

SHARINGS

District 3, Greater Jacksonville, Florida

January 2015 – Panel 55

MEETING NEWS

■ NEWCOMER'S MEETING SAN MARCO

Effective January 2015, a **Newcomer's Meeting** will be held Wednesdays, from 1 to 1:30 pm, just prior to the regular 1:30 to 2:30 pm meeting at the San Marco clubhouse (upstairs at 1423 San Marco Blvd.).



FROM THE EDITOR to GROUP REPRESENTATIVES:

SHARINGS is a great tool for communicating meeting changes, speaker meetings, anniversary meetings, potluck meetings, etc. Email me at newslettereditor@jaxafg.org so I can inform our members of your meeting news.

Personal Sharings

The following was shared online (with permission to reprint in "SHARINGS").

Clearly facing reality is about the Steps. In Step One I face the reality of powerlessness. In Step Two I face that there is help, and in Step Three I acknowledge that I need help and all I have to do is ask for it.

In Step Four I start the process of self-discovery and in Step Five admit to the reality of who I am to my Higher Power and another person...very difficult to do.

In Steps Six and Seven I learn about the character defects that have held me back and I gain humility. In Steps Eight and Nine I learn to put this new reality into practice by being honest with someone in my life.

I continue the process in Steps Ten and Eleven daily by looking at reality through my prayer and meditation or my quiet time with my Higher Power and being given the courage to face it squarely.

Finally for me it has been through the Twelfth Step that I've recently come to an ability to look squarely at my reality with others in my group. Attraction rather than promotion. It's not all down to me. It can begin with me but I'm not the authority...on everything!

~ Catherine, England

SPECIAL NEWS! EXECUTIVE DIRECTOR OF WORLD SERVICE OFFICE OF AL-ANON COMING TO JACKSONVILLE

Area Service Workshop Program Chairperson, Tina D., is pleased to announce that Ric B., World Service Office (WSO) Executive Director, will be speaking at our Panel 55 2015 North Florida AFG Area Service Workshop, "Weeds to Seeds," Saturday, March 14. (See flier below.)

According to Tina D., "Al-Anon's best-kept secret..." a quote from *Paths to Recovery*, p. 247, is about to be revealed! You're encouraged to come hear Ric B. share with us the value of Al-Anon's Twelve Concepts and how they apply to service work, which can enrich your recovery.

District 3 is honored to host this important event, which promises to be both fun and informative. The program will be attended by Al-Anon members from all over the North Florida Area (NFA), presenting the opportunity to meet many other Al-Anon members and help one another grow through service. You won't want to miss this chance to hear Ric B. Make plans now to join us at the "Weeds to Seeds" Area Service Workshop. Registration information is below.

Our District is also seeking volunteers to host visitors from other districts who plan to attend. Visitors need accommodations for one or two nights in your home. Opening your doors to other members is a great way to meet new people in Al-Anon while providing service within our Fellowship.

To take advantage of this service opportunity, contact your Group Representative or Elaine J. Elaine's contact information can be found on a printed version of this issue of "Sharings" or by asking your Group Representative.

For full-size form, click [here](http://www.jaxafg.org/2015%20Service%20Workshops%20Flyer.pdf) or go to <http://www.jaxafg.org/2015%20Service%20Workshops%20Flyer.pdf>

**SATURDAY,
MARCH 14TH**

**9AM TILL 4PM
BREAKFAST &
LUNCH INCLUDED**

Arlington United
Methodist Church
Wesley Hall
1400 University
Blvd N
Jacksonville FL
32211

"I am new to
Al-Anon. What's
service all about?"



**Panel 55
2015
North Florida AFG
Area Service Workshop**

HOSTED BY DISTRICT 3
GREATER JACKSONVILLE
(ARLINGTON, CLAY, DUVAL, HARRIS COUNTY)
FLORIDA

WEEDS TO SEEDS

This year's event is based on how exciting and necessary service is. Service is the fertilizer in our garden. The correct amount and appropriate kind of service work can cause our lives to be filled with bright, healthy, long-lasting blooms.

- Bring Love Gifts
- Bring Raffle Items With A Gardening Theme
- Gardening Attire Welcomed



Mail in Registration Form

2015 NORTH FLORIDA AFG AREA SERVICE WORKSHOP	
Name _____	Al-Anon \$10 Alateen Registration is Free
Address _____	<input type="checkbox"/> would like to be hosted by a member (includes housing) One night or two? Allergies?
Phone _____	Workshop registration includes... breakfast, lunch, free childcare, free registration for Alateens, and live gift
E-Mail _____	E-Mail: al-anon@jaxafg.org (Address your message to Tina)

Mail registration & make checks payable to: NFA AFG, PO Box 2392, Orange Park, FL 32073

**START THE NEW
YEAR OFF THE
RIGHT WAY!
RESERVE YOUR
SPOT NOW FOR
THE 26TH ANNUAL
NORTH FLORIDA
AREA AFG 2015
CONVENTION!**

▲ 26th ANNUAL ▲

**North Florida Area AFG
2015 Convention**



**Taking Care of Business
The Al-Anon Way
Hosted by District 6**

IT'S NOT TOO EARLY TO START PLANNING!

SEPTEMBER 18-20, 2015!

VISIT TAKINGCAREOFBUSINESS2015.COM
FOR INFORMATION AND LINKS TO RESER-
VATIONS AT THE BEAUTIFUL TRADE WINDS
ISLAND RESORT ON ST. PETERSBURG
BEACH, FLORIDA.

Personal Sharings

Detachment With Love

The concept of "Detachment with Love," as mentioned in Al-Anon meetings, was difficult for me to understand. Before I could learn what that meant to me, I had to realize how attached I was to my loved one who drinks. How many hours had I spent pacing the floor when he didn't come home? On the first Christmas in sobriety, he went to his meeting and didn't come home in time for our Christmas dinner. I found myself doing the same behavior as when he was drinking — pacing the floor and worrying. When I shared this at an Al-Anon meeting, there was gentle laughing as everyone related and I found I could smile as I realized I really did need Al-Anon.

~ Anonymous

DISTRICT 3 CALENDAR

- Friday, Feb. 6 – Sunday, Feb. 8, 2015AWSC (Area World Service Committee)
<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275674&key=33DAEDA4>
(Group rate available until Jan. 12, 2015)
- Saturday, March 14, 2015.....North Florida AFG
Area Service Workshop*
(See flier on page 1)
- Friday, May 1 – Sunday, May 3, 2015.....Spring Assembly
<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275676&key=5E956DE>
(Group rate available until April 1, 2015)

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211, in Wesley Hall. Meetings begin at 9:30 am with doors opening at 9 am. Start times for events such as Workshops and Fun Days may vary. Please check fliers or jaxafg.org for event times.

*All Al-Anon members are invited to this event.

 Babysitting services are available at all District Business Meetings and Fun Day events.

TELEPHONE ANSWERING SERVICE

The Telephone Answering Service (TAS) is composed of volunteers who take telephone calls and answer messages from people seeking information about the Al-Anon program, as well as where and when to find a meeting.

Our volunteers share their experience, strength, and hope with families who

are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 35 telephone calls and 6 emails in December.

If you would like to help or need more information, please contact Mark F. at al-anon.alateen@jaxafg.org.

DISTRICT 3 TRUSTED SERVANTS

PANEL 55
JANUARY 1, 2015 – DECEMBER 31, 2017

- Sally O. District Representative dr@jaxafg.org
Gage M. Alternate District Rep. adr@jaxafg.org
Mark F. AISL al-anon.alateen@jaxafg.org
VACANT Alternate AISL altaisl@jaxafg.org
Maddy P. District Treasurer treasurer@jaxafg.org
Curt S. Secretary secretary@jaxafg.org
Beth H. Alateen alateen@jaxafg.org
VACANT Alateen Trainer dr@jaxafg.org
Tina D. AA Liaison/Spanish Liaison aal@jaxafg.org
VACANT Archives archives@jaxafg.org
VACANT Area Raffle raffle@jaxafg.org
Toni C. Group Records records@jaxafg.org
Roxanne A. LDC/Literature ldc@jaxafg.org
Charlene S. New Group Rep. Greeter al-anon@jaxafg.org
Risa G. Newsletter Editor newslettereditor@jaxafg.org
VACANT Speaker Keeper al-anon@jaxafg.org
VACANT Telephone Answering Svc. tas@jaxafg.org
Freddie S. Webmaster webmaster@jaxafg.org
Jerry B. Where & When ww@jaxafg.org
Rhonda D. Institutions institutions1@jaxafg.org
VACANT Public Information/Media pi@jaxafg.org
VACANT Co-op w/Prof. Community cpc@jaxafg.org

Interested in serving in one of the vacant positions on Panel 55 or simply wish to learn more about the positions available? Contact the District Representative at dr@jaxafg.org.

Next SHARINGS submission deadline is Sunday, February 8, 2015, 9 pm ■ email: newslettereditor@jaxafg.org



SHARINGS

District 3, Greater Jacksonville, Florida

February 2015 – Panel 55

SERVICE OPPORTUNITY

**Can you spare one hour a month?
The LDC needs you!**

District 3 Literature Distribution Center (LDC), located at the San Marco Clubhouse (click [here](#) for map) is currently seeking a volunteer to operate the center during its regularly scheduled hours on Wednesday, from 2:30 to 3:30 pm, on the **THIRD** or **FOURTH WEDNESDAY** of each month. Duties include opening and closing the center, filling orders for Conference Approved Literature, collecting monies and writing receipts. Training is provided.

If you are interested or would like more information, please contact Roxanne at ldc@jaxafg.org.

