

SHARINGS

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



2020

The Possibilities Are Within Us

Step One

We admitted we were powerless over alcohol — that our lives had become unmanageable.

Tradition One

Our common welfare should come first; personal progress for the greatest number depends upon unity.



I AM POWERLESS

I truly embraced Step One after I realized that I needed to replace “alcohol” with “.... other people, other places, basically, *EVERYTHING.*” When I came to realize that the only thing that I have any power over is ME, I found a greater sense of peace about my life. -Anonymous

My Suffering Was Optional

Hearing Al-Anon's Twelve Steps read in my meetings sounded like Greek to me. Step One. Me, powerless over alcohol? No, I can put down an alcoholic drink if I want to. Failed to control the drinking of my loved one? Yep! My life miserable and unmanageable? Yes, and yes. My best thinking got me a seat in Al-Anon.

Members in my meeting kept suggesting I keep the focus on myself. I was trying to fix everyone's problems so that I would not feel any pain. I heard "pain is inevitable, but suffering is optional." I was ready to stop suffering and try another way by using the Twelve Steps in my life. It started with Step One. Today when I identify feelings of anger, frustration or fear, I stop and ask myself, "What am I powerless over?" Admitting to myself what I am powerless over gives me freedom to stop struggling and move forward with Steps Two and Three.

- Anonymous



The Key to My Peace

For years, happiness eluded me. I wallowed in misery and self-pity because of the trouble I endured living with an alcoholic. In my mind, his alcoholism was an obstacle to my happiness and serenity. His drinking was the problem that I needed to solve if I were to ever enjoy my life. What was even crazier was my belief that it was not only within my capability to get him to quit...it was my responsibility. It wasn't until I came to Al-Anon that I learned that not only was I not responsible for the alcoholic's behavior, I was powerless over it!

Step 1 showed me that acknowledging this powerlessness was the key to unlocking the door to peace and serenity. This also marked the start of an important shift for me, from focusing on his behavior to focusing on my own. This step was the gateway to my own recovery and freedom from the pain and sadness I had felt for so long.

I'm so grateful for this program, for my Higher Power's presence in my life and to the fellowship of others who have shared their experience, strength, and hope so that I could be happy again.

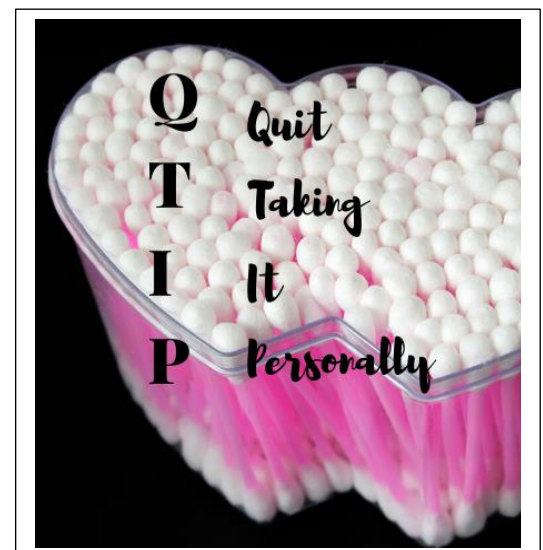
-Anonymous

Tools From My Al-Anon Tool Belt

Since coming to Al-Anon, I've come to realize that when the truth was boiled down, my real problem wasn't my husband's drinking — it was MY THINKING. I love the Steps and delved into a group study of the Traditions this past year. I'm amazed at how they can apply to so much in my life, work, kids, etc.

I love the acronyms that I've heard in the rooms, but in particular, QTIP has been such a blessing, I used to be so sensitive to what others said and so often found personal offense at what others said and did "TO ME." Now I evaluate many situations and I see that almost everything is NOT about me. I was surprised (and delighted)! What a freedom this program has offered me with this knowledge!

-Anonymous



Using Al-Anon Traditions to Make New Family Traditions

The New Year is a time for me to reflect, take stock in my progress (and backslides) and do a reset. Steps One, Two and Three are never far from my mind. I am powerless over people, places and things; but God is not. I think I'll let Him be in control. The Traditions, however, remained elusive to me. I understood how important they were to group fellowship, but how do they apply to my life?

Last year my son approached me about having our family Thanksgiving at his home. I wasn't overjoyed at the idea; we've always had it at our home, it's large enough to accommodate everyone, plus they have four children and their life is already busy enough! Reminding myself that "our common welfare should come first," I translated this to "It's not just about what Momma wants." I then agreed to cook all that I normally cook and transport it to their house. It turned out to be one of the best Thanksgivings we've had. The children were able to play outside, run inside without wiping their feet, play on the furniture, etc. I did not have to set up and clean up for 21 people, and best of all, when I was tired, I got to go home! When I applied Tradition One to our family situation instead of sticking to family tradition, we all had a much more enjoyable time together...so much so that they hosted again this year. It works if you work it, and Let It Begin With Me.

