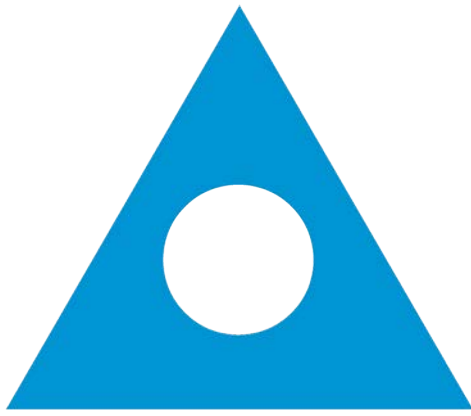


SHARINGS

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

Sharing our...



AN INVITATION TO FUN

Join your Al-Anon friends December 9-11 when we return to the peaceful and serene Epworth by the Sea Conference, Retreat & Vacation Center on beautiful St. Simon's Island, GA, for the Tri-State Winter Weekend! This year's theme, Playing the Games of Life in Al-Anon, means spiritual growth, recovery, and fellowship through workshops, skits, speakers, fun, and games!

Yes! We're weaving workshops and game shows to bring you "Family Feud" fun! Love "Wheel of Fortune"? We're adding an Al-Anon twist to it that puts another spin on your program! Is your serenity in "Jeopardy"? We may be able to help you find some questions to your answers! Are you too a "Survivor"? Don't worry...Nobody gets voted off St. Simon's Island during the AFG Tri-State Winter Weekend. It's about fellowship and camaraderie. We'll have tons of fun together at Epworth by the Sea, plus the program schedule includes plenty of free time for you to roam around on the island on your own or with your friends.



Your weekend stay include six meals, from Friday night's dinner through Sunday lunch. And there are several types of accommodations from which to choose at the beautiful Epworth by the Sea Conference, Retreat & Vacation Center.



Visit jaxafg.org EVENTS page for the flyer and registration form. For more information about the location or to make your reservations, go to epworthbythesea.org.

Event sponsors: New Beginnings AFG, District 3, Jacksonville - Old Clinton AFG, Georgia - Serenity AFG, South Carolina

FEELING MY FEELINGS

When I started going to Al-Anon, I never realized that I had stuffed most of my feelings since I never looked honestly at myself. I was always pointing my finger at others – you change and I'll be happy. It was too painful to feel my feelings. I felt like if I got in touch with my grief and started crying, I would never stop.

Listening to members share in meetings about feelings and reading lots of CAL on feelings gave me the courage to identify my feelings. I got the feelings chart that identified about 30 different feelings. Good grief! I knew 3 feelings – glad, sad, and mad!

I'm very grateful that my meetings had boxes of Kleenex on the tables. It was okay to cry in a meeting. Members accepted me and welcomed me no matter what feeling I had. - A Grateful Member

MTC has been expanded by popular demand! If you have a short one (or two) liner and would like the share that treasure, text our editor at 904-508-8094. These have all been shared anonymously. Take what you like and leave the rest.

- I need a Sponsor because without one, I am trying to correct myself based on my own distorted thinking.
- It is not about how long you have been in the program, it is about how hard you work it.
- I never heard the words "You should..." in Al-Anon.
- Al-Anon meetings are where I learned to listen and not have to respond or fix someone.
- Finding the courage to reach out to Al-Anon friends is how you learn to take the First Step.
- Al-Anon has given me a life that I never knew that I could have.
- I don't have to be afraid to make a choice – I know that God is on both sides of any decisions I make.
- I focus on living in the moment and trying my hardest not to judge things as good or bad. It just is as God allows it. That's all I need to know.
- She doesn't have a perfect life. None of us does. But I witnessed her serenity and knew that was what I wanted for myself.
- I have come to realize that they will find somebody else. It doesn't have to be me.



- "Sometimes I think I don't need Al-Anon – that is when I really need it.
- I don't detach with love, I detach with compassion.
- The first word of the first Step is We.
- To set boundaries, I had to know my limits.
- Al-Anon has been a lifeline. Now I have hope. I do matter, and I have choices.
- I'm a huge fan of serving, and Al-Anon has really taught me healthy, manageable ways to do it.
- Regarding being judgmental of others, I had to put down the magnifying glass and look in the mirror.

Panel 61

January 1, 2021-December 31, 2023

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Outreach to Professionals	VACANT	outreachprof@jaxafg.org

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.

COMING EVENTS

- **October 10** District 6 Gratitude Luncheon Mt Dora, FL
More information available at afgarea9.org
- **October 22** District 1 Gratitude Luncheon Tallahassee, FL
More information available at afgarea9.org
- **December 3** District Fun Day - info TBA
- **December 9-11** AFG Tri-State Winter Weekend
St. Simons Island, GA

A FINAL THOUGHT

I was recently on a meeting on acceptance and I was flooded with gratitude that Al-Anon has opened the door to the fact that while I can accept a situation, that doesn't mean I don't have choices on how I respond. What a gift. – Anonymous