



SHARINGS

District 3, Greater Jacksonville, Florida

January 2014 – Panel 52

Personal Sharings From Meetings

SHARED AT A MEETING

"Life is about how you handle Plan B."

HEARD AT A MEETING

H — Hearing	} Gives you HOPE
O — Other	
P — Peoples'	
E — Experiences	

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

I do Step One every morning. I ask myself "What am I powerless over, what am I responsible for and what's troubling me right now?" Usually in answering those questions, I see any "problem" in its true light. I see whether it really is something over which I should take responsibility and, if it's not, then I start the process of letting it go to my Higher Power.

~ Catherine, England

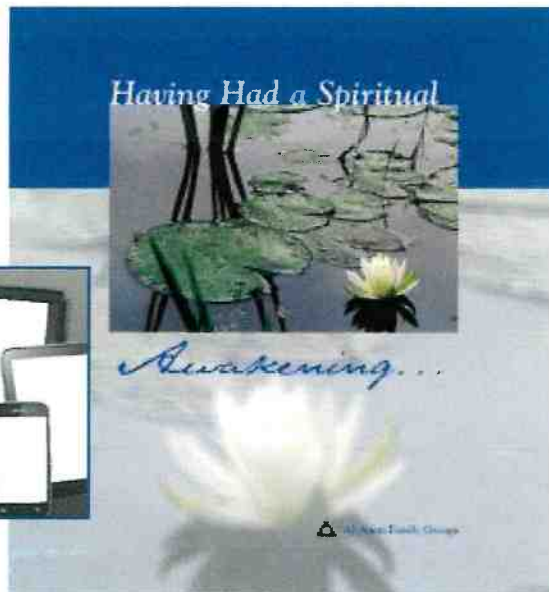
HEARD AT A MEETING

- D** — Don't
- E** — Even
- T** — **THINK**
- A** — About
- C** — Changing
- H** — Him / Her

OUT-OF-PRINT BOOK NOW AVAILABLE EXCLUSIVELY AS AN E-BOOK: "HAVING HAD A SPIRITUAL AWAKENING..."

This beautiful book features member sharings, photographs, and artwork from around the globe, reflecting the diversity of Al-Anon members' spiritual experiences. Long out of print, "Having Had a Spiritual Awakening..." is now available exclusively as an e-book.

Available wherever you buy/download e-books.



RETRO SHARINGS

Reprinted from District 3 Newsletter, March 1987

PRAYER DOESN'T NECESSARILY CHANGE THINGS FOR YOU, BUT IT CHANGES YOU FOR THINGS.

FUN DAY!

Make plans to attend our next District 3 Fun Day, Saturday, March 8! Check jaxafg.org for more details as the date nears!

Next SHARINGS submission deadline is Friday, January 31, 2014, 9 pm ■ email: newslettereditor@jaxafg.org

2014 Jan pg 1 of 2

TELEPHONE ANSWERING SERVICE



**Volunteers needed!
Training provided!**

The Telephone Answering Service (TAS) needs a volunteer to take telephone calls and answer messages on Tuesdays, from 1 pm to 6 pm.

You need only 6 months' experience in Al-Anon to qualify for this important position. There's no need to stay home to serve in this role as most volunteers use cell phones to retrieve messages and return calls. Training and guidelines are provided.

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, many calls and emails were answered in December.

If you would like to help or need more information, please contact **Yelena D.** at tas@jaxafg.org.

DID YOU KNOW...?

Electronic Al-Anon and Alateen meetings are available online and by telephone. For more information, go to www.al-anon.org/electronic-meetings

MEETING NEWS

The most current listing of Al-Anon meetings in our area is posted on our web site at jaxafg.org. Print it or bookmark it for easy reference!

DISTRICT 3 CALENDAR

Friday & Saturday, Feb. 7 & 8, 2014.....Area World Service Committee Meeting, Ocala

Saturday, March 8, 2014.....District 3 Fun Day
(details to come soon; check jaxafg.org)

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211. Meetings are held in the Parlor; they begin at 9:30 am and the doors open at 9 am. Events such as Workshops and Fun Days are held in Wesley Hall and start times vary. Please check fliers or jaxafg.org for event times.

