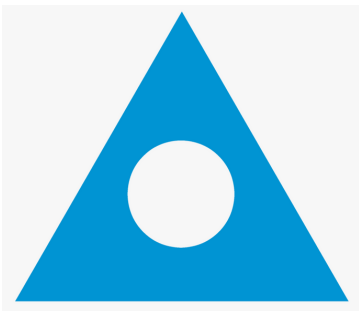


SHARINGS

DISTRICT 3, GREATER JACKSONVILLE, FL

SERVING BAKER, CLAY, DUVAL AND NASSAU COUNTIES



Step Three

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Concept Three

The right of decision makes effective leadership possible.



Sharing for Mutual Aid

What I've come to appreciate about Tradition Three is the part about being gathered together for mutual aid.

In our rooms there is nobody who is an expert at my life; we are all equals and gathering together for the sole purpose of helping ourselves, and each other, by sharing our unique experiences, strength, and hope. I've found that by listening to others I can still hear my story, and when I've shared, to have someone approach me later and say "Me, too" has meant so much. I also love that I can "take what I liked and leave the rest." Al-Anon is a beautiful program that I will be forever grateful for. - Anonymous

Rock On Down to Orlando

The North Florida AFG will be celebrating "Serenity Rocks" at the 2020 Convention, which will be held in Orlando, FL, August 28-30 with both AA and Alateen participation. The convention features workshops, speakers, a banquet, raffle, hospitality suite, shopping boutique, bookstore, fun, fellowship, and lots of laughs.

There are many opportunities for service; there are openings for workshop volunteers, arranging for your group to donate a gift basket, collecting donations to the hospitality suite, or just by attending. To register, or for more information go to afgarea9.org/convention2020. Hope to see you there!

The Right of Decision

It is easy to overlook the meaning of the Third Concept, "The right of decision makes effective leadership possible." However, it has more meaning if I break it down and connect it to other Al-Anon principles. Tradition Two tells us that our leaders are trusted servants and they are part of Traditions One's looking out for our common welfare. I saw a situation where a Group Representative brought information to the group, about an upcoming issue to be voted on at assembly. The issue brought up very strong opinions in the group meeting. After much discussion, we reached a decision.

There was great input from many different members at the assembly. The answers to questions and additional perspectives created several "Aha!" moments. The new information made everyone, including the Group Representative reevaluate the issue. He voted as his Higher Power guided him. This was contrary to his home group's decision. Was he wrong to change his position on the issue? No! He is a trusted servant, duly elected by his group. They have placed their trust in him and each other's Higher Power. If new information is obtained, he has the right to consider it and vote accordingly. We need to remember Al-Anon principles when deciding issues. We cannot control anyone. We trust our elected representatives to do their job. - Bob G

The God Box

How do I practice Step Three? My favorite tool is the God Box. When I'm powerless over something, I write down my surrender and put it in my God Box. It's an action of letting go. Some examples of things I put in the box are people, places, my emotions of others, my mistakes, the mistakes of others, my character defects, fears, and resentments.

Another way I practice this step is to call my Sponsor. She is pretty consistent in taking me to Step Three. Do you trust that if you turn it over to your Higher Power that He will handle your problem? Are you willing to let Him? Can you focus on yourself and your actions? It's all about my commitment to practice Just For Today. I'm willing to let God run the show Just For Today, and that carries me through. -Yelena D

CONFLICT Cafe

Welcome AFG Districts 1, 2, 3, and 4!
Presented by District 2

A Conflict Resolution Workshop
By Cindy J

Coffee, brunch goodies, and raffles

Parkview Baptist Church
3403 NW 13th St (Hwy 441)
Gainesville, FL

Saturday April 4, 2020
10am - 1pm
\$5 at door or pre-sell

Please BRING A FAVORITE BRUNCH ITEM

Coming Events

- **April 4** District Meeting (Jacksonville)
- **April 4** Conflict Resolution Workshop (Gainesville)
- **April 25** Alateen Roundup (St Augustine)
- **May 2** District Meeting (Jacksonville)
- **June 12-14** Alateen Conference (Lake Placid)
- **June 19-21** Area Assembly (Altamonte Springs)
- **July 2-5** AA International Convention (Detroit)
- **August 6-9** FL State AA Convention w/ Al-Anon participation (Jacksonville)
- **August 28-30** AFG Area 9 Florida North Convention (Orlando)
- **October 30-November 1** English Speaking European Al-Anon Convention (with AA participation)



Panel 58

January 1, 2018-December 31, 2020

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Co-op w/ Prof. Community	Laura	cpc@jaxafg.org

Final Thought

I'm in His Care

I had been an Al-Anon member for many years before someone pointed out to me that in Step Three we are making a decision to turn our will and our lives over to the care of God. For many years I had a blind spot missing that one word, "care." This simple word that I had missed had a profound impact in helping me to embrace Step Three.

-John G

For More Information

Visit jaxafg.org for more information on District 3 meetings, or any of the events listed here. Other useful sources are found at N FL area website; afgarea9.org. Further information about Al-Anon can be found at al-anon.org.