

SHARINGS

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



Sharing our...

Experience
Strength
Hope

- When I changed the way that I looked at things, the things I was looking at started to change.
- When I was going through a scary time in my life, I started praying to my Higher Power, "If this is your will, give me the power to carry it out."
- Courage is not the absence of fear but triumph over it.
- I used to have a wishbone, but through Al-Anon, I now have a backbone.
- The minute that I am in yesterday or tomorrow, I'm no longer in reality.

- Fear was my first Higher Power. It totally controlled me.
- Things changed when I did a Fourth Step on my relationship with myself.

- What I like about Tradition 7 is choice. I get to choose how I contribute and that contribution affects what I get back from the program. The richest returns for me have been everyday sharing. My relationships in and out of Al-Anon have benefited and I am grateful!
- I got a lot of action and control through my anger.
- I was always having my experience before I even had my experience. I call it Futuristic Thinking.
- In meetings I often share what I learn from others. But at times, words flow freely that I feel aren't all mine but from my Higher Power.

MEETING TREASURE CHEST

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.

SPRING FUN DAY

New Beginnings AFG hosted the District 3 Fun Day in March. Food, fun, a raffle, a silent auction, and games were enjoyed by the more than 50 attendees.

Our next Fun Day will be held on July 8. See you there!



MAY SPEAKER MEETINGS

The month of May brings the "5th week" speaker meetings. Attend online or in person! Addresses and more information are online at jaxafg.org.

- Arlington Tuesday Night AFG, May 30, 7 pm
- Arlington Serenity Seekers AFG, Wednesday, May 31, Noon
- San Marco AFG, Wednesday, May 31, 1:30 pm
- Let It Begin With Me AFG (Yulee), Wednesday, May 31, 7 pm
- Fruit Cove AFG, Wednesday, May 31, 7:30 pm



COMING EVENTS

- **June 29-July 3** Al-Anon International Convention, Albuquerque, NM (You can attend virtually for only \$145!)
- **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 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.

A FINAL THOUGHT

Compassion for people who have hurt me is a tool I've gotten from Al-Anon, especially when it comes to alcoholics in my past and also for myself – both present and past versions of me.

I've been able to use compassion when thinking about my past and the wrongs that were done to me – to now grasp and understand that many of them were sick people and sick people do sick things and have sick thinking. When I can see the disease and try to remember that most everyone is just doing the best they can with where they are in the moment, it has helped me to heal from bitterness and resentments.

The same goes with myself. I used to keep a running log of things I did poorly or things or that I wish I wouldn't have done – My Greatest Hits – the "You Messed Up" version. Today when those memories come back (even though I've made many amends wherever possible), I say to myself, "Self, that's in the past and you did what you did. You did not intentionally mean to harm anyone. And you cannot change it, so move on." And today when I make a mistake, I don't beat myself up as hard as I used to. I talk to my sponsor or an Al-Anon friend or journal so I can move on with peace and serenity.

Looking through the lens of compassion (and empathy) gives me the option of having a life without all of the burdens of anger, judgement and resentments that I used to carry with me about my past. -Anonymous

Panel 61

January 1, 2021-December 31, 2023

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| District Representative | Kathleen | drejaxafg.org |
| Alternate District Rep | VACANT | adrejaxafg.org |
| DISL | VACANT | disljaxafg.org |
| Alternate DISL | VACANT | altdisljaxafg.org |
| District Treasurer | Janie | treasurerjaxafg.org |
| Secretary | Susan | secretaryjaxafg.org |
| Alateen | Erin | alateenjaxafg.org |
| Alateen Trainer | Phil | aaljaxafg.org |
| AA Liaison | Kathy | alateentrainerjaxafg.org |
| Archives | Cam | archivesjaxafg.org |
| Raffle | VACANT | rafflejaxafg.org |
| Group Records/Where & When | Gage | recordsjaxafg.org |
| LDC/Literature | Peg | ldcjaxafg.org |
| New Group Rep Greeter | VACANT | greeterjaxafg.org |
| Newsletter Editor | Michelle | newslettereditorjaxafg.org |
| Spanish Liaison | Maria | spanishjaxafg.org |
| Speaker Keeper | Jeanie | speakerkeeperjaxafg.org |
| Telephone Answering Service | Kristen | tasejaxafg.org |
| Technology | Risa | technologyjaxafg.org |
| Outreach to Institutions | Donnie | institutionsljaxafg.org |
| Outreach to Public/Media | VACANT | outreachmediajaxafg.org |
| Outreach to Professionals | VACANT | outreachprofjaxafg.org |

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