

SHARINGS

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

Sharing our...

ESH

Experience Strength Hope



OPEN DISTRICT POSITIONS

- District Information Service Liaison (DISL)
- Alternate District Information Service Liaison (Alt DISL)
- Outreach to Professionals Chairperson
- Outreach to Institutions Chairperson
- Outreach to Public & Media Chairperson

Email:
dr@jaxafg.org
to serve!

You can read about these positions on the Members Page of jaxafg.org. See the document called *District Job Duties as of August 2023*.

**I was pretending everything was wonderful.
In Al-Anon, I didn't have to pretend.**

There were times when I held on way too tight. Thank God for Al-Anon teaching me the fine art of healthy boundaries. Sometimes the best protection I can give is let go, let God, and let live.

I have a greater awareness that offering help is better than automatically giving it. And asking "What do you need?" is better than assuming I know what that is.

I find that it is best that I work on me. That is a full-time project and there is lots to explore there. When given a choice between growing and healing and being a victim, I have to choose progress. I find that there is little that I cannot be or do, so long as I don't feel sorry for myself.

One thing I've been working on is answering questions with a simple yes or no. My tendency is to give long, detailed explanations of why I did what I did so that the other person would see that I'm right or at least so that I feel justified in the choices I made. This is a form of manipulation; trying to make others see and do things my way.



PANEL 64 MEMBERS & EMAILS

Panel 64

January 1, 2024–December 31, 2026

District Representative	Janie	drjaxafg.org
Alternate District Rep	Peg	adrejaxafg.org
DISL	VACANT	disljaxafg.org
Alternate DISL	VACANT	altdisljaxafg.org
District Treasurer	Gage	treasurerjaxafg.org
Secretary	Donnie	secretaryjaxafg.org
Alateen	Sandy	alateenjaxafg.org
AA Liaison	Kristin	aaljaxafg.org
Archives	Ray	archivesjaxafg.org
Raffle	Shelley	rafflejaxafg.org
Group Records/Where & When	Chris	recordsjaxafg.org
LDC/Literature	Jackie	ldcjaxafg.org
New Group Rep Greeter	Kristi	greeterjaxafg.org
Newsletter Editor	Dawn	newslettereditorjaxafg.org
Spanish Liaison	Mary C.	spanishjaxafg.org
Speaker Keeper	Carla	speakerkeeperjaxafg.org
Telephone Answering Service	Jodie	tasejaxafg.org
Technology	Tina	technologyjaxafg.org
Outreach to Institutions	VACANT	institutionsljaxafg.org
Outreach to Public/Media	VACANT	outreachmediajaxafg.org
Outreach to Professionals	VACANT	outreachprofjaxafg.org

Interested in one of these vacant positions listed above? Contact the District Representative at drjaxafg.org to find out more!

COMING EVENTS

- **January 26-28** Southern States Women's (AA) Conference (with Al-Anon Participation), Hyatt Riverfront, Jacksonville, FL
- **February 2-4** Gottawanna Weekend Workshop, Cedarkirk Camp and Conference Ctr, Lithia, FL
- **March 15-17** Soberstock 2024 (with Al-Anon Participation), Sand Hill Scout Reservation, Brooksville, FL
- **May 17-19** 22nd European Al-Anon Convention with AA Participation, Porto Heli, Greece
- **August 1-4** 67th Florida State AA Convention with Al-Anon Participation, Jacksonville, FL
- **September 6-8** 2024 Florida North AFG Convention, Hilton Daytona Beach Oceanfront Resort, Daytona Beach, FL

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 resources can be found at N FL area website afgarea9.org or by visiting Al-Anon.org.

FUN DAY REPORT

December's FUN DAY was well attended, well organized, and very tasty! The chili cook-off was a joy to the taste buds, and hearing Phil share his story was inspiring. It was held at Christ Episcopal Church with 59 Al-Anon members present and 20 groups represented!

The following anecdote was shared by Ruth: "There was a church member who walked through the room and asked 'What's going on?' I replied 'Al-Anon Fun Day.' She teared up and said 'I need to go to this!' She had lost her grandson five years ago to the disease. I think she was attracted to the FUN element. Besides growing and learning, we have fun in Al-Anon. That's attractive. Now I know why we have FUN DAYS!"

Al-Anon is self-supporting through voluntary contributions. If you would like to send a contribution of support for your local meetings, you can send them to the following sources:

Mail checks/money orders:

District 3 AFG
P.O. Box 10654
Jacksonville, FL 32247

You can also send contributions using Zelle to treasurerjaxafg.org.

Whether using Zelle or sending in checks/money orders, please note your group name/number or meeting time on the Memo portion so that your group gets credit for contribution.

Florida North Area 9

NFA AFG, Inc.
1700 Monroe St., #11-184
Tallahassee, FL 32303
Credit Card Contributions: <https://www.afgarea9.org/contributions-member.html>

In addition, if you would like to support **Al-Anon's World Service Office** you can find a link at Al-Anon.org/contributions/

