

# SHARINGS

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



Sharing our...



## CONVENTIONS ARE NOT FOR "THEM"



When I first came to Al-Anon, I rarely listened to announcements about District Fun Days, service opportunities and especially about attending Area conventions. I had it set in my mind that those activities were intended for "THEM" - in my mind I had a picture of all of the people that go to those things as an elite Al-Anon squad, and surely they were not meant for mediocre beginner Al-Anons such as myself.

I am grateful that I knew of others in the program who did go to those things. Then when I got a Sponsor and she was very plugged into events and service, I was able to see that those things are for everyone, especially newer members like me!

After experiencing the benefits of attending some Fun Days, I made the leap and went to my first convention. I won't say there weren't some uncomfortable times - I didn't know a lot of people! But I was doing new things! I had free time to have fun on my own without worrying or focusing on my spouse, kids, dogs or the house! It was cool and it was fun. I got to meet new people and go to workshops. And I grew!

The next year, I spoke to several in my home group about going with me. I shared my positive experience with the convention and was so happy when several of them decided to go.

We had the best time! I can't describe how different it was to go on a weekend where there wasn't gossip, criticism and caretaking. We shared, we listened to each other - no fixing needed! Beyond the convention workshops, speakers and various meetings, we enjoyed the ride there, the fellowship of the meals we shared together and the sunset walk on the beach. We even snuck out for a little shopping! Today I have deeper friendships with those ladies than I've had with others in the program. It was definitely a gift that I gave myself.

This year will be my first year back after missing the last two due to Covid. I am looking forward to the fellowship. I am doing my best to share my ESH with others in my groups so that they will come to realize that the "THEM" the conventions are for are the "ME," "WE" and "US" who are amongst each other at the meetings. Hope to see you there! - Anonymous

FOR MORE INFORMATION ON THE 2022 FL North AFG Convention, go to [jaxafg.org](http://jaxafg.org). Registration Fee discount through 7/31/22.

## 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](mailto:newslettereditor@jaxafg.org).**

- Today I challenge myself to celebrate the changes instead of resisting them.
- I love it when I can pivot from an uncomfortable experience and remember that detaching with love brings me more serenity.
- When I raise my hand to volunteer for a service role, I know that there will be many more hands available to support me.
- The more quickly I notice that when my thoughts are on others, I can get to work on figuring out what about me is bugging me and focus on that instead.
- Meetings, CAL, and my Sponsor are to my recovery what sunlight, water, and fertilizer are to the flowers in my garden.
- If change (in me) is necessary, I will let God guide me, not my ego.

# DID YOU KNOW

There are 27 registered Al-Anon meetings in the Jacksonville area and only 12 of them have Group Representatives (GRs). GRs play a vital role in the growth and health of a meeting. They are the connector that brings information back to group members and give a voice (and vote) to how Al-Anon operates at both the District and Area levels. If your group doesn't have a GR, maybe YOU can be that piece!

## 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).

## A FINAL THOUGHT

When I was young, I thought that life would imitate art and my reality would be much like what I saw on the little TV screen at home and the big screen at the movie theatres. I recall thinking families were supposed to be like those on TV. TV in my days was not as close to reality as it is now.

When I was in high school, the father of one of my friends was in show business. I confided in her that my family home life was nothing like a TV family home life. She looked at me sort of astonished and said, "It is TV." She grew up knowing that a TV family was not real but I grew up expecting my family to resemble those that I saw on TV.

I came across a similar situation years later when I went to a therapist. I thought that I would have one of those great cathartic moments you see in the movies when the patient finally opens up to their counselor and reveals their innermost self then sobs uncontrollably. From there the light shines down, the music swells and their life is instantly better going forward. Well, I never had that movie moment.

I have been a member of the Al-Anon family for some time now. My greatest pleasure is to close my eyes when someone else is reading and really listen to their voice and then open my eyes and focus on their face and movements while they share.

Recently a member was sharing a story and made a simple hand gesture that broke through to an unexpected place I did not even know was dwelling inside me. Memories, enlightenment and healing pushed forward. I sobbed uncontrollably in my car all the way home. The music swelled and the light shone on me that evening and it continues to shine. I finally had the spiritual awakening I had only envisioned happens in the movies but now it was happening in my life and it was so meaningful. Keep coming back! — Anonymous

## Panel 61

January 1, 2021–December 31, 2023

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## How to Donate

Al-Anon is self supporting through voluntary contributions. If you would like to send a contribution of support for your local meetings, you can send them to the following sources:

Mail checks/money orders:

### District 3 AFG

1880 Eastwest Parkway  
PO Box 8172  
Fleming Island, FL 32006

(Note your group name/number or meeting time on the Memo portion so that your group gets credit for contribution.)

Credit Card Contributions can be made to **N FL AFG Area 9**:  
<https://www.afgarea9.org/contributions-member.html>

In addition, if you would like to support **Al-Anon's World Service Office** you can find a link at [Al-Anon.org/contributions/](http://Al-Anon.org/contributions/)

## 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