AREA SERVICE WORKSHOP REGISTRATION STILL OPEN!

It's not too late to register for "Weeds to Seeds," the North Florida AFG Area Service Workshop, scheduled for Saturday, March 14th, 9 am to 4 pm.

District 3 is honored to host this important event, which promises to be both fun and informative. The program will be attended by Al-Anon members from all over the North Florida Area (NFA), presenting the opportunity to meet many other Al-Anon members and help one another grow through service.

You won't want to miss this chance to hear our special guest speakers. We're happy to have Ric B., World Service Office (WSO) Executive Director, speak about Al-Anon's Twelve Concepts and how they apply to service work. In addition, we'll hear Georgia delegate Cathy O. share how she got involved in service and the difference that it's made.

See page 2 for **UPDATED FLYER** and **REGISTRATION** information.

Special Note: Our District is seeking volunteers to host attendees from other districts. Visitors need accommodations for one or two nights in your home. To take advantage of this service opportunity, contact your Group Representative or Elaine J. Elaine's contact information can be found on a printed version of this issue of "Sharings" or by asking your Group Representative.

Also Needed: A volunteer to serve as Food Chairperson. Contact Tina D. at aal@jaxafg.org.

Personal Sharings

Point of View

In the back of our apartment was an ugly wing chair with fabric of brown and yellow flowers that had been scratched to shreds by our cat. It sat at a 45-degree angle, facing away from the house so that its occupant had a view through the sliding glass door. Unfortunately, my mother slumped in the chair almost every evening, legs crossed, sipping slowly on scotch on the rocks, smoking her long, brown cigarettes. She would stare out of that window as if the view appeared interesting; however, the only

thing to see was our messy patio bordered by a three-foot wall of brick. Often, Gordon Lightfoot would play on the stereo.

I was 26 years old before I was introduced to Al-Anon, and it was in an effort to "get her sober" by signing her into a residential rehab facility after she hinted that she was going to kill herself...again. As a family member of an alcoholic, I learned two very important things that summer that changed my life. First, the drinking is not the problem for the alcoholic; it is her solution. With this information, I was able to identify that it hurt more to see her depression than it did her drunkenness. Second, I learned the Serenity Prayer with a new slant. It goes like this:

God, grant me the serenity to accept the person I cannot change; the courage to change the person I can; and the wisdom to know that the person is me.

Thanks to Al-Anon, I am spending time focusing on myself and making life better rather than wasting time blaming others and trying to change and control everything and everyone around me. My prayer is that I will one day grow in understanding and love for the mother who was also hurting. As I listen to others in Al-Anon share their stories of hurt and hope, I believe my prayers are being answered.

~ KW, Jacksonville

Next SHARINGS submission deadline is Sunday, March 8, 2015, 9 pm ■ email: newslettereditor@jaxafg.org

2015 Feb page 1

Personal Sharings

I lean to my program using the three "A's."

AWARENESS: Alateen needs meetings and Sponsorship in District 3.

ACCEPTANCE: The teens are part of this family of recovery.

ACTION: Serve as a Sponsor or Co-Sponsor with a commitment for one year and become the solution.

~ Beth H., Orange Park

SERVICE VOLUNTEERS HELPED FAMILIES IN RECOVERY

Throughout last year, several Al-Anon members from District 3 volunteered to bring Introductory Meetings to the family members of patients at Stepping Stone Center for Recovery, in Jacksonville. The meetings were well-received as the following letter, from one of the counselors, shows:

"To Al-Anon Volunteers from a Stepping Stones Family Counselor: Thanks so much for all you guys did! Having Al-Anon come was a great advantage to our families. We received so much positive feedback from the families the next day after our meetings, letting us know how they loved being introduced to Al-Anon and how they, more than likely, would have never gone, or that they had gone to a meeting in their home town and they experienced much more positive an experience at ours, giving them the encouragement to try another meeting once they returned home. We really feel this was such a strong component to help the families find support in order for them to get well.

We thank you for all you have done and for your continued support with these meetings."

For full-size form, click [here](http://www.jaxafg.org/2015%20Service%20Workshops%20Flyer.pdf) or go to <http://www.jaxafg.org/2015%20Service%20Workshops%20Flyer.pdf>

SATURDAY, MARCH 14TH

9 AM TILL 4 PM
BREAKFAST & LUNCH INCLUDED

**Panel 55
2015 North Florida AFG
Area Service Workshop
Hosted By District 3**

COME JOIN
THE FUN!



WEEDS TO SEEDS

This year's event is based on how exciting and necessary service is. Service is the fertilizer in our garden. The correct amount and appropriate kind of service work can cause our lives to be filled with bright, healthy, long-lasting blooms.

- Weeds Can Be Pulled And Seeds Planted
- Bring Raffle Baskets—Gardening Theme Welcome/Not Required
- Cathy O—Georgia Delegate will share her story
- Ric—Executive Director from Al-Anon's World Service Office in Virginia will share on the Concepts
- Panel 55 Coordinators will be available to meet and greet
- Speakers will be recorded and CD's available at the event only
- Pick up a sharing from North Florida District Representatives
- We have Love Gifts for You
- Free Childcare
- Gardening Attire Welcome

Mail in Registration Form

2015 NORTH FLORIDA AFG AREA SERVICE WORKSHOP

Al-Anon \$10 Alateen Registration is Free

Name _____

Address _____

Phone Number _____

would like to be hosted by a member (includes housing)
One night or two? Allergies?

Workshop registration includes...
Fellowship, learning, breakfast, lunch, free childcare, free registration for Alateens, love gifts, and raffle baskets

E-Mail: al-anon@jaxafg.org (Address your message to Tina)

Mail registration: make checks payable to: NFA AFG, PO Box 2392, Orange Park, FL 32073

TELEPHONE ANSWERING SERVICE

The Telephone Answering Service (TAS) is composed of volunteers who take telephone calls and answer messages from people seeking information about the Al-Anon program, as well as where and when to find a meeting.

Our volunteers share their experience, strength, and hope with families who

are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 54 telephone calls and 6 emails in January.

If you would like to help or need more information, please contact Mark F. at aisl@jaxafg.org.

For more information about Al-Anon Family Groups – District 3



Web site: jaxafg.org
Email: al-anon@jaxafg.org



904-350-0600

SHARE YOUR THOUGHTS ABOUT AL-ANON. ANONYMOUS MEMBER SURVEY AVAILABLE ONLINE THROUGH FEBRUARY 22.

2015 Feb page 2

MEETING NEWS

■ ALATEEN MEETING

An Alateen meeting is held Tuesdays, 8 pm, in connection with the 8 pm Just in Time AFG, at St. Giles Presbyterian Church, 116 Foxridge Road, Orange Park. For info, contact Beth H. at alateen@jaxafg.org.

■ DISBANDED MEETINGS

The following two meetings have disbanded:

1. Yulee Daytime AFG
Thursday, Noon
2. Cove Life AFG
Wednesday
3. Sunday Night 12 & 12 AFG
7 pm

■ SPEAKER MEETINGS

The following groups have regularly scheduled Speaker Meetings:

Language of the Heart AFG

First Monday of Each Month, 6:30 pm
400 Penman Road, Jax Beach

Hope for Today AFG

Fifth Monday of Each Month, 7 pm
Encounter Christian Church
2311 Starratt Road, Jacksonville

Serenity Seekers AFG

Fifth Wednesday of Each Month, Noon
New Covenant Ministries
2360 St. John's Bluff Rd., Jacksonville

San Marco AFG

First Wednesday of Each Month, 1:30 pm
San Marco Clubhouse
1423 San Marco Blvd., Jacksonville

■ SPANISH-SPEAKING MEETINGS

There currently are no Spanish-speaking meetings available in District 3.

Please visit jaxafg.org for the most up-to-date meeting listings.



FROM THE EDITOR TO GROUP REPRESENTATIVES:

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Personal Sharings

The Story Behind the Story

Last February, Gail A. and I had just started going to Stepping Stone Center for Recovery to talk to families. After a couple of meetings, the director asked us to tell our Al-Anon Success Story. A new Al-Anon was quick to tell about her son who had gone through the treatment center and was clean and sober. I froze because my son had not gotten sober after two treatment centers. In fact, he committed suicide and died about 25 years ago. What kind of hope is that? Then I realized, I am my Al-Anon success story.

Soon afterwards in March, I attended the North Florida Area Service Workshop in Melbourne. We were asked to write about a service experience and not to worry about the spelling or grammar. Just write. So I wrote about the experience above. Our Alternate Delegate collected our papers and placed them in a large manila envelope. I promptly forgot about it.

At Flo D.'s funeral several years ago, we received butterfly bush seeds. Mine has grown and multiplied and returned each spring. I have tried to bring butterfly bush flowers inside as cut flowers, but they wilt before getting to the vase. This November, Jacksonville had its first almost-freeze. The butterfly bush flowers were so pretty, I decided to try anyway. Sure enough, they stayed pretty and grew four caterpillars. I watched as they grew and ate away at the leaves. One day I happened to see the largest caterpillar turning inside out and forming a beautiful, light-green chrysalis. A day later, it was trimmed in gold, so I knew it was a monarch.

I was visiting my sister the last week of December, so I missed the butterfly coming out of the chrysalis. A couple of days later, I found it! It lazed around as the weather is cool this year for at least two weeks.

Every year, I choose a different Daily Reader for my morning prayer time. This year, I am



reading "Having Had a Spiritual Awakening," and the first part is how to see God in Nature. I thought this was God's gift to me to go along with my butterfly story. But there is more...

