six or eight members from my home group would usually go out for lunch after the meeting.

One day at lunch, a member said "I have the archive boxes in my truck; the District needs an Archivist." I asked "What is an Archivist?" The next thing I heard was "Everyone who wants Susan to be the Archivist, raise your hand!" It was unanimous, and I went home with the Archive boxes in my car! I felt like these members had confidence in me and how I could help our District. They challenged me to step outside my comfort zone. Many times growing up, I felt like an outsider. In Al-Anon service, I belong with others growing in recovery.

The Group Representatives needed to affirm me as Archivist at the next District meeting. I was curious about what happens at our District 3 meetings and soon realized Al-Anon was so much bigger than my 20-member meeting. Through the years, I have continued doing service in District 3 in many different positions because when I got busy, I got better. Focusing on Step Twelve helps keep me from managing, mothering, and manipulating others. I've met many members from all around District 3 who continue to inspire me to grow in recovery through service. Today I'm never alone. Much gratitude -Susan H.

## TOOLS FROM MY AL-ANON TOOL BELT



When I started coming to the meetings, I kept hearing about the tools of the program and people putting tools in their tool belt. The more meetings I attended, the more tools I got!

When I was introduced to JADE, I felt a release the stress I had always placed on myself to "justfiy, argue, defend, or explain" how or why I was feeling certain ways in an attempt to people-please. Today I recognize that "No." can be a complete sentence! - A Grateful Member