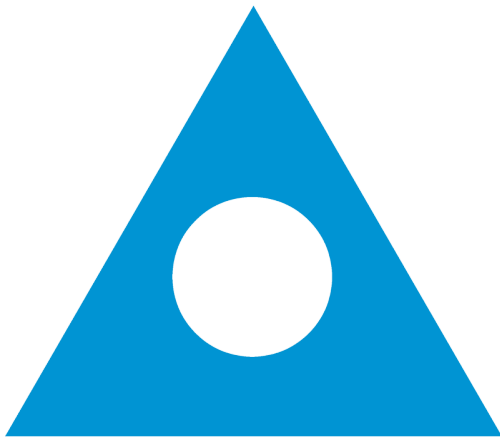


SHARINGS

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

Sharing our...



Healing Through Sharing

The healing is in the sharing. I've read that in various CAL and heard it from others in meetings. It is true for me. Listening to others share their experience, strength and hope has often brought me clarity to what seemed like an impossible or hopeless situation. I recall reading that when we say something out loud in front of others it "grounds it to reality" for us, the speaker, because our audience acts as a witness.

Living realistically, rather than ignoring certain realities as a defense mechanism, remains a struggle for me. I still tend to deny my feelings, at least initially. The program is helping me change that pattern for myself. I now pause more often and try to evaluate a situation over time, rather than making snap decisions.

Balance comes when I can find that sweet spot between analyzing something to death - analysis paralysis - or making a snap decision in a reactionary way. Progress Not Perfection!

Today I can live in the truth that I need to be both listener and sharer to keep my recovery moving forward. I now try to honor the losses I've experienced (and still do) by feeling the grief, sharing that grief in meetings and with my sponsor, and listening to the experiences of my fellows about their losses and recovery journeys. Healing comes at all speeds. Learning to be patient enough and mindful enough to "move at the speed of love" is a new concept that requires practice! I am so eternally grateful for this program.

- Francie S



Al-Anon's 70th Anniversary Virtual Celebration

Happy Anniversary, Al-Anon!

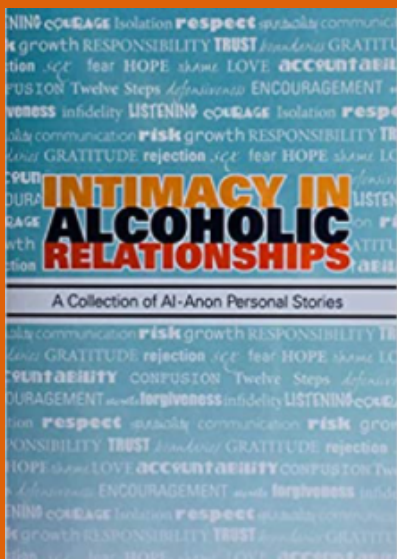
The year 2021 marks the 70th year since our founders Lois W and Anne B sent out a questionnaire that ultimately meant the unification of the Al-Anon Family Groups. There is a virtual event, Al-Anon's 70th Anniversary Celebration, happening on July 10. Even though registration has reached max capacity, audio recordings of the Al-Anon speakers that share there will be available on the Al-Anon Family Groups mobile app for the remainder of 2021. What a gift.

Online Workshops

Zoom Events are happening!

Wednesday Evenings 9-10:30pm
Intimacy in Alcoholic Relationships
ID: 387493 608
Passcode: 123456

Turbo Charge Your Recovery
Saturday afternoons 1-2:30pm
ID: 188 303 692
Passcode: 162209



Panel 61

January 1, 2021-December 31, 2023

District Representative	Kathleen	drejaxafg.org
Alternate District Rep	Shelley	adrejaxafg.org
DISL	Pam	disljaxafg.org
Alternate DISL	VACANT	altdisljaxafg.org
District Treasurer	Janie	treasurerjaxafg.org
Secretary	Susan	secretaryjaxafg.org
Alateen	Erin	alateenjaxafg.org
AA Liaison	VACANT	aaljaxafg.org
Archives	VACANT	archivesjaxafg.org
Raffle	Julia	raffljaxafg.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	tasjaxafg.org
Technology	Risa	technologyjaxafg.org
Outreach to Institutions	Donnie	institutionsljaxafg.org
Outreach to Public/Media	Lisa	outreachmediajaxafg.org
Outreach to Professionals	Judie	outreachprofjaxafg.org

Coming Events

- **May 8** District Meeting 9:30am
To be held via Zoom
- **July 10** District Fun Day
Location/time to be determined
- **July 10** Al-Anon's 70th Anniversary Virtual Celebration Event (See page 1)
- **August 5-8** AA 64th Florida State Convention with Al-Anon Participation Jacksonville, FL
- **August 27-29** North Florida Area Convention in Orlando, FL
See flyer at afgarea9.org under EVENTS

For More Information

Visit jaxafg.org for more information on local meetings (live and Zoom) or for any of the events listed here. Other useful sources are found at N FL area website afgarea9.org. Further information about Al-Anon can be found at Al-Anon.org.

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 9615
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 (N FL 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/



A Final Thought

I am so grateful for the gift of my recovery in Al-Anon. From my very first meeting, I clung to the "three Cs." I didn't cause, can't control, and can't cure the disease of alcoholism. I experienced freedom from guilt, confusion, and fear. As I continued to change by using the Steps, slogans, sponsorship, and other tools, I grew spiritually. Then I began the long process of keeping the entire focus on myself. As a result, I am able to pass on my serenity, experience, and hope to others.

I have now adopted my personal three Cs: Today I am too blessed to complain, compare, or criticize myself or others. This allows me to continue to move forward into a beautiful new way and live my own life, a day at a time. -Mildred H.

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