

# SHARINGS

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

Sharing our...

# ESH

Experience Strength Hope

## I FOUND HOPE

I remember at my first Al-Anon meeting wanting to sit in the back and be invisible. It was a big group, over 50 people, in a church hall. The speakers were up front. I remember laughter. I could not comprehend how people suffering the things I was suffering could be happy, could be laughing. I had not laughed for a long time, and I found nothing about the situation with my husband humorous. As people spoke, I felt a sense of relief that the things happening in my home were not unique; they happened to others, too, and I was not alone.

I knew that I did not cause and could not control the situations happening in these strangers' homes, so perhaps what was happening to my family was not my fault either, and perhaps not my responsibility to fix.

I remember kindness—welcoming smiles, an invitation to coffee after the meeting. I had a sense that this group knew my secret and was totally unfazed by it.

A wave of relief started in that first meeting. I could not control my husband's drinking, nor did I cause it. All my plans and schemes for fixing our situation had not worked and would never work. I could stop trying to figure it out. The insanity in my life had a name, and it was alcoholism.

It took me many years after that first meeting to fully grasp the Steps of Al-Anon and truly find peace and serenity, but at my very first meeting I found hope. That was enough to keep me coming back. *By Anonymous*

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- The journey of life is riddled with perplexing issues. But the more I can implement Al-Anon in my life, the smoother the ride. I can choose to get hit by a pillow or by a two-by-four. I will keep coming back.
- Getting involved in service has been my bridge over troubled waters.
- There are a lot of people who need the Al-Anon program, but it is for people who want it.
- My job is to find the gift in every situation that I am in.
- As a newcomer, I heard over and over, "You can't change the person." What I now say to newcomers is a bit more – "You can't change the person, but you can change yourself."
- In Al-Anon I started to forget (focus on) all of the terrible stuff that happened and started focusing on the good things in the here and now.

- I was amazed to realize in Tradition Ten that I could have an opinion on something and keep it to myself!
- In detachment, I am reminded that the more I allow God and the other person to be together without me, the better the outcome.



## ELECTIONS

At the District 3 meeting on November 11 there will be elections for our next panel. Panel members serve for 3 years in their roles. This meeting will be held in-person only. If you are interested in standing for a position but cannot make the meeting, please email our District Representative Kathleen at [drejaxafg.org](mailto:drejaxafg.org).



## Panel 61

January 1, 2021–December 31, 2023

District Representative	<b>Kathleen</b>	<a href="mailto:dre@jaxafg.org">dre@jaxafg.org</a>
Alternate District Rep	<b>VACANT</b>	<a href="mailto:adre@jaxafg.org">adre@jaxafg.org</a>
DISL	<b>VACANT</b>	<a href="mailto:disle@jaxafg.org">disle@jaxafg.org</a>
Alternate DISL	<b>VACANT</b>	<a href="mailto:altdisl@jaxafg.org">altdisl@jaxafg.org</a>
District Treasurer	<b>Janie</b>	<a href="mailto:treasurer@jaxafg.org">treasurer@jaxafg.org</a>
Secretary	<b>Susan</b>	<a href="mailto:secretary@jaxafg.org">secretary@jaxafg.org</a>
Alateen	<b>Erin</b>	<a href="mailto:alateen@jaxafg.org">alateen@jaxafg.org</a>
Alateen Trainer	<b>Phil</b>	<a href="mailto:alateentrainer@jaxafg.org">alateentrainer@jaxafg.org</a>
AA Liaison	<b>Kathy</b>	<a href="mailto:aal@jaxafg.org">aal@jaxafg.org</a>
Archives	<b>Cam</b>	<a href="mailto:archives@jaxafg.org">archives@jaxafg.org</a>
Raffle	<b>VACANT</b>	<a href="mailto:raffle@jaxafg.org">raffle@jaxafg.org</a>
Group Records/Where & When	<b>Gage</b>	<a href="mailto:records@jaxafg.org">records@jaxafg.org</a>
LDC/Literature	<b>Peg</b>	<a href="mailto:ldc@jaxafg.org">ldc@jaxafg.org</a>
New Group Rep Greeter	<b>VACANT</b>	<a href="mailto:greeter@jaxafg.org">greeter@jaxafg.org</a>
Newsletter Editor	<b>Michelle</b>	<a href="mailto:newslettereditor@jaxafg.org">newslettereditor@jaxafg.org</a>
Spanish Liaison	<b>Maria</b>	<a href="mailto:spanish@jaxafg.org">spanish@jaxafg.org</a>
Speaker Keeper	<b>Jeanie</b>	<a href="mailto:speakerkeeper@jaxafg.org">speakerkeeper@jaxafg.org</a>
Telephone Answering Service	<b>Kristen</b>	<a href="mailto:tase@jaxafg.org">tase@jaxafg.org</a>
Technology	<b>Risa</b>	<a href="mailto:technology@jaxafg.org">technology@jaxafg.org</a>
Outreach to Institutions	<b>Donnie</b>	<a href="mailto:institutions@jaxafg.org">institutions@jaxafg.org</a>
Outreach to Public/Media	<b>VACANT</b>	<a href="mailto:outreachmedia@jaxafg.org">outreachmedia@jaxafg.org</a>
Outreach to Professionals	<b>VACANT</b>	<a href="mailto:outreachprof@jaxafg.org">outreachprof@jaxafg.org</a>