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

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



DISTRICT 3 TRUSTED SERVANTS

PANEL 52 JANUARY 1, 2012 - DECEMBER 31, 2014	Charlene S. District Representative.....	dr@jaxafg.org
	Sally O. Alternate District Rep.....	adr@jaxafg.org
	Kathryn C..... AISL.....	al-anon.alateen@jaxafg.org
	Mark F. Alternate AISL	altaisl@jaxafg.org
	Jerry B. District Treasurer	treasurer@jaxafg.org
	Kathy C. Secretary.....	secretary@jaxafg.org
	Jim B..... Alateen	alateen@jaxafg.org
	Charlene S. Alateen Trainer	dr@jaxafg.org
	Gladys G. AA Liaison.....	aal@jaxafg.org
	Marion G..... Archives	archives@jaxafg.org
	Mary Anne D. . Area Raffle	raffle@jaxafg.org
	Misty W. Group Records	records@jaxafg.org
	Ann M. LDC/Literature.....	ldc@jaxafg.org
	Diane G..... New Group Rep. Greeter	al-anon@jaxafg.org
	Risa G..... Newsletter Editor	newslettereditor@jaxafg.org
	Elaine J. Speaker Keeper	al-anon@jaxafg.org
	Yelena D..... Telephone Answering Svc...	tas@jaxafg.org
Freddie S. Webmaster.....	webmaster@jaxafg.org	
Toni C. Where & When	ww@jaxafg.org	
Rhonda D..... Institutions	institutions1@jaxafg.org	
Tina D..... Public Information/Media	pi@jaxafg.org	
Roxanne A. Co-op w/Prof. Community...	cpc@jaxafg.org	

If you are interested in serving in a position beginning January 1, 2015, please contact the District Representative at dr@jaxafg.org to learn more.

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2014 Jan p 2 of 2



SHARINGS

District 3, Greater Jacksonville, Florida

March 2014 – Panel 52

MEETING NEWS

DISBANDED MEETINGS

“Arlington Happy Hour” AFG has disbanded and no longer meets Monday evenings at 5:30 pm.

“Afternoon Serenity” AFG also has disbanded, no longer meeting on Mondays at St. Giles Presbyterian Church in Orange Park.



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 and I'll be happy to inform our members of your meeting news.

CLIP AND SAVE 

Where to mail group donations

Be sure to put district number, group name, and group number on all donations.

- **District 3 Treasurer:**
District 3 AFG
PO Box 23684
Jacksonville, FL 32241
- **North Florida Treasurer:**
NFA AFG
1700 N. Monroe St., Suite 11-120
Tallahassee, FL 32303
- **World Service Office:**
AFG, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

NORTH FLORIDA AREA AFG 2014 CONVENTION

www.recipesforrecovery2014.com

REGISTER NOW!



NORTH FLORIDA AREA AFG CONVENTION

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(866) 997-9529 • (386) 767-7350
www.shoresresort.com

IT'S NOT TOO EARLY TO REGISTER! MAKE PLANS TODAY!

DOING SERVICE WORK IN AL-ANON?

No matter how big or small your contribution, your service is valued by many! But you also serve because you appreciate the many ways in which it benefits you as well! Share what doing service work in Al-Anon has meant to your recovery. Please submit your contribution of 100 words or less to newslettereditor@jaxafg.org. Your experience will be shared in future issues of “Sharings” and might just inspire others to volunteer too!

Personal Sharings From Meetings

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

My spiritual awakening has been gradual. Bit by bit, with each learning, my awakening develops. Each time that I feel my Higher Power guiding me is another time that I draw closer to my Higher Power to the truth that I need to see in order for my Higher Power to keep me fully awakened. This awakened state helps keep me open-minded so I can see my part in things, let go of outcomes, and just do the next right thing.

~ Catherine, England

Never let me forget that wherever I am...meeting, work, home...God had arrived a few minutes before me and greets me at the door.

