

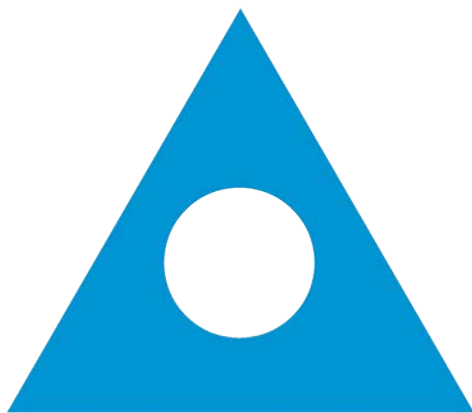
# SHARINGS

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

Sharing our...

# ESH

Experience Strength Hope



## RECLAIMING HOPE AFTER RELAPSE

I never thought it would happen to me. I had been living in a recovery household for over 20 years. Then one day, my husband said, "I just want to let you know I drank while I was hunting." My heart sank. I almost couldn't believe it. I had plenty of Al-Anon under my belt but never imagined I would need it for something like this. Thank God I already had a Sponsor, was attending meetings, had worked the Steps, and had built a support system.

My husband's relapse sent me into what felt like a different realm. I had never known that kind of powerless-

ness before. I used the tools I had learned, but it was not an easy road. I couldn't grasp the concept of the First Step for a long time. I decided to stay with him and try to work a good Al-Anon program, but after two-and-a-half years, my growth in the program gave me the courage to finally stop the merry-go-round ride. We separated, and that brought on a whole new hell for me. Once again, I used the tools that I had been practicing and held on for dear life.

Losing the man I loved was devastating. Some days I didn't want to go on, yet Al-Anon principles told me there was

hope: Hold On, Pain Ends. I wasn't alone. Others had been where I was and felt what I felt. There was a Higher Power who would do for me what I couldn't do for myself. I had to be willing to do the work, and if I worked the program and took good care of myself, I believed I would heal and grow and maybe even find happiness.

It's been two years since my divorce, and I have changed and grown a lot. I still have painful, hard days, but I'm still working the program, and today, I have more hope for myself and my future. - Jessica M., *The Forum*, March 2023

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- I am appreciative when I speak with my Sponsor and they don't judge me but challenge me with this phrase, "How's that working out for you?"
- Things are not always black and white. I have to remind myself that others are doing the best that they can.
- I learned that I can love someone and still say "Stay over there."
- When I practice radical acceptance, I truly Let Go and Let God. I just accept the situation and don't make up stories in my mind or create a distraction.
- Even if I get stuck in a pot hole, my Al-Anon family will help tow me out.

- I learned in the program that while I am anonymous, I am not invisible. I am a blade of grass amongst other blades of grass.
- Alcoholism is expensive, but maybe the money isn't a waste. Maybe it is exactly what I needed to spend to get out of denial.
- I needed to stop micro-compromising because after awhile, all of those times added up to become a big compromise.
- I want to go through life with ease, strength, balance, and grace.



**Meeting Treasure Chest** If you have a short one- (or two-) liner that you would like the share, text our editor at 904-508-8094. These have all been shared anonymously. Take what you like and leave the rest.

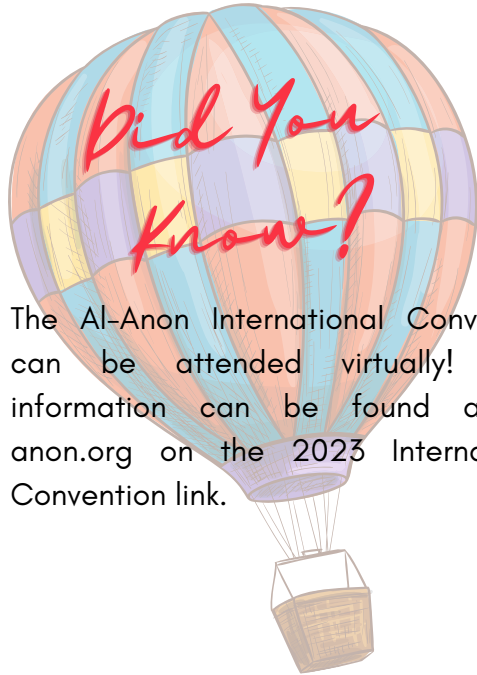
# COMING EVENTS

- **March 29** Speaker Meeting Arlington Serenity Seekers 12-1pm. More info at [jaxafg.org](http://jaxafg.org)
- **June 29-July 3** Al-Anon International Convention, Albuquerque, NM
- **July 8** District Fun Day - Time/place TBD
- **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

## 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).



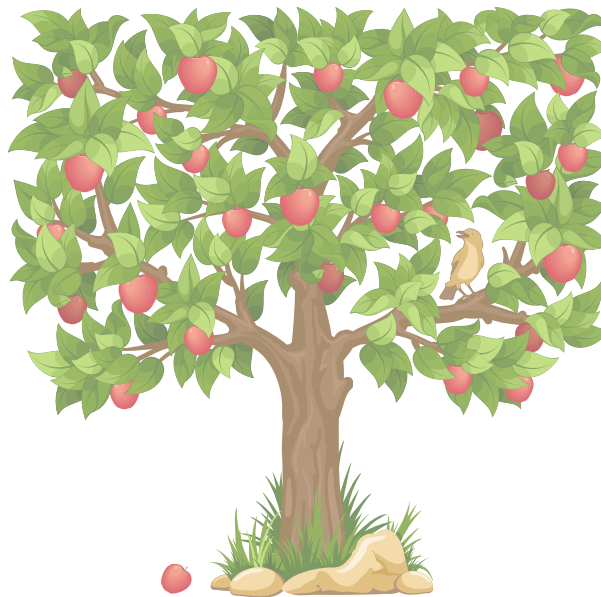
The Al-Anon International Convention can be attended virtually! More information can be found at [al-anon.org](http://al-anon.org) on the 2023 International Convention link.

## Panel 61

January 1, 2021–December 31, 2023

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## A FINAL THOUGHT



Al-Anon is our tree of life. The friends we meet in the rooms are the fruits of that tree. We will never go hungry again! Just to reach out and choose our sustenance. Perhaps one isn't quite ripe or not available one day - I just look a little bit further. One will be within reach.  
-Anonymous