-Melanie D

Tradition One and a Group Conscience Worked for Me

Recently I was the coordinator of an adventure trip with 11 other people. Much planning and discussion over the details went into laying out the basics of our adventure. A few nights before we left, we had a conference call to go over the itinerary. I took this opportunity to read a portion of Tradition One to the group.

"Ladies", I said, "there are 12 of us travelling together for this trip. I would ask everyone to keep the following in mind; you are part of a team, and our mission is to have fun. There will be times when one person may have an idea that the others may not buy into. I ask you to keep in mind that in making decisions, the common welfare of the group will come first. If you have an idea, present it but be prepared to acquiesce if the group does not agree. We will take a vote and the majority will rule."

There were a few chuckles, and a few people added that they loved this idea. I was glad to have said it as when an issue did arise, we quickly took a group conscience and found what worked for most of the group and proceeded accordingly. I am glad to report that a fun time was had by all!

-Anonymous



ALATEEN SERVICE WORK

Duval County is the largest county in the US and yet it has NO Alateen meetings.

There are training sessions being offered in the coming months.

If you have been in Al-Anon for 3+ years and have it in your heart to be of service in some way, prayerfully consider becoming a certified Alateen sponsor (AMIAS).

"When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me."

Upcoming Events

January 24 Submission deadline for next Sharings Newsletter

January 24-26 Southern States Women's Conference (Jacksonville)

February 1-2 AWSC (Altamonte Springs)

February 22 AMIAS Training (Palm Coast)

June 19-21 Area Assembly (Altamonte Springs)

July 2-5 2020 AA International Convention w/ Al-Anon Participation (Detroit)

August 1-2 AWSC (Altamonte Springs)

August 6-9 64th FL State AA Convention w/ Al-Anon Participation (Jacksonville)

August 28-30 AFG Area 9 Florida North Convention (Orlando)

District Three Speaker Meetings

Monday

6:30 pm Language of the Heart AFG
400 Penman Road 32250
(1st Monday of Month)

7 pm Hope for Today AFG
2311 Starratt Road 32226
(5th Monday of Month)

Tuesday

8 pm Arlington Tuesday Night AFG
5536 Atlantic Blvd 32207
(5th Tuesday of Month)

Wednesday

12 pm Serenity Seekers AFG
2360 St Johns Bluff 32246
(5th Wednesday of Month)
Potluck Luncheon

Thursday

8 pm Ponte Vedra Thursday Night
AFG400 San Juan Dr 32082
(5th Thursday of Month)

PANEL 58

JANUARY 1, 2018-DECEMBER 31, 2020

District Representative	Gage	dr@jaxafg.org
Alternate District Rep	Janie	adr@jaxafg.org
DISL	Freddie	disl@jaxafg.org
Alternate DISL	Vacant	altdisl@jaxafg.org
District Treasurer	Susan	treasurer@jaxafg.org
Secretary	Kathleen	secretary@jaxafg.org
Alateen	Joanie	alateen@jaxafg.org
AA Liaison	Kristin	aal@jaxafg.org
Archives	Shelley	archives@jaxafg.org
Raffle	Sharon	raffle@jaxafg.org
Group Records/Where & When	Katie	records@jaxafg.org
LDC/Literature	Curt	ldc@jaxafg.org
New Group Rep Greeter	Toni	greeter@jaxafg.org
Newsletter Editor	Michelle	newslettereditor@jaxafg.org
Spanish Liaison	Marta	spanish@jaxafg.org
Speaker Keeper	Jeanie	speakerkeeper@jaxafg.org
Telephone Answering Service	Risa	tas@jaxafg.org
Webmaster	Tina	webmaster@jaxafg.org
Institutions	Donnie	institutions1@jaxafg.org
Public Information/Media	Vacant	pi@jaxafg.org
Co-op w/ Prof. Community	Laura	cpc@jaxafg.org

Final Thought

There are Twelve Steps, Twelve Traditions and Twelve Concepts. It is a fortunate coincidence that those numbers happen to coincide with the number of months in the year. Allowing a month to work each is a great place to start!

-Bob

For More Information

Visit jaxafg.org for more information on District Three meetings, or any of the events listed here. Other useful sources of information are found at our area's website; afgarea9.org or al-anon.org.