~ Julie, California

*No meetings, no chances...
Few meetings, few chances...
Many meetings, many chances...*

...To grow spiritually.

~ Catherine, England

Next SHARINGS submission deadline is Friday, April 4, 2014, 9 pm ■ email: newslettereditor@jaxafg.org

HEARD AT A MEETING

Q: WHAT BROUGHT YOU TO YOUR FIRST AN AL-ANON MEETING?

A: **GOD.** AND BY "GOD," I MEAN THE "GIFT OF DESPERATION."

TELEPHONE ANSWERING SERVICE



**Volunteers needed!
Training provided!**

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You need only 6 months' experience in Al-Anon to qualify for this important position. There's no need to stay home to serve in this role as most volunteers use cell phones to retrieve messages and return calls. Training and guidelines are provided.

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 following numbers of emails and calls were handled in the past few months:

	EMAILS	CALLS
DECEMBER	5	27
JANUARY	7	42
FEBRUARY	6	34

If you would like to help or need more information, please contact **Yelena D.** at tas@jaxafg.org.

DISTRICT 3 CALENDAR

- Saturday, April 12, 2014 District 3 Business Meeting
- Saturday, April 26, 2014 Area Service Workshop, Melbourne
For more info, go to:
http://www.northfloridaal-anon.org/wp_nfafg/wp-content/resources/2014/02/2014-ServiceWorkshopFlyer.pdf
- Friday, May 2 – Sunday, May 4, 2014 North Florida Spring Assembly, Orlando
To register, go to:
<https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1208300183&key=2DA5A>
(Group rate available until 4/2/14.)
- Saturday, June 14, 2014 District 3 Fun Day
(Look for flier on jaxafg.org as date nears.)

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211. Meetings are held in the Parlor; they begin at 9:30 am and the doors open at 9 am. Events such as Workshops and Fun Days are held in Wesley Hall and start times vary. Please check fliers or jaxafg.org for event times.



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www.northfloridaal-anon.org/2014-alateen-conference/

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JANUARY 1, 2012 – DECEMBER 31, 2014

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Mark F. Alternate AISL altaisl@jaxafg.org
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Ann M. LDC/Literature ldc@jaxafg.org
Diane G. New Group Rep. Greeter al-anon@jaxafg.org
Risa G. Newsletter Editor newslettereditor@jaxafg.org
Elaine J. Speaker Keeper al-anon@jaxafg.org
Yelena D. Telephone Answering Svc tas@jaxafg.org
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District 3, Greater Jacksonville, Florida

April 2014 – Panel 52

NORTH FLORIDA AREA AFG 2014 CONVENTION

www.recipesforrecovery2014.com

REGISTER NOW!



NORTH FLORIDA AREA AFG CONVENTION

HOSTED BY DISTRICT 4

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September 5 – 7, 2014

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A BRIGHT IDEA...

CHOOSE ONE SLOGAN A MONTH ON WHICH TO FOCUS AND NOTICE THE MANY TIMES IT CAN BE APPLIED IN YOUR LIFE!

Personal Sharings

I have a magnet on my refrigerator that reads "Happiness is an inside job." I can't remember where or when I got the magnet, but I needed it at the time because the concept that happiness was a personal choice was foreign to me. I heard members in my meeting share about happiness being an "inside job" and I wanted to learn the secret.

How could happiness be a personal choice? I remember waking up in the morning trying to figure out my husband's mood. If he was grumpy, I would think to myself, "Oh, I'm going to have a bad day." I definitely looked to others or outside events my whole life for my happiness. I lived with the "if only I had _____, then I would be happy" mindset.

So once I figured out that I had many negative tapes in my head, I wanted to find out how to change. When I started attending meetings, one of the Al-Anon members would constantly tell me, "Have a good day, unless you have other plans." What? Having a good day was a personal choice? That was beyond my understanding, but I kept coming back to meetings and reading Conference

Approved Literature (CAL) because I wanted to learn how to have a good day despite what was happening around me.

It took a while for me to understand that no one, but me, is responsible for my feelings. It's my reaction to what's happening that matters. Emotional detachment is one of my favorite tools to use so that I don't have to take on or change someone else's feelings.

