

# SHARINGS

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

*Sharing our...*

**E S H**  
Experience Strength Hope



## ACCEPTING MY NEW REALITY

Recently I heard the following at a meeting: "I had to be willing to let go of the life the way I thought it would be so that I could live the life that God wants me to have," and it really touched me. It brought to light the life that I had grieved about losing after learning of my loved one's disease. Gone were the fantasies of adventures I had imagined, activities to be enjoyed, and the life of carefree fun that I thought I would have once my kids left the house.

But the reality is that the things that I "lost" were just fantasies that most likely would never have come to fruition. The disease had been changing our lives, and each time the party came to an end, I was left picking up the pieces. Dealing with the disease of alcoholism had become very costly to the type of life I had long envisioned.

Thanks to Al-Anon, I have learned new ways to enjoy my life and build better relationships. I found I could replace the activities I used to visualize in my carefree life with different ones that are equally fulfilling. I've made new friends that I now consider family and have been able to have healthier relationships with all of my family members. These new skills are priceless to me.

When I get nostalgic for those "good old days" I had hoped for, I'm now able to smile with a sense of gratitude for the new awareness that I have that so much of that time of my life was actually based on denial of what was really happening. Today I can live a more serene and peaceful life having walked away from the mirage that I was living in, and I'm truly grateful that I'm able to face and accept my new reality.

- Gratefully shared by an Anonymous Al-Anon

## MEETING UPDATES & CHANGES

Please note these recent changes:

- Men of Hope and Serenity AFG is now meeting on Mondays at 6:30 pm at 400 Penman Rd.
- Tuesday Morning AFG is meeting at 400 Penman Rd.
- Spiritual Awakenings AFG is back to meeting in person on Sunday at 11 am at Baptist Beaches Hospital.

**TURBOCHARGE  
YOUR RECOVERY**  
through SERVICE

**Mark your calendars for District Fun Day on July 8! There will be a guest speaker, raffle, games, and a potluck luncheon. More information can be found at [jaxafg.org](http://jaxafg.org).**



The North Florida Alateen Conference is open to all teens interested in getting some fun Alateen experience, strength, and hope. This is a FREE weekend event being held at the beautiful (and fun!) Deerhaven Conference & Retreat Center. More information can be found at [jaxafg.org](http://jaxafg.org) or by contacting Phil at [AlateenConference2023@AFGArea9.org](mailto:AlateenConference2023@AFGArea9.org)



- **June 29-July 3** Al-Anon International Convention, Albuquerque, NM (You can attend virtually for only \$145!)
- **July 8** District Fun Day - Christ Episcopal Church - 400 San Juan Dr., Ponte Vedra Beach, FL
- **Aug 4-6** Area Alateen Conference, Paisley, FL
- **Aug 10-13** 66th Florida State AA Convention with Al-Anon participation, Wesley Chapel, FL
- **Aug 25-27** N FL Al-Anon Convention, Lake Buena Vista, FL
- **September 9** District Business Meeting (Elections being held) 400 San Juan Dr., Ponte Vedra Beach, FL
- **November 5** District Business Meeting (2024 Budget Meeting), 400 San Juan Dr., Ponte Vedra Beach, FL

## 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 resources can be found at N FL area website [afgarea9.org](http://afgarea9.org) or by visiting [Al-Anon.org](http://Al-Anon.org).

## 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>VACANT</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>
Alateen Trainer	<b>Phil</b>	<a href="mailto:aalejaxafg.org">aalejaxafg.org</a>
AA Liaison	<b>Kathy</b>	<a href="mailto:alateentrainerjaxafg.org">alateentrainerjaxafg.org</a>
Archives	<b>Cam</b>	<a href="mailto:archivesjaxafg.org">archivesjaxafg.org</a>
Raffle	<b>VACANT</b>	<a href="mailto:raffljaxafg.org">raffljaxafg.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:ldejaxafg.org">ldejaxafg.org</a>
New Group Rep Greeter	<b>VACANT</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>
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Outreach to Professionals	<b>VACANT</b>	<a href="mailto:outreachprofejaxafg.org">outreachprofejaxafg.org</a>

*Interested in one of these vacant positions listed above, contact the District Representative at [drejaxafg.org](mailto:drejaxafg.org) to find out more!*

- I have added another "C" to the 3 C's (cause, cure, control). My C is CHOICE – I have a choice on what to do for myself.
- SHAME is a negative thought that means Should Have Already Mastered Everything.
- Before the program, I was becoming the monster I was fighting.
- No one heals by hurting another.

- I hope everyone has a fantastic day...no matter what!
- A sponsor helps me make sense of my insanity.
- Just because I sit in a parking lot doesn't mean I am a car. I can't just sit in a meeting. I have to do the work.
- I've learned that I can love someone and still say, "Stay over there."



## A FINAL THOUGHT

I once heard at a meeting that in the beginning, picking up the phone felt like a 100-pound weight, but each time it is lifted, it gets easier. Much like exercising builds physical muscles, using the tools of the program (like calling a fellow Al-Anon) builds my mental and spiritual muscles. I'm so grateful for hearing this analogy! - Anonymous

2023

**North Florida Area Convention**  
 Friday, Saturday, and Sunday, August 25 - 27, 2023  
 Hilton Orlando Buena Vista Palace  
 Orlando, Florida

**Three Rings  
 of Recovery**

