

# SHARINGS

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

SHARING OUR...

**E S H**  
EXPERIENCE STRENGTH HOPE



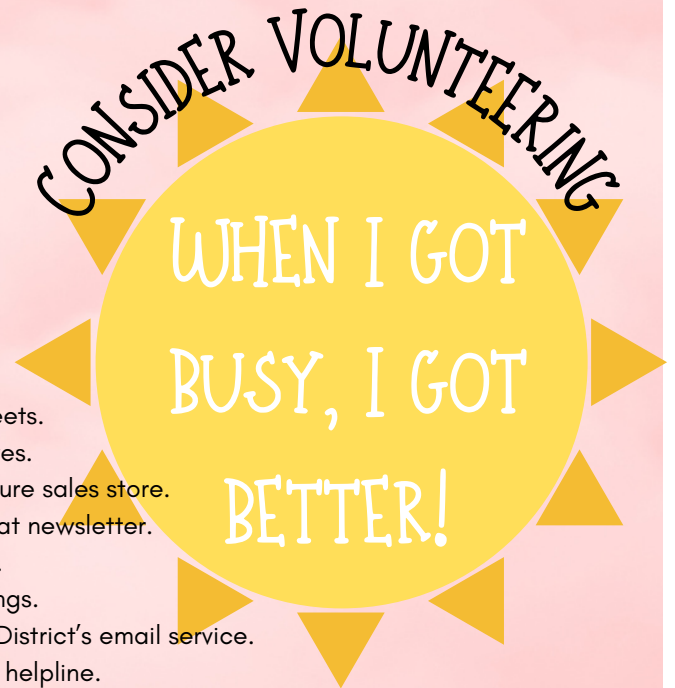
## DISTRICT PANEL POSITIONS

In just 3 short months, service by the members of District 3's Panel 61 will come to an end. But what does this mean?

Every three years, all of the positions available on a District's governing panel are up for election. This gives others the opportunity to serve both Al-Anon and the fellowship of its members.

The District 3 Business meeting will be held only as in-person on November 11 as the nominations and elections will be held that day. The Panel comes to a close at the end of December and the new panel is ushered in Jan 1, 2024. The list below is a simple breakdown of the positions that will be available. More formal job descriptions are found on our website, JaxAFG.org, under the MEMBERS PAGE (near the bottom on the right hand side).

- District Representative** - Leader of the pack.
- Alternate District Rep**-Assistant/Alternate Leader of the pack.
- District Information Service Liaison (DISL)** - Information hub person.
- Alternate DISL** -Assistant/Alternate Information hub person.
- District Treasurer** - Finance person.
- Secretary** - Meeting recorder.
- Alateen Coordinator** - Leader of Alateen program
- AA Liaison**- A bridge person between AA and Al-Anon.
- Archives Chairperson** - Keeper and organizer of our historical paperwork.
- Raffle Chairperson** - Coordinator of gift baskets and raffles at fun events.
- Group Records/Where & When** - Organizer of meeting dates/time info sheets.
- New Group Rep Greeter** - Information point person for Group Representatives.
- LDC/Literature Chair** - Purchasing agent and volunteer organizer for literature sales store.
- Newsletter Editor** - Receives and organizes relevant information for this great newsletter.
- Spanish Liaison** - The bridge between all Spanish functions and the District.
- Speaker Keeper** - Organizes a list of available speakers for our local meetings.
- Technology Chairperson** - Maintains our website jaxafg.org and manages District's email service.
- Telephone Answering Service** - Answering service liaison for local Al-Anon helpline.
- Outreach to Institutions** - Organizes and shares Al-Anon information with medical, mental health, corrections, rehab facilities.
- Outreach to Public/Media** - Organizes and shares Al-Anon information to the general public and to media outlets.
- Outreach to Professionals**-Organizes and shares Al-Anon information and resources to professionals.



**ATTEND THE NOVEMBER 11 DISTRICT BUSINESS MEETING TO LEARN MORE OR TO STAND FOR ANY OF THESE POSITIONS!**  
**9:30-11:30 AM, Christ Episcopal Church, 400 San Juan Dr., Ponte Vedra Beach, FL 32082, Second Floor**

## STAY UP TO DATE

A quick visit to JAXAFG.org will give you access to the most current "Where and When" for meetings in our area. Most meetings have returned to face-to-face and many are offering hybrid options. Four Zoom only meetings are still available! Hope to "See" you soon!

## ONLINE NEWSLETTER

Al-Anon's World Service Office has an online newsletter that is available at al-anon.org on the Members Page. There are great shares about service, contributions, and overall Experience, Strength, and Hope.



# COMING EVENTS

- **September 9** District Business Meeting, Ponte Vedra, FL
- **October 21** Gratitude Luncheon, Mount Dora, FL
- **November 4** Gratitude Dinner, Ormond Beach, FL
- **November 11** District Business Meeting (2024 Budget Meeting and Elections)
- **November 11** Service Workshop, Orlando, FL
- **December 2** Fun Day (Location TBD)
- **December 8-10** Tri-State Winter Weekend, Epworth by the Sea, St. Simons Island, GA

## FOR MORE INFORMATION

Visit [jaxafg.org](http://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](http://afgarea9.org) or by visiting [Al-Anon.org](http://Al-Anon.org).