January 30th, I received my February Forum. Page 5 has my very first published story and, much to my surprise, a lovely photo of a monarch butterfly. It looks just like the one we put on my son's grave marker those many years ago. I still tear up every time I look at the page. So much of this is beyond anything I could have planned or even thought of doing. You may call it a coincidence, but with this many things falling into place, I chose to believe it certainly is a "God Thing."

~ Carolyn H., Jacksonville

Personal Sharings

I came to realize that I accept thoughts that support my codependent values, codependent beliefs, codependent memories, codependent experiences, and codependent survival skills. Because of my thoughts, I attracted the right people who knew how to dance the dance with me.

*The only way to create the dance I want is to **stay** in recovery. There is no cure for codependency. It can be in every thought I think. So to change my dance, I change my thought. Al-Anon is a program that showed me the steps to a new dance.*

~ Tina D.

DISTRICT 3 CALENDAR

- Saturday, March 14, 2015.....North Florida AFG
Area Service Workshop*
(See flier on page 2)
- Saturday, April 11, 2015.....District 3 Business Meeting*
- Friday, May 1 – Sunday, May 3, 2015.....Spring Assembly
<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275676&key=5E956DE>
(Group rate available until April 1, 2015)

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*All Al-Anon members are invited to this event.

 Babysitting services are available at all District Business Meetings and Fun Day events.

MAILING ADDRESSES FOR DONATIONS

CLIP AND SAVE this section!
It contains the new mailing addresses for donations:

District 3 Mailing Address:

Al-Anon District 3
PO Box 16513
Jacksonville, FL 32245

District 3 Donations:

District 3 AFG
PO Box 16513
Jacksonville, FL 32245

North Florida Area Donations:

NFA AFG
PO Box 730306
Ormond Beach, FL 32073-0306

World Service Office Donations:

AFG, Inc.
1600 Corporate Landing Pkwy.
Virginia Beach, VA 23454-5617

DISTRICT 3 TRUSTED SERVANTS

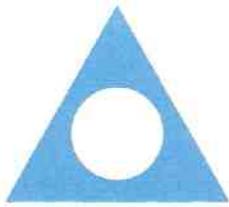


Sally O.	District Representative	dr@jaxafg.org
Gage M.	Alternate District Rep.	adr@jaxafg.org
Mark F.	AISL	aisl@jaxafg.org
VACANT.....	Alternate AISL.....	altaisl@jaxafg.org
Maddy P.	District Treasurer	treasurer@jaxafg.org
Curt S.	Secretary	secretary@jaxafg.org
Beth H.	Alateen	alateen@jaxafg.org
Charlene S.	Alateen Trainer.....	alateen@jaxafg.org
Tina D.	AA Liaison/Spanish Liaison	aal@jaxafg.org
Carolyn I.	Archives.....	archives@jaxafg.org
VACANT.....	Area Raffle.....	raffle@jaxafg.org
Toni C.	Group Records.....	records@jaxafg.org
Roxanne A.	LDC/Literature.....	ldc@jaxafg.org
Charlene S.	New Group Rep. Greeter	greeter@jaxafg.org
Risa G.	Newsletter Editor.....	newslettereditor@jaxafg.org
David G.	Speaker Keeper.....	speakerkeeper@jaxafg.org
VACANT.....	Telephone Answering Svc.	tas@jaxafg.org
Freddie S.	Webmaster	webmaster@jaxafg.org
Jerry B.	Where & When	ww@jaxafg.org
Lynn B.	Institutions	institutions1@jaxafg.org
Marty S.	Public Information/Media	pi@jaxafg.org
VACANT.....	Co-op w/Prof. Community	cpc@jaxafg.org

Interested in serving in one of the vacant positions on Panel 55 or simply wish to learn more about the positions available? Contact the District Representative at dr@jaxafg.org.

Next SHARINGS submission deadline is Sunday, March 8, 2015, 9 pm ■ email: newslettereditor@jaxafg.org

2015 Feb page 4



SHARINGS

District 3, Greater Jacksonville, Florida

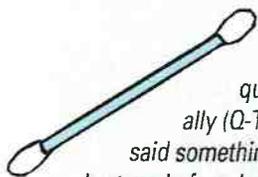
March 2015 – Panel 55

Personal Sharings

Al-Anon Family Groups have one focus: to help friends and families of alcoholics. However, Al-Anon's 2009 Membership Survey reported that one in three Al-Anon members first came to Al-Anon Family Groups because of a friend or relative who had a drug problem. But after learning more about alcoholism and its effects, nearly nine in ten came to realize that alcohol abuse was also part of the overall problem that included both drugs and alcohol.

~ Anonymous

Recently, I visited my sister for the first time in more than five years. Our time together was usually unpleasant because I always got so mad or got my feelings hurt when I was around her.



Al-Anon has taught me to quit taking it personally (Q-TIP). When my sister said something that would have hurt me before, I was able to step back, not react and give myself time to figure out what was happening. I realized it had nothing to do with me and I could stay out of it and mind my own business.

We had a wonderful time together and I plan on going to see her again soon. I am proud of myself and grateful to Al-Anon for helping me change.

~ Anonymous

WORD SEARCH PUZZLE:

STRENGTHENING YOUR RECOVERY THROUGH CONFERENCE APPROVED LITERATURE



Find/circle the following titles of some of Al-Anon's Conference Approved Literature in the puzzle above. Titles appear up, down, and diagonally. Have fun!

IN ALL OUR AFFAIRS
AS WE UNDERSTOOD
BLUEPRINT FOR PROGRESS
COURAGE TO CHANGE
DISCOVERING CHOICES

FROM SURVIVAL TO RECOVERY
HOPE FOR TODAY
ONE DAY AT A TIME IN AL-ANON
THE FORUM
AL-ANON FACES ALCOHOLISM

MEETING NEWS

For the most accurate and current meeting information, please visit jaxafg.org and click on "Find a Jacksonville Area Meeting."

■ REINSTATED MEETING

The Fruit Cove AFG #503441 has been reinstated. The group meets Wednesday at 8:30 pm at Fruit Cove Baptist Church, located at Annex AR Bldg. - 107, 501 State Road 13, Fruit Cove.



FROM THE EDITOR to GROUP REPRESENTATIVES:

SHARINGS is a great tool for communicating meeting changes, speaker meetings, anniversary meetings, pot-luck meetings, etc. Email me at newslettereditor@jaxafg.org so I can inform our members of your meeting news.

HEARD AT A MEETING

GOD, GIVE ME GRACE TO PUT SPACE BETWEEN IMPULSE AND ACTION.

Personal Sharings

I keep coming back so that I can stay connected to the spiritual vitamins/principles and use them in my life, which helps me to help myself as well as others.

~ Bess E., Jacksonville

Personal Sharings

Making Choices

It's difficult to recognize our need for Al-Anon. After my first meeting, I waited 20 years before returning.

A friend recently told me about a harrowing night with drinking friends. She was the only one sober and experienced their ridicule, screaming and fighting: alcoholic chaos! I had a realization about why Al-Anon is important for those of us who love alcoholics. The alcoholic's way of life is unpredictable and lacks the serenity and peace that I need and deserve.

We need to know that we can CHOOSE our surroundings! I can do something positive for myself, like go to a meeting with people who support me and treat me with kindness, or read my Al-Anon Conference Approved Literature. Why spend time with someone who is humiliating herself or me? Al-Anon shows me that there is another way and gives me the tools I need to fill my basket with good things rather than to continue living my life feeling defeated and depleted!

I am so glad I went back the second time and that I can keep coming back!

~ KW, Jacksonville

Did you attend the
"WEEDS TO SEEDS"
Panel 55
2015 North Florida AFG
Area 9
Service Workshop
on March 14th?

Share how it helped you in your program. Send sharings to newslettereditor@jaxafg.org

(Please keep your submission to 300 words or less.)

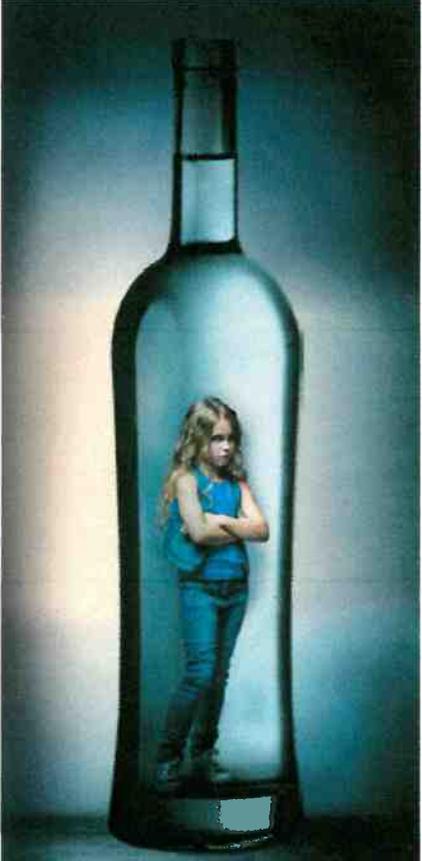
Personal Sharings

Leading a Meeting

Why am I so nervous when I lead a meeting? I prepare, find stuff in the literature, dress nicely, and I know the folks. But I am still nervous.

But I do it anyway. My Sponsor helps give me the confidence to know that I can't ruin Al-Anon in one hour.

~ Anonymous



NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC.

Al-Anon Family Groups
Over sixty years of hope for the families and friends of problem drinkers.
www.jaxafg.org
904 350 0600

©2014 AL ANON INT'L OFC INC

NORTH FLORIDA SPRING ASSEMBLY

Friday, May 1 – Sunday, May 3, 2015
Orlando, Florida

District Representatives, AISLs (AI-Anon Information Service Liaisons), and Group Representatives attend. Groups are encouraged to send a Group Representative or a Group Contact. All AI-Anon members are welcome to attend.

