

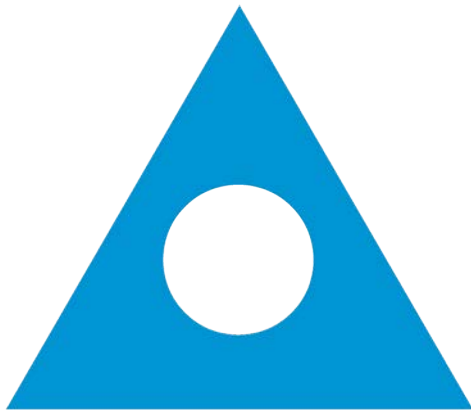
SHARINGS

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

Sharing our...

ESH

Experience Strength Hope



JAXAFG.ORG - A WEALTH OF INFORMATION

Many groups in District 3 currently do not have a Group Representative to share at the portion of the meeting where it is asked "Does anyone have any Al-Anon-related announcements?" I have found it helpful to share "Jacksonville has an awesome website - jaxafg.org - that has an up-to-date 'Where and When' meeting schedule, as well as flyers for current events in the district, area, and beyond, AND the most recent copy of SHARINGS - our local newsletter." It helps to spread the word - especially in a Zoom meeting, where there is not printed material available to hand out. If you attend a group that is not sharing the information on this great resource, this is your invitation to do so! - Michelle V.

TIME FOR FUN DAY!



District 3's Fun Day will be hosted by the Easy Does It AFG and will be held on Saturday, December 3rd at the Hendricks Avenue Baptist Church from 11 am - 2 pm. There will be a potluck luncheon, a speaker, games and a raffle. All groups are encouraged to donate raffle items. More information can be found at jaxafg.org.

- Attitude + Gratitude = Recovery
- I can do fun, healthy things for free in Al-Anon. I have a better chance at a good life today and I would not have had that if I didn't come to the program.
- The healthy attitudes I learned from my family are humor and style, plus a zest for life. I can focus on things they did give me and not those they did not.
- The beauty of the Al-Anon program is that there is no time limit. One can go as fast or as slow as they choose. I'm still learning after all of these years - that is why I keep coming back.
- There is nothing that can happen to me that someone else has not lived through. There are answers if I will just ask for help and use the tools that really work.
- It was anger, resentment and fear - and underneath those were my deep sadness, brokenness and loss - that led me to Al-Anon and helped me understand I needed recovery.
- If I'm not the problem, then I'm not the solution.



Meeting Treasure Chest
If you have a short one- (or two-) liner that you would like to share to the Meeting Treasure Chest, text our editor at 904-508-8094.

These have all been shared anonymously. Take what you like and leave the rest.

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
Alateen Trainer	Phil	aaljaxafg.org
AA Liaison	Kathy	alateentrainerjaxafg.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	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

COMING EVENTS

- **December 3** District Fun Day - more information at jaxafg.org.
- **December 9-11** AFG Tri-State Winter Weekend-St. Simons Island, GA
- **January 14** District Hybrid Business Meeting Zoom/Christ Episcopal Church/Ponte Vedra 9:30-noon
- **June 29-July 3** Al-Anon International Convention-Albuquerque, NM
- **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

There's Still Time to Register!

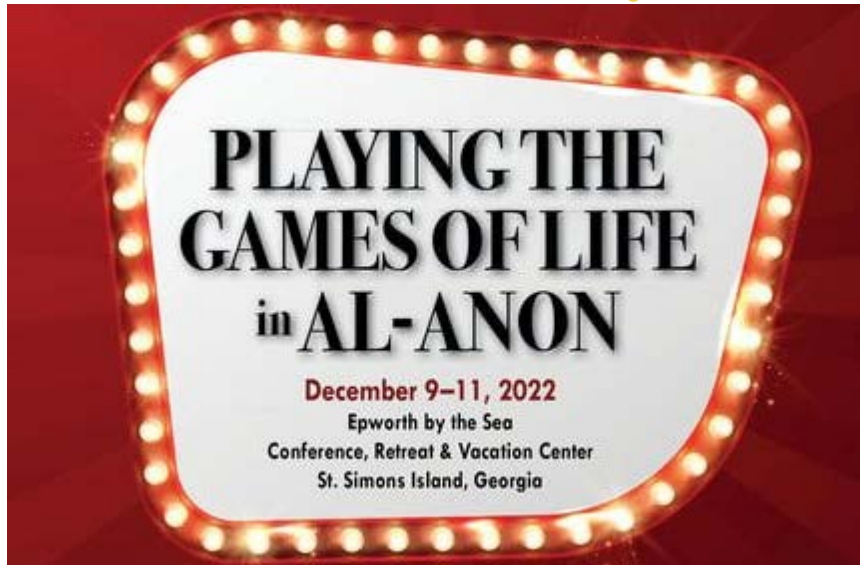
Service Positions

Prayerfully consider giving your most valuable resource of **TIME** to the Al-Anon program! There are positions available at the district level as well as the group level. Explore the possibilities of the slogan "When I got busy, I got better!"

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 useful resources are at N FL area website afgarea9.org or by visiting Al-Anon.org.



A FINAL THOUGHT

I love this thought process that I heard shared in a meeting recently - Al-Anon has taught me that I am not entitled to a life of comfort.

Life is not just easy going and I am not entitled to feelings of contentment all of the time. I have learned that I do not have to accept things that appall me, but I do have to accept that I will have feelings. If I am uncomfortable, maybe it is only my attitude that needs to change, not my surroundings. — Anonymous