## Panel 61

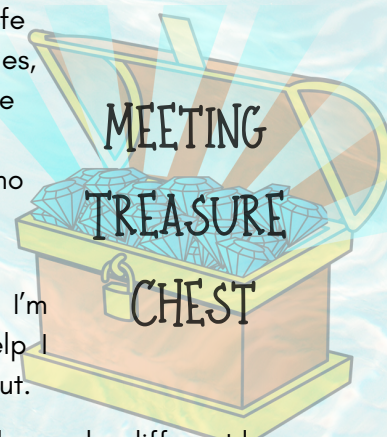
January 1, 2021–December 31, 2023

District Representative	<b>Kathleen</b>	<a href="mailto:dre@jaxafg.org">dre@jaxafg.org</a>
Alternate District Rep	<b>VACANT</b>	<a href="mailto:adre@jaxafg.org">adre@jaxafg.org</a>
DISL	<b>VACANT</b>	<a href="mailto:disle@jaxafg.org">disle@jaxafg.org</a>
Alternate DISL	<b>VACANT</b>	<a href="mailto:altdisl@jaxafg.org">altdisl@jaxafg.org</a>
District Treasurer	<b>Janie</b>	<a href="mailto:treasurer@jaxafg.org">treasurer@jaxafg.org</a>
Secretary	<b>Susan</b>	<a href="mailto:secretary@jaxafg.org">secretary@jaxafg.org</a>
Alateen	<b>Erin</b>	<a href="mailto:alateene@jaxafg.org">alateene@jaxafg.org</a>
Alateen Trainer	<b>Phil</b>	<a href="mailto:alateentrainer@jaxafg.org">alateentrainer@jaxafg.org</a>
AA Liaison	<b>Kathy</b>	<a href="mailto:aal@jaxafg.org">aal@jaxafg.org</a>
Archives	<b>Cam</b>	<a href="mailto:archives@jaxafg.org">archives@jaxafg.org</a>
Raffle	<b>VACANT</b>	<a href="mailto:raffle@jaxafg.org">raffle@jaxafg.org</a>
Group Records/Where & When	<b>Gage</b>	<a href="mailto:records@jaxafg.org">records@jaxafg.org</a>
LDC/Literature	<b>Peg</b>	<a href="mailto:ldce@jaxafg.org">ldce@jaxafg.org</a>
New Group Rep Greeter	<b>VACANT</b>	<a href="mailto:greeter@jaxafg.org">greeter@jaxafg.org</a>
Newsletter Editor	<b>Michelle</b>	<a href="mailto:newslettereditor@jaxafg.org">newslettereditor@jaxafg.org</a>
Spanish Liaison	<b>Maria</b>	<a href="mailto:spanish@jaxafg.org">spanish@jaxafg.org</a>
Speaker Keeper	<b>Jeanie</b>	<a href="mailto:speakerkeeper@jaxafg.org">speakerkeeper@jaxafg.org</a>
Telephone Answering Service	<b>Kristen</b>	<a href="mailto:tase@jaxafg.org">tase@jaxafg.org</a>
Technology	<b>Risa</b>	<a href="mailto:technology@jaxafg.org">technology@jaxafg.org</a>
Outreach to Institutions	<b>Donnie</b>	<a href="mailto:institutionsl@jaxafg.org">institutionsl@jaxafg.org</a>
Outreach to Public/Media	<b>VACANT</b>	<a href="mailto:outreachmedia@jaxafg.org">outreachmedia@jaxafg.org</a>
Outreach to Professionals	<b>VACANT</b>	<a href="mailto:outreachprof@jaxafg.org">outreachprof@jaxafg.org</a>

*Interested in one of these vacant positions listed above? Contact the District Representative at [dre@jaxafg.org](mailto:dre@jaxafg.org) to find out more!*

- The tools of Al-Anon in my path make a big difference in my day. Instead of choosing an old defeating thought, I'm able to replace it with the 3 C's or Let Go and Let God. Is this happening now? Keep it Simple. There are so many good tools to fill my head. I have choices.
- I can get stuck in the fog created by alcoholism. When I feel ashamed, less than, or compare myself to others, under it is the disease which is something I didn't cause, can't cure, and can't control. Today I recognize when I need help, and I have a safe place to find it in Al-Anon.

- Sponsorship has been a safe place to practice boundaries, experience closeness, share experience, strength, and hope, and remember that no one individual is meant to meet all my needs.
- Shame = hide me. When I'm hiding, I can't get the help I need. Honesty is the way out.
- When I came to Al-Anon, I learned a different language and learned how to hear a different language.



## A FINAL THOUGHT

I recently attended a meeting with the topic "Slowing Down" and it prompted a deep dive in myself to consider this as both a reflection of how I did things before and a challenge to do more of what I've learned in the rooms.

Before coming to the program, I based myself and my work on not only the amount of deeds that I did for others but also the speed. I would run myself ragged to get a job done instead of stopping to take a break in the middle of something. Taking a break is for the weak. How strong others will know I am if I don't rest and how very competent I am at the speed of which I worked! I also rarely said "No" when

asked to help out. It didn't matter if it was something I wanted to do, had time to do, or was even good at.

When I came to the rooms, I heard my friends in Al-Anon say "I am enough and I do enough." I learned to check in with my Higher Power when I was asked to do things. I started allowing myself to breathe, relax, and say "No" when I needed to. I learned that someone else's failure to plan a job didn't equal last-minute work for me, unless I had time and energy to do it. What a gift the program has been for me to be able to slow down and enjoy my life on my terms.-Gratefully submitted by an Anonymous Alapal