



# SHARINGS

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

Sharing our...

# ESH

Experience Strength Hope



## Meeting Treasure Chest *-Anonymous*

- In Al-Anon I have learned to check my motives. I have also learned to pray for guidance. And when I make a mistake, I know to admit it and have self-compassion.
- Choices are not easy to make, but sometimes the right choice is staring me right in the face and yet doubt is always knocking at my door. I am grateful for a patient Higher Power who will further illuminate my path when I feel unsure.
- I've recently had to make some adjustments with the people I allow into my safe space. Establishing some boundaries with people that I don't want to remove from my life, just need some more distance as their unhealthy choices and hurtful words have been pulling me down.
- I can show love to people without letting them steam roll over my serenity. Tolerance is made possible when I put some distance between myself and unhealthy situations and people.

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

# PANEL 64 MEMBERS & EMAILS

## Panel 64

January 1, 2024–December 31, 2026

District Representative	<b>Janie</b>	<a href="mailto:dr@jaxafg.org">dr@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:disl@jaxafg.org">disl@jaxafg.org</a>
Alternate DISL	<b>VACANT</b>	<a href="mailto:altdisl@jaxafg.org">altdisl@jaxafg.org</a>
District Treasurer	<b>Gage</b>	<a href="mailto:treasurer@jaxafg.org">treasurer@jaxafg.org</a>
Secretary	<b>Ray</b>	<a href="mailto:secretary@jaxafg.org">secretary@jaxafg.org</a>
Alateen	<b>Sandy</b>	<a href="mailto:alateen@jaxafg.org">alateen@jaxafg.org</a>
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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 District Representative at [dr@jaxafg.org](mailto:dr@jaxafg.org) to find out more!*

# COMING EVENTS

- **December 7** District Fun Day, TBD
- **December 13-15** Tri State Winter Weekend, St. Simon's Island, GA
- **August 29-31, 2025** Convention



## 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 North FL area website [afgarea9.org](http://afgarea9.org) or by visiting [Al-Anon.org](http://Al-Anon.org).

## 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
- “I got better when I got busy!”**  
**Please email [dr@jaxafg.com](mailto:dr@jaxafg.com)**  
**if you have questions!**

**WELCOME**  
 Winter

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 [treasurer@jaxafg.org](mailto:treasurer@jaxafg.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/](http://Al-Anon.org/contributions/)