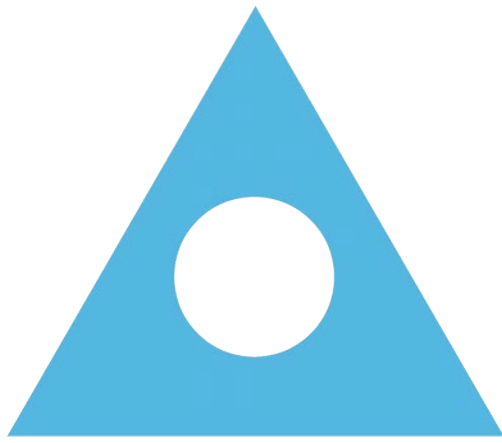


SHARINGS

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



Sharing our...



They said What?

Back by popular demand, here is another edition of "WOW" (Words of Wisdom) overheard at meetings or shared by members. These have all been submitted "By Anonymous." Take what you like, and leave the rest. Enjoy!

- As close as I am to another person, it is still their life, not mine.
- I would rather be happy than right.
- When I want to use a "You should," I make myself change it to an "I should," since I am the only person I can change.
- I am not responsible for someone's emotional reaction to a boundary decision that I have made.

- It's easier to act your way to a feeling than to feel your way to an act.
- My thinking became distorted by my chronically unmet needs, and I became selfish and compassionless without realizing it.
- Blessed are the flexible, for they shall never be out of shape.
- Just like alcoholism, co-dependency is a progressive disease. If we do not choose recovery, we will get sicker and sicker.
- If I find that I can't change the answers, I must change the questions.
- I nourish myself first and give from the overflow.

- Imagine what you could do if there was nothing that you could do.
- The tools of the Al-Anon program are like ingredients in a delicious pie. Using all of them yields the best result - meetings, sponsorship, connecting with Al-Anon friends, daily readings and working the Steps - If one ingredient is missing, the pie does not taste as good!
- Recover or repeat.
- I have good days and learning days.
- I can't do God's job and he won't do mine.
- Al-Anon is the only place where we can sit down as strangers and reminisce.



Tri-State Winter Weekend Announced

"Come Find the Rewards of Al-Anon" is the theme of this year's winter retreat. Being held December 10-12 at Epworth-by-the-Sea in St. Simons Island, GA, this fun-filled weekend features Al-Anon speakers, skits, workshops, fellowship, and much more. Complete information can be found at jaxafg.org under the "EVENTS" tab.

Coming Events

- **December 4** 9:30am-11:30am

Zoom workshop presented by District 3
See complete flyer at jaxafg.org!



Concepts Training Camp



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

- In meetings
- At home
- In the workplace



If you are unable to attend our District's workshop, you are invited to join District 7 on October 16. For further information visit afgarea9.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

There is a field I pass every week on my way to my Al-Anon meeting. It had beautiful green grass and was right next to a church in a neighborhood.

One day, I was driving past the field and noticed the grass was all torn up. Someone had driven a truck or an all-terrain vehicle over the field in a circle. It was muddy and destroyed. I was disheartened, someone had obviously trespassed and caused the damage. Every week, I continued to drive by the now muddy field. Time passed. Soon, I realized that new, beautiful grass had begun to bloom in the muddy tracks. The grass was more green, bountiful, and stronger than before. After a few more months went by, the church erected three crosses in the middle of the field.

As I continued to pass by the field every week on the way to my Al-Anon meeting, this was the perfect analogy to my program. Before life with an alcoholic, I was healthy and strong. While the pain and stress wore me down, Al-Anon helped me regrow - stronger and more resilient than before! And in the middle stands my Higher Power, always guiding me. - Anonymous

Panel 61

January 1, 2021 – December 31, 2023

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Caption Needed



I recently finished a Zoom Traditions meeting to look over and find my dog in this pose. I laughed and thought "He's exhausted by the 12 & 12." I would love to hear how you would caption this. Send an email with your submission to me at newslettereditor@jaxafg.org. Looking forward to seeing what you can come up with! - Michelle V.