RESERVATION INFORMATION:

Group Name: AFG (AI-Anon Family Groups)
Hotel: Sheraton Lake Buena Vista Resort
To make reservations online, go to:
<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275676&key=5E956DE>

DISTRICT 3 CALENDAR

- Saturday, April 11, 2015 District 3 Business Meeting *
- Friday, May 1 – Sunday, May 3, 2015 North Florida Spring Assembly *
(see note at left)
- Saturday, June 13, 2015 District 3 Fun Day *
(Details to come soon!)
- Saturday, July 11, 2015 District 3 Business Meeting *

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211, in Wesley Hall. District Business Meetings begin at 9:30 am with doors opening at 9 am. Start times for events such as Workshops and Fun Days may vary. Please check fliers or jaxafg.org for event times.

*All AI-Anon members are invited to this event.



Babysitting services are available at all District Business Meetings and Fun Day events.

TELEPHONE ANSWERING SERVICE



The Telephone Answering Service (TAS) is composed of volunteers who take telephone calls and answer messages from people seeking information about the AI-Anon program, as well as where and when to find a meeting.

Our volunteers share their experience, strength, and hope with families who are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 34 telephone calls and 6 emails in February.

If you would like to help or need more information, please contact Mark F. at aisl@jaxafg.org.

DISTRICT 3 TRUSTED SERVANTS



- Sally O. District Representative dr@jaxafg.org
- Gage M. Alternate District Rep. adr@jaxafg.org
- Mark F. AISL aisl@jaxafg.org
- VACANT Alternate AISL altaisl@jaxafg.org
- Maddy P. District Treasurer treasurer@jaxafg.org
- Curt S. Secretary secretary@jaxafg.org
- Beth H. Alateen alateen@jaxafg.org
- Charlene S. Alateen Trainer alateen@jaxafg.org
- Tina D. AA Liaison/Spanish Liaison aal@jaxafg.org
- Carolyn H. Historian historian@jaxafg.org
- Carolyn I. Archives archives@jaxafg.org
- VACANT Area Raffle raffle@jaxafg.org
- Toni C. Group Records records@jaxafg.org
- Roxanne A. LDC/Literature ldc@jaxafg.org
- Charlene S. New Group Rep. Greeter greeter@jaxafg.org
- Risa G. Newsletter Editor newslettereditor@jaxafg.org
- David G. Speaker Keeper speakerkeeper@jaxafg.org
- VACANT Telephone Answering Svc. tas@jaxafg.org
- Freddie S. Webmaster webmaster@jaxafg.org
- Jerry B. Where & When www@jaxafg.org
- Lynn B. Institutions institutions1@jaxafg.org
- Marty S. Public Information/Media pi@jaxafg.org
- VACANT Co-op w/Prof. Community cpc@jaxafg.org

Interested in serving in one of the vacant positions on Panel 55 or simply wish to learn more about the positions available? Contact the District Representative at dr@jaxafg.org.

Personal Sharings

When I signed up as a service person to introduce Al-Anon to institutions in the Greater Jacksonville Area, I was excited but also scared; "What if I cannot promote Al-Anon correctly? What if I cannot come across as eloquently and knowledgeable about Al-Anon as a 'professional' Al-Anon speaker?" Then my intuition said, "Just be yourself and talk about what Al-Anon has done for you."

I thought, "That will be easy, given the help Al-Anon gave me when my qualifiers were breaking in to my apartment, stealing and hacking into all my devices in order to intimidate me into such despair that I would eventually check myself into an institution.

To my qualifiers' dismay, I instead checked myself into Al-Anon groups that transformed me into a more peaceful, secure, stronger and sane individual. I was no longer the paranoid, helpless and

angry victim they would have hoped to perplex, but instead, thanks to Al-Anon, I blossomed into a self-assured, independent and assertive woman who was only accomplished through listening to others share their experiences, strength and hope during meetings!

I no longer feel insecure and hesitant. Instead I want to inform all Jacksonville rehab agencies that are interested and willing to inform family and friends of the problem drinker about all the benefits Al-Anon has to offer to alleviate the suffering, anxiety and control issues that loved ones acquire as a reaction to the problem drinker. I feel that the best way to serve the clients who are in drug/alcohol rehab centers is to introduce Al-Anon to them to help aid in the alcoholic's recovery by helping those who harbor negative and enabling behaviors that are detrimental to the alcoholic's recovery.

~ LB, Jacksonville

COMING IN SEPTEMBER! THE 26TH ANNUAL NORTH FLORIDA AREA AFG 2015 CONVENTION!

▲ 26th ANNUAL ▲
North Florida Area AFG
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ISLAND RESORT ON ST. PETERSBURG
BEACH, FLORIDA.

HEARD AT A MEETING

HEARING

OTHER

PEOPLE'S

EXPERIENCE GIVES YOU

...HOPE

FUN DAY!

MARK YOUR
CALENDARS
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Make plans to attend our
next District 3 Fun Day,
Saturday, June 13!
Check "Sharings" or
jaxafg.org for more details
as the date nears!

AL-ANON DECLARATION

Let It Begin with Me

When anyone, anywhere,
reaches out for help, let the hand
of Al-Anon and Alateen always
be there, and — Let It Begin with Me.

Personal Sharings

The following was shared online (with permission to reprint in "SHARINGS").

I asked my Sponsor about what was God's will for her life and she said to simply get up – suit up – show up – and do the next right thing.

What is the next right thing? The thing that is in front of you and you do it to the best of your ability without any thought of self, no selfish motivations, no expectations, and not expecting anything in return.

What if I can't? Then pray about it. Ask God for His help and leave it alone.

Today for me, because of Step 3, I have learned I have all the power in the world and it rests with my God.

~ Tracy, Tennessee



SHARINGS

District 3, Greater Jacksonville, Florida

April 2015 – Panel 55

HOPE IS AN INSIDE JOB

I was raised in an alcoholic home, and my first husband was an alcoholic. After our divorce, I noticed that my young son was drinking, and it bothered me. Someone I know suggested I go to Al-Anon. I was desperate, so I went.

I found a ray of hope in the first Al-Anon meeting I went to even though I didn't hear a magic formula for how to stop my son from drinking.

Hope was my first gift in Al-Anon. As I continued to go to meetings, that hope grew. I was a little scared at first, but eventually I let some of my walls down and began my journey in this program.

The feeling of hope first came through the people who shared their own experience,

strength, and hope in meetings. I heard that through the Twelve Steps, I could become less fearful and more hopeful. I found that past feelings of despair, and doom and gloom, could be replaced by joyful hope, peace, and serenity.

The more I connected with my Higher Power, the more I became willing to commit to this beautiful program. It was like a spiritual treasure hunt. I found consistency, love, beauty, and hope in my life — those things that the disease of alcoholism had almost destroyed or buried a long time ago.

~ Lydia V., California

Reprinted with permission of The Forum, April 2015, AFG Headquarters, Inc., Virginia Beach, Virginia

WOULD YOU LIKE YOUR OWN COPY OF THE FORUM MAGAZINE?

The story of Al-Anon recovery — today

Experience an insight you won't find anywhere else. Newcomers and long-timers share what they've learned as they apply the principles of the Al-Anon program to life's challenges.

Order *The Forum* for yourself or as a gift for someone else! Only \$11 for a one-year subscription (postage included).

Go http://ecomm.al-anon.org/iCommerce/Store/StoreLayouts/Category_BP_Results.aspx?InitialText=Order%20Forms for an order form.

Personal Sharings

What Are My Plans Today?

When I was a newcomer in Al-Anon, a long-time member would say to me every week, "Have a good day, unless you have other plans!" What? I had no clue what she meant, but I'm grateful that I kept coming back to discover the deeper meaning to her words.

As I reflected on her words, I thought about how I started my day. I realized I waited to see what kind of mood the drinker was in and then I would think to myself, "Oh, he's grumpy today so I'm going to have a bad day." His mood dictated my feelings. I was giving my power away to another person.

Then I learned (slowly) about detachment. My loved one could have a bad day, and I could choose to be happy. Now that took lots of practice! I learned that I had choices and that I could detach emotionally and sometimes physically, if needed.

I'm no longer willing to allow another person to have power over me. In my past, I was a victim, and my victim thinking followed me for decades. My plans and decisions were based on my victim thinking. This awareness took a while through working the Twelve Steps to discover my thinking patterns and how they were harming me.

Today, I start each day with readings from my Al-Anon daily readers, quiet reflection, and prayers which include turning my will and my life over to the care of the God of my understanding. It's a much better plan! Then I go about my day, asking to be guided throughout it.

If I do make plans, I do the footwork and turn the results over to God. My worry, anxiety, fear, and depression have been greatly reduced by using this simple but much more effective plan.

~ A grateful Al-Anon

MEETING NEWS

For the most current meeting information, visit jaxafg.org and click on "Find a Jacksonville Area Meeting."

■ NEW MEETINGS

Serenity Square AFG #30650682 is a new open meeting being held Mondays, from 6 – 7 pm, at Southside Baptist Church, 1435 Atlantic Blvd.

North Mandarin Newcomers AFG is another new open meeting being held on Thursdays, 7:30 – 8:30 pm, at Breakthroughs Treatment Center, 3810 Williamsburg Park Blvd. (just north of the intersection of San Jose Blvd. and Sunbeam Rd.).

