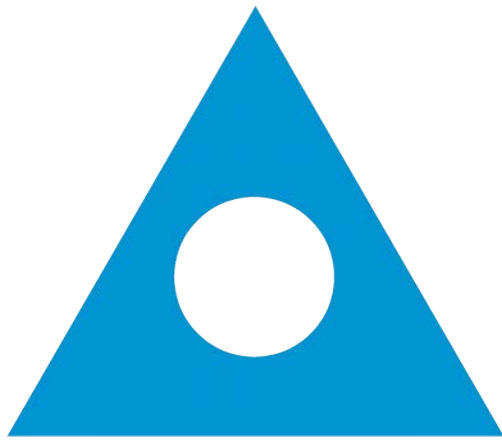


SHARINGS

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



Sharing our...



BECOMING A BEACON

Before Al-Anon, I was like an air traffic control tower that none of the planes would listen to. Eventually I came to understand that none of the planes that seemed to be ignoring me were even flying into the airport. I have come to realize that I can be helpful to others, but it is by becoming more like a lighthouse since my primary influence on others is by giving my example, not my opinion. Through the Twelve Steps I climb to the top of my lighthouse. Having polished my lenses in Steps One through Ten and having had a spiritual awakening in Steps Eleven and Twelve, I become a conduit for the light of my Higher Power. Unlike an air traffic control tower, a lighthouse doesn't need a radio to direct the ships at sea - it simply shines its light into the darkness, and the ships navigate their own course to safety in light of its reference point. -Anonymous



PROGRESS THROUGH ACCEPTANCE

Am I powerless over what others do and say? My clues are when I react with anger, frustration, or embarrassment. Can I turn that person or event over to God? Can I trust God's will? Can I allow God to restore me to sanity & serenity?

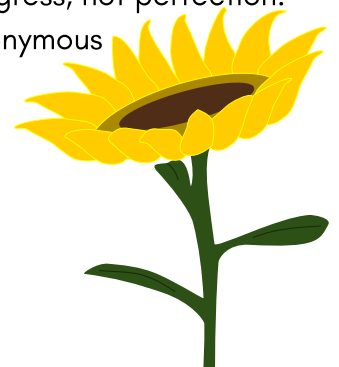
Daily, I write a gratitude list, and also what I practiced accepting that day. Acceptance keeps me from reacting. Many times during the day, I pause and pray for acceptance. Pausing helps stop my old thinking patterns and allows me to flow more freely into acceptance.

I practice acceptance daily. After pointing my finger at others for decades thinking "You change, and I'll be happy," I realized that I'm the one who needed to change.

As I go about my day, I notice people saying and acting differently from me. Why can't others follow the rules of the road? Why can't you put things back where you found them after you use them? What can't you read my mind? I realized I was allowing many people to rob my serenity. So I decided to work

Steps One through Three to return to peace and serenity.

I'm not perfectly able to move towards acceptance instantly, so I'll keep practicing and trusting that my God can and will change my thinking if I keep the taking the actions of Steps One, Two and Three I'll remember that it's progress, not perfection. - Anonymous



Panel 61

January 1, 2021-December 31, 2023

| | | |
|-----------------------------|-----------------|------------------------------------------------------------------------------|
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| 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".

Flyer coming soon at jaxafg.org!

If you are unable to attend our District's workshop you are invited to join District 4 on September 25 or 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.

Alateen

A suggested "script" addition to meeting announcements has been put together regarding Alateen, should your group wish to add this, or something like it.

ALATEEN, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. If you know a young person affected by the family disease of alcoholism, please give them the same chance to recover in Alateen as you do in Al-Anon. There are options for face-to-face and electronic meetings.

Jacksonville's in-person Alateen meeting is on Tuesdays at 8pm at St. Giles Presbyterian Church in Orange Park.

A Final Thought

After stepping up to serve as a Group Representative for my group, I started to understand the phrase "When I got busy, I got better." Working alongside fellow Al-Anons, attending meetings to gather information to share with my group, making new friends at the meetings...those have all been an honor for me to give back in the form of service and has helped me grow in my program. I thank my group for allowing me to serve them. -Anonymous

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Is Live!
Available in English, Spanish, and French.
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al-anon.org/estore