

SHARINGS

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

Sharing our...



IHP

My Al-Anon journey has included stepping outside my comfort zone many times, but I've never been alone.

My Higher Power has been with me, along with my Al-Anon friends cheering me on. Fortunately, I landed in a meeting that had many members involved in Step Twelve. I was curious about what was happening outside my 15-member meeting.

I started going to District Fun Days and met members from all around District Three. When my group volunteered to host a District Fun Day, I raised my hand and said I'd be willing to help chair a workshop. The theme was HOW Al-Anon Works - Honest, Open, Willingness. My workshop topic was to be on willingness, so I started studying CAL to prepare. I had been told many times that I never had to do

anything alone, so I knew that I could ask another member to help me -- but it had to be the "perfect person"!

Procrastination was one of my character defects, so it was the night before the District Fun Day and I had not asked anyone to help me with the workshop. That morning I was in a panic. On my drive there, I was stopped at a red light and the car in front of me had a license plate with IHP and 3 numbers.

I don't remember the numbers, but the message to me was that "I and HP" are together! I could ask my Higher Power to help me! That was the perfect being to ask! I set an empty chair next to me when I chaired the workshop and let the members know that my Higher Power was helping me that day.

Asking for help was very difficult for me before I came to Al-Anon because I thought I needed to know all the answers - like I'm back in school and the teacher is grading me. No one in Al-Anon is grading me, and it's ok if I mess up! Today I'm OKAY not being perfect.

As a reminder that my Higher Power is there for me, I purchased a personalized FL license plate with IHP so I can be reminded daily that I'm not alone on this journey. I'm so grateful that I was willing to step outside my comfort zone to grow emotionally, mentally, and spiritually. I'll keep coming back because there's no limit to what lessons my Higher Power has for me.

- A Grateful Al-Anon

MEETING TREASURE CHEST

Due to popular demand, The Meeting Treasure Chest will become a regular feature in Sharings! 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 newslettereditorejaxafg.org.



- If untreated, both an alcoholic and my disease will progress. I can either choose recovery or get sicker.
- I'm learning to redefine what love means.
- Al-Anon taught me that every time I talked in a meeting, I was breaking the binds that held me.
- If I don't take care of me, alcoholism could destroy both of us.
- In Al-Anon, people were talking from their hearts, not from their heads.
- I no longer expect well behavior from a sick person.
- As we serve in Al-Anon, it multiplies our growth.
- If you wear out your Al-Anon books, you won't get worn out.
- The greatest gift my Higher Power gives me is the Gift of Desperation. Nothing like a good dose of pain to motivate me into action.

Panel 61

January 1, 2021–December 31, 2023

District Representative	Kathleen	drejaxafg.org
Alternate District Rep	Shelley	adrejaxafg.org
DISL	VACANT	disljaxafg.org
Alternate DISL	VACANT	altdisljaxafg.org
District Treasurer	Janie	treasurerjaxafg.org
Secretary	Susan	secretaryjaxafg.org
Alateen	Erin	alateenjaxafg.org
AA Liaison	Kathy	aaljaxafg.org
Archives	Cam	archivesjaxafg.org
Raffle	Julia	raffljaxafg.org
Group Records/Where & When	Gage	recordsjaxafg.org
LDC/Literature	Peg	ldcjaxafg.org
New Group Rep Greeter	Shannon	greeterjaxafg.org
Newsletter Editor	Michelle	newslettereditorejaxafg.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	outreachprofejaxafg.org

Coming Events

- **June 11** District Fun Day - check for details at jaxafg.org
- **August 26--28** AFG Florida North Convention - Orlando, FL. More info at afgarea9.org
- **October 1** District 9 Gratitude Luncheon, Sebring, FL 11am-3pm - More information available at afgarea9.org
- **December 3** District Fun Day - more details soon!
- **December 9-11** Tri-State Winter Weekend, St. Simons Island, GA
- **June 29-July 2, 2023** Al-Anon International Convention, Albuquerque, NM

For More Information

Visit jaxafg.org for more information 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. Further information about Al-Anon can be found at Al-Anon.org.

March District Fun Day



The Spring District Fun Day was held on March 12 in Ponte Vedra. Attendees were treated to snacks, a basket raffle, games and an amazing speaker. Thank you to Tuesday Morning AFG for hosting this great event!

A Final Thought

I was grateful to find Al-Anon in 2020. I have never known meetings prior to Zoom. When I found my home group, I was thrilled to find people meeting in person and the connection was immediate. I rarely miss a meeting.

Our meeting was very tiny for months, but we stuck with it. Other local meetings closed due to lack of attendance, but we stayed committed to the same day and time. I often thought, "Where are the people? Alcoholism is so prevalent, there have to be some who need help." Month after month we kept at it, meeting via Zoom and a few members in-person. We stuck to our Group Conscious, practicing the Traditions, and keeping the meeting healthy and alive.

The Higher Power was at work. Soon, a few experienced members came back and groups of newcomers started walking through the doors. Maybe my Higher Power knew I needed some time with the small group first before making it larger.

I am so grateful for the people who attend and their service. Our circle expands each week, we add chairs, the welcome is warm, and the program continues. - Anonymous