

SHARINGS

DISTRICT 3, GREATER JACKSONVILLE, FL

SERVING BAKER, CLAY, DUVAL AND NASSAU COUNTIES

Sharing our...

Experience

Strength

Hope

2023 N FL CONVENTIONS...THERE'S STILL TIME TO REGISTER !

August is convention month for Al-Anon, Alateen, and Alcoholics Anonymous members with the North Florida Area Al-Anon Convention, the North Florida Alateen Convention, and the Florida State Alcoholics Anonymous Convention with Al-Anon participation. Flyers and other information for all events can be found at JAXAFG.org under the EVENTS tab.

Alateens are invited to participate August 4-6 at the Love, Laugh and Grow Together N FL Alateen Conference being held at Deerhaven Conference and Retreat Center. This is a totally free event and will include workshops, meetings, a banquet, a bonfire and tons of outdoor activities.

August 10-13 will bring the 66th Florida State AA Convention with Al-Anon participation. Join Us On the Broad Highway is being held at the Saddlebrook Resort and Spa in Tampa, FL. There will be Al-Anon speakers, workshops and a banquet, along with a golf tournament, motorcycle run, pickleball tournament and a 5k walk/run.

August 25-27, North Florida Area will be hosting the Three Rings of Recovery Convention at the Hilton Orlando Buena Vista Palace. There are activities planned throughout the weekend planned for both Al-Anon and Alateen members including workshops, speakers, a banquet, gift boutique, raffles and more. The convention includes AA participation.

love;
laugh & grow
together
alateen convention



JAX AREA BOOK STUDY GROUPS

- Language of the Heart AFG, Mondays, 6:30 pm, How Al-Anon Works, Zoom only, Meeting ID 372 616 993 Passcode 372616993
- Finding Serenity AFG, Wednesdays, noon, Paths to Recovery, Zoom only, Meeting ID 334 207 124 Passcode 993742
- Arlington Serenity Seekers AFG, Wednesdays, noon, Reaching for Personal Freedom, 7334 Berry Avenue, Jacksonville, 32211
- Discovering Choices AFG, Thursdays 6:30 pm, Al-Anon's Twelve Steps and Twelve Traditions, in person and by phone. Visit jaxafg.org Events page for details.

NEW DAILY READER RELEASED



Al-Anon's new daily reader has been released for sale.

Coming soon to our LDC or may be purchased at the online bookstore at Al-Anon.org.

- I came to realize that I can't fix my broken brain with my broken brain.
- Today I first send my Higher Power to wherever I am going to be.
- If love isn't being served at the table, then I don't want to eat there.
- Along with the 3 C's (we didn't Cause it, cannot Control it and cannot Cure it), I found that I have Choices and a Chance at serenity in Al-Anon.
- Al-Anon gave me the ability to love and be loved.
- Having faith gives God direct access to my life.



COMING EVENTS

- **Aug 4-6** Area Alateen Conference, Paisley, FL
- **Aug 10-13** 66th Florida State AA Convention with Al-Anon participation, Wesley Chapel, FL
- **August 12** District meeting, Zoom/In person, Ponte Vedra Beach, FL
- **Aug 25-27** N FL Al-Anon Convention, Lake Buena Vista, FL
- **September 9** District meeting (District position elections) Ponte Vedra Beach, FL *in person only*
- **September 23** Area 9 Gifts of Service Workshop, Orlando, FL
- **November 11** District meeting Zoom/In person Ponte Vedra Beach, FL
- **December 2** District Fun Day - more details to come

A FINAL THOUGHT

My husband and I have been grateful members of Al-Anon for ten years. When we started, I felt weak and fearful because we had just learned that our son was an alcoholic. We had also just learned that he was seriously ill due to the extent of his drinking. Going to the meetings and learning about alcoholism helped us understand what was happening to our son. During this time, I began to feel stronger. After a few years in the program studying the Steps, Traditions, and Concepts of Service, I began to think more about where this strength came from.

A few weeks ago, I read an article about the redwood trees in California. They grow to huge heights and sizes, yet they only have a root base of six to ten feet. How do they withstand the winds of time, I wondered. I read on to discover that they grow so close together that their roots become intertwined with the roots of other trees. When the storms and winds come, they support and hold each other up. What a beautiful picture of our Al-Anon program, I thought. This is what we do as a group.

Because of the strength, love and hope of this program, I was able to stand strong when the storms came and the winds blew during our son's journey. When we lost our son three years ago, I again felt weak. But our friends in Al-Anon held and continue to hold us strong. I will always be grateful for this program. When I think of our program, I will always remember the strength of the redwood trees. By Donna M, Iowa

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FOR MORE INFORMATION

Visit 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 or by visiting Al-Anon.org.

Panel 61

January 1, 2021-December 31, 2023

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Interested in one of these vacant positions listed above, contact the District Representative at dr@jaxafg.org to find out more!