■ PROGRAM CHANGE

Serenity Seekers AFG #30542743 has begun a new program format using the latest workbook, *Reaching for Personal Freedom*, to study the Steps/Traditions/Concepts. The group meets Wednesdays at noon at New Covenant Ministries, 2360 St. Johns Bluff Rd., Jacksonville.

■ SPANISH MEETINGS

Spanish meetings are available as telephone meetings. These daily half-hour meetings begin at 9:30 pm. Participants can dial 1-213-342-3000, code 32106, followed by the # key. For more details, go to www.al-anon.alateen.org/localizar-una-reunion-electronica, pages 3 and 4.



FROM THE EDITOR to GROUP REPRESENTATIVES:

SHARINGS is a great tool for communicating meeting changes, speaker meetings, potluck meetings, etc. Email me at newslettereditor@jaxafg.org so I can inform our members of your meeting news.

Were you one of the nearly 120 people who attended the "WEEDS TO SEEDS" Panel 55 2015 North Florida AFG Area 9 Service Workshop on March 14th?

Share how it helped you in your program. We'll publish it in an upcoming issue of "Sharings." Submit your article to newslettereditor@jaxafg.org

(Please keep your submission to 300 words or less.)

Personal Sharings

The Story After the Story

Like pebbles in a pond, my writing in the February issue of "The Forum" magazine continues to impact me and others. I'm honored and blessed to be part of God's plan to give hope to others.

The first thing I did was lead a meeting, sharing how the article and other outreach opportunities, came about. I gave out index cards for writings for our newsletter, "Sharings." Afterwards, only those who wanted to have them printed put their card in a large envelope. Without looking at them, I handed the envelope to our editor who published some of them in this and last month's issues of "Sharings."

I also received an email about another meeting whose topic was "What is MY

FUN DAY!

MARK YOUR CALENDARS NOW!

Make plans to attend our next District 3 Fun Day, Saturday, June 13! Check "Sharings" or jaxafg.org for more details as the date nears!

GOING TO ASSEMBLY?

There is now a 6-page guide with helpful hints for getting the most out of your experience at Assembly. Check out these tips at:

<http://pub.lucidpress.com/a0193bef-fdde-4963-a341-3dcd03bed1ff/#IXYIZo.hNgwY>

success story?" My article was read and people shared how our small successes lead to positive and loving thoughts to ourselves. The group realized with the sharings that we can be happy, whether the alcoholic is still drinking or not!

At another meeting, a lady was weeping over the loss of her son to this cruel disease. My article gave her much comfort and a new perspective. A visitor from out of town recognized my name and said, "I know her! We met at the Illinois convention!" We got in touch and spent time together before she returned home.

So you never know what will spring forth when you sow seeds of hope in any kind of Twelfth Step outreach. I do the footwork, and God takes care of the rest.

~ Carolyn H., Jacksonville

ANNUAL VACANCIES FOR WSO SERVICE VOLUNTEERS

The World Service Office (WSO) has several volunteer opportunities for members. A list of the positions available is below, as is a link for more information and application forms.

The positions available annually are:

- 3 at-Large Trustees*
- 3 Regional Trustees (rotates depending on region)*
- 1 at-Large member, Executive Committee for Real Property Management*
- 1 at-Large member, Alateen Work Group (trial)
- 5 at-Large members, Forum Editorial Advisory Committee
- 5 at-Large members, Literature Committee
- 5 at-Large members, Public Outreach Committee
- 1 at-Large member, Audit Committee

Potential candidates' resumes must be postmarked, faxed, or emailed to the WSO by **April 19, 2015**. Positions indicated with an asterisk have a deadline of **August 15, 2015**. For more information and application forms, go to: www.afgarea9.org/delegates-corner.html. Click on links on the right-hand column under **WSO Resource Documents**.

SAVE THE DATE FOR AL-ANON'S SIXTH INTERNATIONAL CONVENTION

◆
JULY 5-8, 2018

BALTIMORE, MARYLAND

IMPROVING COMMUNICATIONS FOR DISTRICT 3 AL-ANON FAMILY GROUPS

To help enhance communications, Group Representatives now have an email box. District news, announcements, and other information will be sent to these email boxes for the Group Representatives to share with their groups. If you are a Group Representative and your group is not listed, or if you have not been able to access your group's email account, contact Mark F. ais1@jaxafg.org.

- Circle of Hope (Penman Road): circleofhope@jaxafg.org
- San Marco groups: sanmarco@jaxafg.org
- Language of the Heart (Penman Monday Night): languageheart@jaxafg.org
- Hope for Today: hopefortoday@jaxafg.org
- SOS AFG: sosfernandina@jaxafg.org
- Mandarin Monday Night: mandarin@jaxafg.org
- Arlington Tuesday Nite: arlington@jaxafg.org
- Fruit Cove: fruitcove@jaxafg.org
- Ponte Vedra: pontevedra@jaxafg.org
- Ortega: ortega@jaxafg.org
- New Beginnings Adult Child: newbeginnings@jaxafg.org
- Beaches Sat. Morning Adult Child: beachessaturday@jaxafg.org
- Spiritual Awakenings (Sunday Jax Beach Hospital): spiritualawakenings@jaxafg.org
- Serenity Seekers: serenityseekers@jaxafg.org
- Serenity Square: serenitysquare@jaxafg.org
- North Mandarin Newcomers: northmandarin@jaxafg.org

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▲ 26th ANNUAL ▲
North Florida Area AFG
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FOR INFORMATION AND LINKS TO RESER-
VATIONS AT THE BEAUTIFUL TRADE WINDS
ISLAND RESORT ON ST. PETERSBURG
BEACH, FLORIDA.

Did you know the North Florida
Area of Al-Anon
and Alateen has its
own newsletter?
Check out a sample issue at
www.afgarea9.org.
Click on "The Legacy"
on the left-hand column.

(Complete issue coming next month.)

NORTH FLORIDA SPRING ASSEMBLY

Friday, May 1 – Sunday, May 3, 2015
Orlando, Florida

District Representatives, AISLs (AI-Anon Information Service Liaisons), and Group Representatives attend. Groups are encouraged to send a Group Representative or a Group Contact. All AI-Anon members are welcome to attend.

RESERVATION INFORMATION:

To make reservations online, go to: <https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275676&key=5E956DE> The special rate is no longer available at the Sheraton Lake Buena Vista Resort. You may, however, book a room at a nearby hotel for a lower rate.

DISTRICT 3 CALENDAR

- Friday, May 1 – Sunday, May 3, 2015.....North Florida Spring Assembly*
(see note at left)
- Saturday, June 13, 2015.....District 3 Fun Day*
(Details to come soon!)
- Saturday, July 18, 2015.....District 3 Business Meeting*
(changed from original date of July 11)
- Friday, Aug. 14 – Sunday, Aug. 16, 2015.....AWSC (Area World Service Committee)

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211, in Wesley Hall. District Business Meetings begin at 9:30 am with doors opening at 9 am. Start times for events such as Workshops and Fun Days may vary. Please check fliers or jaxafg.org for event times.

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Our volunteers share their experience, strength, and hope with families who are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 44 telephone calls and 5 emails in March.

If you would like to help or need more information, please contact Mark F. at aisl@jaxafg.org.

DISTRICT 3 TRUSTED SERVANTS

PANEL 55

JANUARY 1, 2015 – DECEMBER 31, 2017

- Sally O. District Representative.....dr@jaxafg.org
- Gage M. Alternate District Rep.adr@jaxafg.org
- Mark F. AISLaisl@jaxafg.org
- VACANT Alternate AISL.....altaisl@jaxafg.org
- Maddy P. District Treasurertreasurer@jaxafg.org
- Curt S. Secretarysecretary@jaxafg.org
- Beth H. Alateenalateen@jaxafg.org
- Charlene S. Alateen Trainer.....alateen@jaxafg.org
- Tina D. AA Liaison/Spanish Liaisonaal@jaxafg.org
- Carolyn H. Historianhistorian@jaxafg.org
- Carolyn I. Archives.....archives@jaxafg.org
- VACANT Area Raffle.....raffle@jaxafg.org
- Toni C. Group Records.....records@jaxafg.org
- Roxanne A. LDC/Literature.....ldc@jaxafg.org
- Charlene S. New Group Rep. Greetergreeter@jaxafg.org
- Risa G. Newsletter Editor.....newslettereditor@jaxafg.org
- David G. Speaker Keeper.....speakerkeeper@jaxafg.org
- VACANT Telephone Answering Svc.....tas@jaxafg.org
- Freddie S. Webmasterwebmaster@jaxafg.org
- Jerry B. Where & Whenww@jaxafg.org
- Lynn B. Institutionsinstitutions1@jaxafg.org
- Marty S. Public Information/Mediapi@jaxafg.org
- VACANT Co-op w/Prof. Communitycpc@jaxafg.org

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SHARINGS

District 3, Greater Jacksonville, Florida

May 2015 – Panel 55

THE HISTORY OF AL-ANON IN JACKSONVILLE

Excerpts taken from District 3 Archives

Written by Thomas S. and Compiled by Carolyn H., Current Historian

"It could be said that the first meeting of Al-Anon in the state of Florida took place late in 1940, outside a room at the Jacksonville Naval Air Station. Inside the room were Junious C. and Thomas S., who were meeting in an effort to form the first A. A. group in Florida. The people outside the room were Junious C.'s wife, Marie; Tom S.'s wife, Babe; and a local psychiatrist. No doubt they were discussing how they might help those alcoholics by changing their own attitudes and actions.

"In 1941, Bobbie A. joined the wives on the sofas outside the A. A. Central Group in the old Windsor Hotel. They followed them to Forsyth Street and finally to San Marco Blvd in 1945.

