



SHARINGS

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

Sharing our...

ESH

Experience Strength Hope



Meeting Treasure Chest

-Anonymous

• "I've learned to recognize the small victories, the times when I am able to acknowledge extreme anger, but not react the old way. I have learned to be my own cheerleader. To wake up everyday and look myself in the mirror and say, 'you are doing a great job, keep trying to improve, God's got you; you are a great person!'"

• "I heard many times 'keep coming back.' This has taken on more than one meaning to me. The obvious one, keep coming back to meetings and the other one which is keep coming back to the program, which for me includes daily readers, meditation, self care, and implementing the Just for Today suggestions."

• "I people-please because I strive for a sense of belonging, of fitting in, and being helpful. This is misguided because saying yes to everyone depletes my energy, leaving little to nothing left with which to respond to my Higher Power's will for me. A wise program friend once told me that when I discern and do what is truly right for me, acting in accord with my authentic self and my Higher Power, it is automatically right for others. I love that revelation."

Practice shared from a member of our fellowship:

The 6 Gs as a Nightly Tenth Step Inventory:

What was Good?

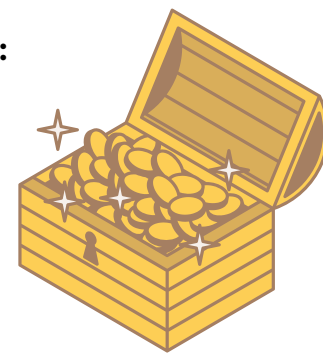
What were the Glitches?

What was I Grateful for?

What are my Goals for tomorrow?

Where did I see God today?

Who do I want to send Good vibes to?



-Note: Please send your tidbits of ESH to be published in the next Sharings to:
newslettereditor@jaxafg.org

PANEL 64 MEMBERS & EMAILS

Panel 64

January 1, 2024–December 31, 2026

District Representative	Janie	drejaxafg.org
Alternate District Rep	VACANT	adrejaxafg.org
DISL	VACANT	disljaxafg.org
Alternate DISL	VACANT	altdisljaxafg.org
District Treasurer	Gage	treasurerjaxafg.org
Secretary	Ray	secretaryjaxafg.org
Alateen	Sandy	alateenjaxafg.org
AA Liaison	Kristen	aaljaxafg.org
Archives	VACANT	archivesjaxafg.org
Raffle	Shelley	rafflejaxafg.org
Group Records/Where & When	Chris	recordsjaxafg.org
LDC/Literature	Jackie	ldejaxafg.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	Lillyn	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 District Representative at drejaxafg.org to find out more!

OPEN POSITIONS

Current open positions:

Alternate District Rep

Archives

Information Service Liaison (DISL)

Alternate District Information Service Liaison (Alt DISL)

Outreach to Professionals Chairperson

Outreach to Public & Media Chairperson

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

We hope you will consider serving.

**“When I got busy,
I got better!”**

COMING EVENTS

- **August 1- 4** 67th Florida State AA Convention (with Al-Anon Participation), Jacksonville, FL
- **August 17** North Florida Area 9 Service Workshop: Joys of Service, Clearwater, FL
- **September 6-8** 2024 Florida North AFG Convention, Hilton Daytona Beach Oceanfront Resort, Daytona Beach, FL
- **December 7** District Fun Day, TBD
- **December 13-15** Tri State Winter Weekend, St. Simon’s Island, GA

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.

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 in the memo portion so that your group will get credit for the contribution.

Florida North Area 9

NFA AFG, Inc.
1700 N. 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/