*Interested in one of these vacant positions listed above? Contact the District Representative at [dre@jaxafg.org](mailto:dre@jaxafg.org) to find out more!*

## COMING EVENTS

- **November 4** Gratitude Dinner, Ormond Beach, FL 4–8PM
- **November 9** 5 Year Anniversary Celebration & Speaker Meeting, Macclenny, FL 6PM
- **November 11** District Business Meeting (2024 Budget Meeting and Elections) 9:30AM–finish  
Christ Episcopal Church, Ponte Vedra Beach, FL
- **November 11** Area Service Workshop, Orlando, FL 9:30AM–3PM
- **November 18** Anniversary Celebration/Speaker Meeting & Potluck, New Beginnings Adult Child AFG  
In Person/Zoom, Orange Park, FL 10:30AM–1PM
- **November 29** Speaker Meeting Arlington Serenity Seekers  
Jacksonville, FL 12–1 PM
- **November 29** Speaker Meeting Fruit Cove Family Al-Anon  
Switzerland/Fruit Cove, FL 7:30–8:30PM
- **December 2** District Fun Day, Christ Episcopal Church,  
Ponte Vedra Beach, FL 10:30AM–1PM
- **December 8–10** AFG Tri-State Winter Weekend,  
Epworth by the Sea, St. Simons Island, GA

## FOR MORE INFORMATION

Other resources can be found at N FL area website [afgarea9.org](http://afgarea9.org) or by visiting [Al-Anon.org](http://Al-Anon.org).

Visit [jaxafg.org](http://jaxafg.org) for listings on local meetings (in-person, Zoom, and hybrid) or for any of the events listed here.



**AFG TRI-STATE WINTER WEEKEND**  
FRIDAY 12/8/23 – SUNDAY 12/10/23

**ST. SIMONS ISLAND, GA**

**Information on reservations and registration can be found in EVENTS tab on JAXAFG.ORG**

**Make plans today!**

## A FINAL THOUGHT

Working the Steps has helped me respond to challenging situations and conflicts in newer and healthier ways. And much of the credit goes to my Higher Power who helps guide my thoughts, words, and actions.

When I make amends to those I harmed, I acknowledge and accept responsibility for the damages I brought upon others. Then I can move forward in life with the intent to not commit the same offenses again, only now I'm not weighed down by the guilt and shame that I carried before. That feels liberating to me and helps me become the person my Higher Power intended. – By Anonymous

**District 3 Fun Day**

*Chill With Chili*

**Hosted by Penman Road Al-Anon Family Groups**



**Saturday, December 2, 2023**

**10:30 a.m.—1:30 p.m.**

Christ Episcopal Church, Westberry Hall  
400 San Juan Dr, Ponte Vedra Beach, FL

**Potluck, Speaker, Chili Cookoff,  
Raffle & Games**