"In May 1952, the San Marco Al-Anon Family Group was registered in New York. They met on Thursdays and Mondays at 8:30 pm."

Today the San Marco Group still meets at the same place and same time, but more meetings have been added to its schedule throughout the years to keep up with the increasing needs within our district.

LITERATURE DISTRIBUTION CENTER HOURS

The Literature Distribution Center (LDC), located on the second floor of the San Marco Clubhouse, 1423 San Marco Blvd., is open on Wednesdays, from 2:30 to 3:30 pm. However, if you would like to make a purchase on Thursday evenings, prior to the 8 pm meeting, please contact Roxanne at ldc@jaxafg.org; she will try to arrange for a volunteer to meet you then.

To see where the LDC is located, click [here](#) for a map.

FUN DAY! MARK YOUR CALENDARS NOW!

Make plans to attend our next District 3 Fun Day, Saturday, June 13! Check "Sharings" or jaxafg.org for more details as the date nears!

COMING SEPTEMBER!

26th ANNUAL North Florida Area AFG 2015 Convention



Taking Care of Business The Al-Anon Way Hosted by District 6

YOU WON'T WANT TO MISS THIS YEAR'S CONVENTION, SEPTEMBER 18-20, 2015!

VISIT TAKINGCAREOFBUSINESS2015.COM FOR INFORMATION AND LINKS TO RESERVATIONS AT THE BEAUTIFUL TRADE WINDS ISLAND RESORT ON ST. PETERSBURG BEACH, FL.

Personal Sharings

I was the insane person who lived in my house, not the alcoholic. He was fine with the way things were. I raged, argued and projected doom. Thanks to Al-Anon, I no longer rage and infrequently argue. I continue to come to meetings because I still need the group to keep me sane and to help keep me in the "here and now." When I don't use the program, I fail at taking care of myself and my sanity.

~ Robin I., Jacksonville

TREATMENT CENTERS AND 12TH-STEP WORK

Some members have asked recently, "If we are not supposed to talk about treatment centers, why are there so many articles about them in SHARINGS?"

First you'll notice that the articles are not advertisements to send your loved ones there or how they help the addicted person. Our articles are about inviting Al-Anons to carry the 12th-Step message of hope to the families of clients at the treatment center.

As a general rule, the families are totally focused on their loved ones' recovery without an understanding of their own need for recovery. Often as we share, it's the first time the families realize there is a place where they, themselves, can get help too.

Someone was there for you when you needed help and hope. Will you be there for someone who needs Al-Anon? Email institutions1@jaxafg.org for more information.

Personal Sharings

I keep coming back because every week I hear people tell their stories and share experiences that are just like mine. In the telling, I learn how to grow up, be in a relationship with my Higher Power and have joy in my life. I make better decisions when I come to Al-Anon and feel better about life. Al-Anon helps me

make sense of my relationships with my alcoholic relatives and my relatives who grew up in an alcoholic home.

Before Al-Anon, I didn't know why I felt and acted the way I did! Now I do!... (Most of the time.)

~ Laura, Jacksonville

MEETING NEWS

For the most current meeting information, visit jaxafg.org and click on "Find a Jacksonville Area Meeting."

■ SPEAKER MEETING

Arlington Tuesday Nite AFG #2641, which meets at 8 pm at St. Paul's Episcopal Church, 5536 Atlantic Blvd., will host a Speaker Meeting on the fifth Tuesday of each month, beginning in June.

■ NEW BEGINNERS MEETING ~ VOLUNTEERS NEEDED ~

AI-Anon members are invited to participate in a service opportunity by sharing their experience, strength and hope at introductory meetings being held at Lakeview Health Treatment Center every Wednesday from 3:30 – 4:30 pm and at Breakthroughs Treatment Center on Thursday evenings, from 7:30 – 8:30 pm.

We are seeking groups or individual-volunteers to lead these weekly meetings for one month.

Lakeview Health is located at 8889 Corporate Square Court, on the corner of Corporate Square Blvd. and Bradley Rd., Jacksonville. Breakthroughs is at 3810 Williamsburg Park Blvd. (just north of the intersection of San Jose Blvd. and Sunbeam Rd.).

For more information or to sign up, contact Lynn B. at institutions1@jaxafg.com, or your Group Representative.



FROM THE EDITOR to GROUP REPRESENTATIVES:

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SHARINGS ONLINE

Did you know that each issue of **SHARINGS** is available both online and as hard copies distributed at group meetings?

Visit jaxafg.org to view each issue in full color! The issues posted online are web-enhanced too! Click to access email accounts and more information about many of the articles!

Bookmark jaxafg.org for quick and easy access!

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Babysitting services are available at all District Business Meetings and Fun Day events.

MORE GROUP EMAIL ADDRESSES FOR DISTRICT 3

In last month's issue of **SHARINGS**, a list of email addresses for District 3 Group Representatives was provided. Please add the following four addresses to that list:

- Just in Time AFG: justintime@jaxafg.org
- Tuesday Morning AFG: tuesdaymorning@jaxafg.org
- One Thursday at a Time AFG: oneThursday@jaxafg.org
- North Mandarin AFG: northmandarin@jaxafg.org

If you are a Group Representative and your group was not listed in this or last month's issue, or if you have not been able to access your group's email account, contact Mark F. at aisl@jaxafg.org.



DISTRICT 3 TRUSTED SERVANTS

PANEL 55
 JANUARY 1, 2015 – DECEMBER 31, 2017

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 VACANT.....Alternate AISL.....altaisl@jaxafg.org
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 Charlene S.Alateen Trainer.....alateen@jaxafg.org
 Tina D.AA Liaison/Spanish Liaison.....aal@jaxafg.org
 Carolyn H.Historian.....historian@jaxafg.org
 Carolyn I.Archives.....archives@jaxafg.org
 VACANT.....Area Raffle.....raffle@jaxafg.org
 Toni C.Group Records.....records@jaxafg.org
 Roxanne A.LDC/Literature.....ldc@jaxafg.org
 Charlene S.New Group Rep. Greeter.....greeter@jaxafg.org
 Risa G.Newsletter Editor.....newslettereditor@jaxafg.org
 David G.Speaker Keeper.....speakekeeper@jaxafg.org
 VACANT.....Telephone Answering Svc.....tas@jaxafg.org
 Freddie S.Webmaster.....webmaster@jaxafg.org
 Jerry B.Where & When.....www@jaxafg.org
 Lynn B.Institutions.....institutions1@jaxafg.org
 Marty S.Public Information/Media.....pi@jaxafg.org
 VACANT.....Co-op w/Prof. Community.....cpo@jaxafg.org

Interested in serving in one of the vacant positions on Panel 55 or simply wish to learn more about the positions available? Contact the District Representative at dr@jaxafg.org.

SHARINGS

District 3, Greater Jacksonville, Florida

June 2015 – Panel 55

ONE OF AL-ANON'S BEST-KEPT SECRETS: "THE TWELVE CONCEPTS"

Excerpts from Carolyn H., who spoke at the Spring Assembly about the Twelve Concepts of Service.

"First Things First: What are our Al-Anon Concepts? A concept is an idea...an idea on how to live together with others in my personal life, my family, my group and all levels of Al-Anon, including the annual World Service Conference. We use them all the time without knowing it.

"The new workbook, 'Reaching for Personal Freedom,' goes right to the core of my responsibility, my accountability, how to let go of others and what is not my business.

"My introduction to the Twelve Concepts of Service was gradual over the years. I heard others share on the Concepts and began documenting my own experiences. I hope you, as a reader of 'SHARINGS,' will be inspired to save your stories on how the Concepts came to life for you and send them to newslettereditor@jaxafg.org so they can be shared with others in our district."

FUN DAY!

**DID YOU ATTEND
FUN DAY
ON JUNE 13TH!**

Tell others in District 3 just how much you enjoyed the latest FUN DAY!

Submit your reflections to "SHARINGS" at newslettereditor@jaxafg.org.

Please keep your submission to 150 words.

SHARINGS ONLINE

Did you know that each issue of SHARINGS is available both online and as hard copies distributed at group meetings?

Visit jaxafg.org to view each issue in full color! The issues posted online are web-enhanced too! Click to access email accounts and more information about many of the articles and events!

Bookmark jaxafg.org for quick and easy access!

WILL YOU BE THERE?

26th ANNUAL

North Florida Area AFG 2015 Convention



Taking Care of Business The Al-Anon Way Hosted by District 6

YOU WON'T WANT TO MISS THIS YEAR'S CONVENTION, SEPTEMBER 18-20, 2015!

VISIT TAKINGCAREOFBUSINESS2015.COM FOR INFORMATION AND LINKS TO RESERVATIONS AT THE BEAUTIFUL TRADE WINDS ISLAND RESORT ON ST. PETERSBURG BEACH, FL.

Personal Sharings

What made me want to come back to Al-Anon? It was how I felt in that first Sunday night San Marco meeting:

- One woman, smiling from ear-to-ear, welcomed me.
- One man listened to me talk and said, "We've read your mail."
- There was laughter I heard there and warmth I felt there.
- It gave me hope that very first night!

~ Anonymous, Jacksonville

WE NEED YOUR OLD AFAs

Please search closets, drawers, bins, boxes and at home for any old Al-Anon Faces Alcoholism (AFA) magazines. Even if they are as old as the hills, they aren't helping any potential newcomers just sitting there hidden away. The AFA magazines will be put to good use as outreach materials to professionals at the C.O.R.E. (Clinical Overview of the Recovery Experience) event in July at Amelia Island Plantation Resort.



