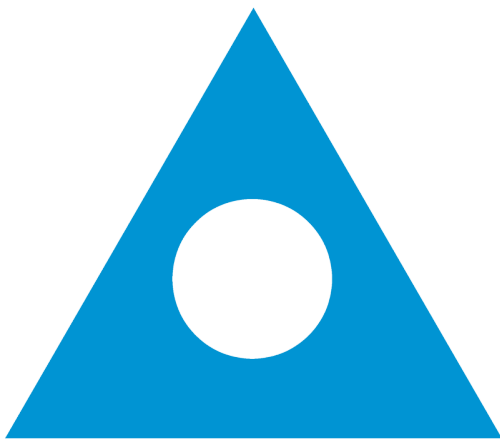


SHARINGS

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

Sharing our...



WALKING WITH MY HIGHER POWER

I have recently been working on journaling different topics and came across the "Three As" - Awareness, Acceptance, Action." I took these three words and thought about what they meant to me today as they apply not only to my program but also to my relationship to my Higher Power. Here's what I thought and visualized.

Awareness: I do not keep my head in the sand all of the time; rather when I have something on my heart that is tugging at my consciousness, I ask my Higher Power to lead me to and provide me with the information I need. I don't need to be a private detective about the people, places and things in my life. When I apply the slogan "Let Go and Let God," I'm amazed at the things my Higher Power reveals to me at the right time.

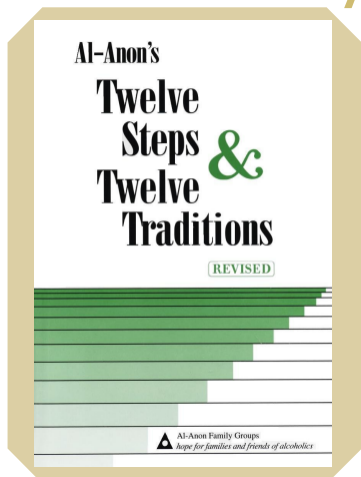
I didn't have to force a solution or wear myself out with countless hours of research. My Higher Power has taken me by the hand and shown me something.

Acceptance: Maybe I was in denial or just plain did not know about something, but I do now. It's a constant soundtrack I play in my head; I am powerless over other people, places and things. I can work on accepting the truths that my Higher Power has revealed to me and pray for the acceptance of the reality of each situation in a way that allows me to walk through the day with the most serenity and peace that I can muster. I see myself studying this thing that my Higher Power has shown me and discussing it with Him, working through the sadness, disappointment, shock, whatever feelings that come up.

Action: I can then work on the fact that I now have new information and awareness and it is up to me when I am able to respond - not react - to it. I live my life with my finger ready to push the PAUSE (Postponing Action Until Serenity Emerges) button. When I can respond, it is done with peace and allows me to be comfortable with my actions and not something that I will regret later. My Higher Power and I walk hand in hand, responding calmly and rationally to what has been revealed.

I am so grateful for the program, the tools, my friends, but most importantly, the way that they have opened my eyes to the kind of relationship that I have in my life with my Higher Power. I am able to be a better, stronger, more rational person because of it. -Anonymous

New Book Study Announced



Discovering Choices AFG has recently started a weekly study on the book "Al-Anon's Twelve Steps and Twelve Traditions." This is an in-person or join-by-phone meeting on Thursdays from 6:30-7:30 at All Saints Episcopal Church located at 4171 Hendricks Avenue (Jacksonville) or call (605)562-8401 pin 3829700. Any questions can be sent to discoveringchoicesjaxafg.org.



Mark Your Calendars!
**Concepts Training
Camp**

Zoom Workshop

December 4

**Let's see what the concepts
can teach us about service:**

In meetings

At home

In the workplace

Visit Jaxafg.org for more details.

Panel 61

January 1, 2021-December 31, 2023

District Representative	Kathleen	dr@jaxafg.org
Alternate District Rep	Shelley	adre@jaxafg.org
DISL	VACANT	disl@jaxafg.org
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District Treasurer	Janie	treasurer@jaxafg.org
Secretary	Susan	secretary@jaxafg.org
Alateen	Erin	alateene@jaxafg.org
AA Liaison	VACANT	aal@jaxafg.org
Archives	Cam	archives@jaxafg.org
Raffle	Julia	raffle@jaxafg.org
Group Records/Where & When	Gage	records@jaxafg.org
LDC/Literature	Peg	ldce@jaxafg.org
New Group Rep Greeter	VACANT	greeter@jaxafg.org
Newsletter Editor	Michelle	newslettereditor@jaxafg.org
Spanish Liaison	Maria	spanish@jaxafg.org
Speaker Keeper	Jeanie	speakerkeeper@jaxafg.org
Telephone Answering Service	Kristen	tase@jaxafg.org
Technology	Risa	technology@jaxafg.org
Outreach to Institutions	Donnie	institutionsl@jaxafg.org
Outreach to Public/Media	Lisa	outreachmedia@jaxafg.org
Outreach to Professionals	Judie R	outreachprof@jaxafg.org

Coming Events

- **December 4** 9:30am-11:30am
Zoom workshop presented by District 3 "Concepts Training Camp."
- **December 10-12** Tri-State Winter Weekend Retreat at St Simons Island
- **January 21-23** Southern States Women's Conference in Jacksonville, FL
- **August 26--28** 2022 AFG Florida North Convention - Orlando, FL

Visit jaxafg.org EVENTS for more info.



*When I got busy, I got better!
Panel spots are still available!*

*There's still time to register for the
Tri-State Winter Weekend
More information at jaxafg.org.*

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 resources are found at N FL area website afgarea9.org. Further information about Al-Anon can be found at Al-Anon.org.

A Final Thought

The holidays are quickly approaching. For newcomers seeking help at this time of year, please make sure that your group meeting information is correct.

Ask yourself and your group, "What did I need when I went to my first meeting?" Specific location or login instructions about your meeting can be helpful to a newcomer attending Al-Anon/Alateen for the first time. We want everyone to feel welcome in our Al-Anon and Alateen meetings!

- Is the group's temporary electronic meeting information removed from your group record if you're back to meeting in person? Is it current, if not? You can update it at al-anon.org.
- Are there passwords or login instructions needed to join the Al-Anon/Alateen meeting electronically?
- Is there a special door to gain access to the building or a room number for the Al-Anon/Alateen meeting?
- Is there a sign on the door or chat notice to alert people if your group won't be meeting that week? (For example, "Not meeting on Thanksgiving.")
- Is there a volunteer from the group to be a "Greeter" for those attending your Al-Anon meeting for the first time?

You can submit Al-Anon group changes online throughout the year at al-anon.org. For help with submitting Alateen changes, contact your Area Alateen Process Person. **Reprinted from the Al-Anon.Org website**