

NEW DISTRICT 3 GR ORIENTATION WORKSHEET

My Group name _____

My Group Number _____

How to access my group email:

- ❖ www.fatcow.com
- ❖ Click Webmail on the menu bar
- ❖ Enter group email address _____@jaxafg.org
- ❖ Enter password: Service3

To have Group Email forwarded to your personal account, email technology@jaxafg.org with your group email and the personal email address you would like to forward to.

In order to protect your anonymity, emails from unknown persons should be replied to from your group email.

District 3 website – www.jaxafg.org

Email dr@jaxafg.org to get the password for protected documents. If your device uses cookies, you may not be prompted to enter the password the next time you visit the site.

Check the District Website for information regarding District meeting dates/times; Fun Day flyers; group special events (Anniversary Celebrations, Speaker Meetings, etc); which groups are meeting in person; zoom information for weekly meetings; etc.

Florida North Area (Area 9) website www.afgarea9.org

Email dr@jaxafg.org to get the password for protected documents.

Check the Area website for information regarding Assembly, AWSC, Conventions as well as other meetings and events happening in Area 9, Florida North.

World Service Office (WSO) website – www.al-anon.org

View and Search the 2018-2021 v.2 Service Manual <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

Subscribe to “In the Loop” emails for news from WSO <https://al-anon.org/for-members/wso/news-from-the-wso/>

Read the Group Representative Guidelines (G-11) <https://al-anon.org/pdf/G11.pdf>

Suggested \$3 donation at every district 3 business meeting is reimbursed from your group.

To Contact my District Representative (DR) *Kathleen*, dr@jaxafg.org