Our 2012 survey reported that 80% of referrals to Al-Anon come from therapists and counselors. They help get our information to those who need us. Please bring the AFA magazines to the June 13th Fun Day collection box near the entry door. Email Carolyn H. at historian@jaxafg.org for questions.

Personal Sharings

I have found the following questions to be helpful before I respond.

- Is what I'm going to say true?
- Is what I'm going to say kind?
- Is what I'm going to say necessary?

When I've remembered to ask myself these questions, then I have often found that I have nothing to add to the discussion. Also, I have found that when I ask myself these questions, I rarely have to say, "I'm sorry."

~ Sharyn, Jacksonville

Personal Sharings

I came to Al-Anon because of a sober alcoholic's behavior and I realized I was obsessed with many other people's behavior. When I realized what I was doing, I was amazed that I could get anything done because I spent all my time concerned with what other people were doing. With the tools I learned in Al-Anon, I now have a lot more time to devote to worthwhile activities.



- Don,
Jacksonville

DISTRICT 3 CALENDAR

Saturday, July 18, 2015 District 3 Business Meeting*
(changed from original date of July 11)

Friday, Aug. 14 – Sunday, Aug. 16, 2015 AWSC (Area World Service Committee)

Friday, Sept. 18 – Sunday, Sept. 20, 2015 North Florida Area AFG Convention*
St. Petersburg, FL
(see front for more details)

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211, in Wesley Hall. District Business Meetings begin at 9:30 am with doors opening at 9 am. Start times for events such as Workshops and Fun Days may vary. Please check fliers or jaxafg.org for event times.

*All Al-Anon members are invited to this event.

 Babysitting services are available at all District Business Meetings and Fun Day events.

AL-ANON LITERATURE PART OF DOWNTOWN PUBLIC LIBRARY'S DISPLAY ON ADDICTIONS



Photographs courtesy of Kathleen B.

TELEPHONE ANSWERING SERVICE

The Telephone Answering Service (TAS) is composed of volunteers who take telephone calls and answer messages from people seeking information about the Al-Anon program, as well as where and when to find a meeting.

It was discovered recently that a technical glitch in the answering service caused several telephone calls to go unanswered. As soon as the problem was detected, however, TAS volunteers followed up with those callers to offer help. A special word of gratitude goes to all TAS volunteers who helped resolve the problem and who continue to serve those who call our 24/7 help line. Because of their support, many calls and email inquiries for meeting information were handled by volunteers willing to share their experience, strength and hope.

The TAS is still seeking a chairperson for this important role. If you would like to serve or need more information, please contact Mark F. at aisl@jaxafg.org.

DISTRICT 3 TRUSTED SERVANTS

PANEL 55
 JANUARY 1, 2015 – DECEMBER 31, 2017

Sally O.	District Representative	dr@jaxafg.org
Gage M.	Alternate District Rep.	adr@jaxafg.org
Mark F.	AI SL	aisl@jaxafg.org
VACANT	Alternate AISL	altaisl@jaxafg.org
Maddy P.	District Treasurer	treasurer@jaxafg.org
Curt S.	Secretary	secretary@jaxafg.org
Beth H.	Alateen	alateen@jaxafg.org
Charlene S.	Alateen Trainer	alateen@jaxafg.org
Tina D.	AA Liaison/Spanish Liaison	aal@jaxafg.org
Carolyn H.	Historian	historian@jaxafg.org
Carolyn I.	Archives	archives@jaxafg.org
VACANT	Area Raffle	raffle@jaxafg.org
Toni C.	Group Records	records@jaxafg.org
Roxanne A.	LDC/Literature	lido@jaxafg.org
Charlene S.	New Group Rep. Greeter	greeter@jaxafg.org
Risa G.	Newsletter Editor	newslettereditor@jaxafg.org
David G.	Speaker Keeper	speakerkeeper@jaxafg.org
VACANT	Telephone Answering Svc.	tas@jaxafg.org
Freddie S.	Webmaster	webmaster@jaxafg.org
Jerry B.	Where & When	ww@jaxafg.org
Lynn B.	Institutions	institutions1@jaxafg.org
Marty S.	Public Information/Media	pi@jaxafg.org
VACANT	Co-op w/Prof. Community	cpc@jaxafg.org

Interested in serving in one of the vacant positions on Panel 55 or simply wish to learn more about the positions available? Contact the District Representative at dr@jaxafg.org.



SHARINGS

District 3, Greater Jacksonville, Florida

July 2015 – Panel 55

Personal Sharings

How the Seventh Tradition Helped Me Get a Life

Before I worked the tradition, I thought it dealt only with the donation basket. But working the Seventh Tradition helped me to become self-supporting in all aspects of my life.

Financially, I don't lend money and the family financial decisions are made by committee.

Spiritually, I have a Higher Power and I thank Him daily for all my blessings.

Socially, my social life used to revolve around the alcoholic. But today I have a social life that does not include the alcoholic and I have a life!

When I got busy, I got better.

~ Anonymous

The following were shared online (with permission to reprint in "SHARINGS").

I heard at a meeting to pay attention to loneliness — it was God's way of asking for my attention. That caused a shift in my attitude about feeling alone!

~ Paula C.,
South Florida

Sign on the table at my meeting...

"Please feel free to leave your baggage here: Guilt, Shame, Fear, Embarrassment, Anxiety, Envy, Anger, Blame, Hatred, Denial, Self-pity, Jealousy"

It's important for me that I do leave my baggage somewhere safe.

~ Anonymous

**DON'T MISS IT!
HOTEL ROOM
REGISTRATION
DEADLINE IS
AUGUST 20TH!**

WORKSHOPS! • ENTERTAINMENT!
SPEAKERS! • RAFFLES! • BOUTIQUE!
FELLOWSHIP!

THIS YEAR'S CONVENTION
PROMISES ALL THIS AND MORE!
SIGN UP TODAY!

26th ANNUAL
**North Florida Area AFG
2015 Convention**



**Taking Care of Business
The Al-Anon Way**
Hosted by District 6

SEPTEMBER 18–20, 2015!

TAKINGCAREOFBUSINESS2015.COM

GO TO THE ABOVE WEBSITE FOR
REGISTRATION INFORMATION AND
LINKS TO RESERVATIONS AT THE
TRADE WINDS ISLAND RESORT ON
ST. PETERSBURG BEACH, FL.

TELEPHONE ANSWERING SERVICE

The Telephone Answering Service (TAS) is composed of volunteers who take telephone calls and answer messages from people seeking information about the Al-Anon program, as well as where and when to find a meeting.

Our volunteers share their experience, strength, and hope with families who are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 47 telephone calls and 6 emails in June.

Currently, the TAS is seeking a Chairperson. There are also service opportunities for the following two shifts:

- Mondays, 1 – 6 pm
- Wednesdays, 1 – 6 pm

If you would like to help or need more information, please contact Mark F. at aisl@jaxafg.org.



NORTH FLORIDA FALL ASSEMBLY

Friday, Oct. 2 – Sunday, Oct. 4, 2015
Orlando, Florida

District Representatives, AISLs (AI-Anon Information Service Liaisons), and Group Representatives attend. Groups are encouraged to send a Group Representative or a Group Contact. All AI-Anon members are welcome to attend.

RESERVATION INFORMATION:

To make reservations online, go to: <https://www.starwoodmeeting.com/events/start.action?id=1405275681&key=4552756> The special rate is available through August 30.

Personal Sharings

I attended our district's most recent Fun Day, on June 13th, and I'm happy to share that it lived up to its name! It really was FUN! We played games, had relay races, and enjoyed some team-building exercises.

We got to play with marshmallows, clothespins, ping-pong balls, and balloons! It was fun playing like a kid, especially since I missed out on so many kid-type opportunities, having grown up in an alcoholic home.

Fun Day also included the chance for us to share what fun meant for us, and I learned I was in good company with others who shared that they, too, had a fun-challenged childhood.

I'm grateful to have had the chance to let my hair down, play with friends, and laugh all afternoon long!

~ Anonymous



DISTRICT 3 CALENDAR

Friday, Aug. 14 – Sunday, Aug. 16, 2015.....AWSC (Area World Service Committee)

Saturday, Sept. 12, 2015.....District Business Meeting *

Friday, Sept. 18 – Sunday, Sept. 20, 2015.....North Florida Area AFG Convention *
St. Petersburg, FL
(see front for more details)

Friday, Oct. 2 – Sunday, Oct. 4, 2015.....North Florida Area Fall Assembly *
(see note at left)

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*All AI-Anon members are invited to this event.

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DISTRICT 3 TRUSTED SERVANTS

PANEL 55 JANUARY 1, 2015 – DECEMBER 31, 2017	Sally O. District Representative..... dr@jaxafg.org
	Gage M. Alternate District Rep. adr@jaxafg.org
	Mark F. AISL aisl@jaxafg.org
	VACANT Alternate AISL..... altaisl@jaxafg.org
	Maddy P. District Treasurer treasurer@jaxafg.org
	Curt S. Secretary secretary@jaxafg.org
	Beth H. Alateen alateen@jaxafg.org
	Charlene S. Alateen Trainer..... alateen@jaxafg.org
	Tina D. AA Liaison/Spanish Liaison..... aal@jaxafg.org
	Carolyn H. Historian historian@jaxafg.org
	Carolyn I. Archives..... archives@jaxafg.org
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VACANT Where & When ww@jaxafg.org	
VACANT Institutions institutions1@jaxafg.org	
Marty S. Public Information/Media pi@jaxafg.org	
VACANT Co-op w/Prof. Community cpc@jaxafg.org	

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SHARINGS

District 3, Greater Jacksonville, Florida

September 2015 – Panel 55

Personal Sharings

Control

When I finally got to the rooms of Al-Anon, I wasn't looking for a way to change my family member's behavior. The trips to various treatment centers and jails made it perfectly clear that it was far beyond my control.

I heard a lot of people share about what they've done to control their situations at home and was amazed they had any affect on the situation, good or bad! Everything I did was ignored or became my fault. So I realized it was time to put my best efforts into Al-Anon, and to truly focus on my own recovery for me rather than to prove something to anyone else.

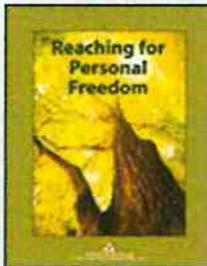
After getting a Sponsor, working the Steps, reading a lot of Conference Approved Literature, and attending more meetings, I realized how my need for control was affecting my life. I knew I wasn't in control of my situation at home, but the program helped me discover that, deep down, I truly believed that if I were smarter, wealthier, more successful, or more something, I would be able to control it. I had set impossible expectations for myself, and when I failed to meet them, it reinforced this sick thinking.

The Reaching for Personal Freedom workbook's exercises on Step 1 helped me realize that while I felt I admitted I was powerless over alcohol, I had not accepted it.

Of all the people who I felt ignored my feelings, I was the one doing it the most.

Once I accepted my powerlessness, I began to feel some old resentments start to weaken. Some no longer bother me, and I am still working on others. But that is okay because I know my Higher Power doesn't want me to be everything to everybody. That's not my job.

*~ Mark F.,
Jacksonville*



My Life Story

Recently I shared my life story at the Serenity Seekers Al-Anon meeting. In the beginning of my life, until age twenty, was where I started. I touched on a few happenings in my growing up years.

When I became 21, I moved to Atlanta and got a job. I had two years of college completed. I began to do adult things and gradually grew up.

I came back to my home town when I was 24. I began dating. I lived at a boarding house and worked 6 days a week. I started dating a woman who would soon become my wife. She already had three children, ages 3, 8, and 11.

I accepted a position at CSX Railroad. One night, after working until 11 pm, my 16-year-old son and I got into a fight immediately after I got home. He had been taking drugs and drinking. My wife called the police, who came and took him to rehab. At the end of rehab, my wife and I visited him and were given a "Where and When" of Al-Anon meetings.

I began to go to Al-Anon meetings and met my first Sponsor who took me under his wings. My son and I have not had another fight since I first joined Al-Anon.

I retired in 2004 from CSX Railroad and my wife died in 2006. Al-Anon friends were there to help me through these changes.

My Higher Power, along with my Al-Anon friends, are the stabilizing force in my life.

~ Jim M., Jacksonville

The following was shared online (with permission to reprint in "SHARINGS").

I remember some very wise member introduced the concept of a journal where you record all the little things you let go of and had good results. The idea was that if you saw all the little things that went well when you let go, you would begin to have trust in the idea that God would take care of the big things.

*~ Maryanne H.
Connecticut*

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Our volunteers share their experience, strength, and hope with families who are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 31 telephone calls and 3 emails in July.

In August, 5 emails were answered. However, because of some reoccurring technical difficulties with our vendor, we don't have an accurate number of calls to report for August. The issues are currently being addressed and we hope to have them resolved shortly.

Also, the TAS is seeking a Chairperson. In addition, there are service opportunities for the following two shifts:

- Mondays, 1 – 6 pm
- Wednesdays, 1 – 6 pm

Training is provided.

If you would like to help or need more information, please contact Mark F. at aisl@jaxafg.org.

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NORTH FLORIDA FALL ASSEMBLY

Friday, Oct. 2 – Sunday, Oct. 4, 2015
Orlando, Florida

District Representatives, AISLs (AI-Anon Information Service Liaisons), and Group Representatives attend. Groups are encouraged to send a Group Representative or a Group Contact. All AI-Anon members are welcome to attend.

RESERVATION INFORMATION:

To make reservations online, go to: <https://www.starwoodmeeting.com/events/start.action?id=1405275681&key=4552756> The special rate is available through September 15.

LOCAL PUBLIC OUTREACH PROJECT

This summer, District 3 was honored to represent AI-Anon Family Groups at the 3rd Annual C.O.R.E. (Clinical Overview of the Recovery Experience) event for addiction counselors from all across America. The event was held on Amelia Island, from July 19 – 22, 2015.

We had a complimentary table to display our books, our beautiful new tablecloth, and our two public outreach retractable banners. We spread the word of AI-Anon through packets of *AI-Anon Faces Alcoholism* magazines to more than 100 counselors and encouraged them to order directly from WSO (World Service Office) for their families in treatment. Everyone we met has a family component to their treatment plans.



Thanks go to Carolyn H., organizer, and Fernandina Beach SOS AFG helpers: Lisa B., Tina D., Mel E., Becky D., and Linda M. This was the first time some had been to a Public Outreach Event. It was a step out of their home group and their comfort zone.

We were all impressed with how well we were welcomed and appreciated, and no one felt their anonymity was compromised. We believe our presence was a positive influence that made a difference for AI-Anon as a whole.

As often is the case in outreach, we never know who we reach, but we know for sure that those of us participating grow in our own recovery by working and seeing the Twelfth Step in action.

DISTRICT 3 CALENDAR

Friday, Sept. 18 – Sunday, Sept. 20, 2015.....North Florida Area AFG Convention¹
St. Petersburg, FL

Friday, Oct. 2 – Sunday, Oct. 4, 2015.....North Florida Area Fall Assembly¹
(see note at left)

Saturday, November 14, 2015District Business Meeting¹

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211, in Wesley Hall. District Business Meetings begin at 9:30 am with doors opening at 9 am. They end at noon. Start times for events such as Workshops and Fun Days may vary. Please check fliers or jaxafg.org for event times.

¹All AI-Anon members are invited to this event.



Babysitting services are available at all District Business Meetings and Fun Day events.

WATCH FOR BIG EVENT ANNOUNCEMENT IN NEXT MONTH'S ISSUE!

MAILING ADDRESSES FOR DONATIONS

CLIP AND SAVE this section! It contains the new mailing addresses for donations:

District 3 Mailing Address:

AI-Anon District 3
PO Box 16513
Jacksonville, FL 32245

District 3 Donations:

District 3 AFG
PO Box 16513
Jacksonville, FL 32245

North Florida Area Donations:

NFA AFG
PO Box 730306
Ormond Beach, FL 32173-0306

World Service Office Donations:

AFG, Inc.
1600 Corporate Landing Pkwy.
Virginia Beach, VA 23454-5617

DISTRICT 3 TRUSTED SERVANTS

Gage M.District Representativedr@jaxafg.org
VACANTAlternate District Rep.adr@jaxafg.org
Mark F.AISLaisl@jaxafg.org
VACANTAlternate AISLaltaisl@jaxafg.org
Maddy P.District Treasurertreasurer@jaxafg.org
Curt S.Secretarysecretary@jaxafg.org
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Risa G.Newsletter Editornewslettereditor@jaxafg.org
David G.Speaker Keeperspeakerkeeper@jaxafg.org
VACANTTelephone Answering Svc.tas@jaxafg.org
Freddie S.Webmasterwebmaster@jaxafg.org
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VACANTInstitutionsinstitutions1@jaxafg.org
Marty S.Public Information/Mediapi@jaxafg.org
VACANTCo-op w/Prof. Communitycpc@jaxafg.org

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PANEL 55
JANUARY 1, 2015 – DECEMBER 31, 2017

Personal Sharings

The following was shared online (with permission to reprint in "SHARINGS").

Doing the "next right thing" has been a useful slogan for me. It helps me make decisions based on the evidence at the given time, knowing that when things change, so may my decision. The slogan also draws me away from thinking of things as being right or wrong, good or bad...it helps me to remember that things are always changing and there is value in whatever lesson I learn.

~ Catherine, England

TELEPHONE ANSWERING SERVICE



The Telephone Answering Service (TAS) is composed of volunteers who take telephone calls and answer messages from people seeking information about the Al-Anon program, as well as where and when to find a meeting.

Our volunteers share their experience, strength, and hope with families who are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 55 telephone calls and 5 emails in October.

Also, the TAS is seeking a Chairperson. In addition, there is a service opportunity for the following shift:

- Tuesdays, 6 – 11 pm

Training is provided. If you would like to help or need more information, please contact Mark F. at aisl@jaxafg.org.

DISTRICT 3 CALENDAR

Saturday, December 5, 2015Fun Day* (see below for more info)

Saturday – Sunday, February 5 – 6, 2016.....AWSC (Area World Service Conference)
Hilton, Altamonte Springs

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211, in Wesley Hall. District Business Meetings begin at 9:30 am with doors opening at 9 am. Meetings end at noon. Start times for events such as Workshops and Fun Days may vary. Please check fliers or jaxafg.org for event times.

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 Babysitting services are available at all District Business Meetings and Fun Day events.

MARK YOUR CALENDARS NOW! FUN DAY!

Make plans to attend our next District 3 Fun Day, Saturday, December 5, from 12:30 pm – 4 pm, Arlington United Methodist Church! See your Group Representative for the event flyer or go to www.jaxafg.org and click on the "Events" link.

DISTRICT 3 TRUSTED SERVANTS

PANEL 55 JANUARY 1, 2015 – DECEMBER 31, 2017	Gage M. District Representative dr@jaxafg.org
	VACANT Alternate District Rep. adr@jaxafg.org
	Mark F. AISL aisl@jaxafg.org
	VACANT Alternate AISL altaisl@jaxafg.org
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Dany A. Co-op w/Prof. Community cpc@jaxafg.org	

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