Keeping myself aligned with God daily also helps me maintain my happiness. Taking the spiritual actions suggested by our Al-Anon program — working the 12 Steps, reading CAL daily, going to meetings, working with a sponsor, praying, meditating, applying the slogans to my life, volunteering to do service — all help to keep me focused on God's will for me. Whenever I'm using my brain in a creative way, I'm God-centered, and that's where my joy is today.

So I've learned that my attitude matters in my happiness. Each day, I ask myself if my attitude is worth catching. It can be difficult to maintain happiness when my life has been affected by the family disease of alcoholism, so I get to practice my Al-Anon program daily. I use:

- Q-TIP (Quit Taking It Personally)
- Identify and let go of my unrealistic expectations
- Pray/meditate
- Focus on gratitude
- Practice Steps 1, 2, and 3 daily
- Talk with my sponsor or program friend
- Do 10th Step journaling, which includes documenting gratitude
- Volunteer for service in Al-Anon (give back what was freely given to me)
- Read CAL
- And attend meetings.

What can I do to improve? I'll keep coming back, practice these spiritual steps daily, keep the focus on myself, and continue working on becoming the best me that I can be one day at a time.

-In gratitude,
Susan H.

Personal Sharings

A Word of Gratitude

Thank you, Al-Anon family, for taking part in the March 8th Fun Day. It warmed my heart to see everybody cooperating all around in whatever was needed...a good example of Groups at Work. Come join us next time and share yourself and the program with others.

~ In gratitude,
Dalila

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- Saturdays, 1 pm to 6 pm

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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, 36 telephone calls were answered and 3 emails were responded to during March.

If you would like to help or need more information, please contact **Yelena D.** at tas@jaxafg.org.



Make plans to attend our next District 3 Fun Day, Saturday, June 14!
Check jaxafg.org for more details as the date nears!

DISTRICT 3 CALENDAR

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- Saturday, July 12, 2014.....District 3 Business Meeting

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Personal Sharings

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For the most part, having an awakening is exactly that — I awoken to another perspective or another truth about me or my situation. With each one, I have been able to change the thing that I awakened to if it was a defect revealed. Sometimes my awakenings have nothing to do with the program and my recovery...they are just my becoming more capable of accepting a truth about me.

You can't have an open mind with a closed heart.

~ Maryanne,
Connecticut



~ Kate, Oregon

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VACANT..... Institutions	institutions1@jaxafg.org
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SHARINGS

District 3, Greater Jacksonville, Florida

May 2014 – Panel 52

MEETING NEWS

■ NEW BEGINNERS MEETING ~ VOLUNTEERS NEEDED ~

All Al-Anon members are invited to participate in a service opportunity by sharing their experience, strength and hope at introductory meetings being held at Stepping Stones Treatment Center every Wednesday from 4 – 5 pm.

We are seeking volunteers to lead these weekly meetings for one month. The Penman Road morning groups have volunteered to lead the meetings in May and the Sunday Spiritual Awakenings Group will lead the meetings for the month of June.

For more information, contact Carolyn H. at jaxafg@gmail.com, or your Group Representative.

Stepping Stones Treatment Center is located on the corner of Corporate Square Blvd. and Bradley Rd., Jacksonville. It's behind the corner of Southside and Atlantic Blvds.

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JUNE 27-29, 2014
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www.nfldistrict5.com/alateen-conference-2014.html

Registration deadline has been extended to May 10, 2014.

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WORD SEARCH PUZZLE: AT A MEETING

G N I R A H S Q D Z F E O W H
E O S W Y L L D O O E H S T T
M Q G S I S F P B N X O G H J
H G O G E K J N Q R P N V X P
Y T I M Y N O N A U E E M X A
P E W U C P D E P R R S L L S
E F Z O O O H N T X I T Y A L
C C D L R B U S I T E Y E I R
N N Y M X G U R Q K N L S E S
E C H O I C E S A F C T C E V
I X A D H O P E R G E A R Y G
T C H S A R J E M N E V K R U
A R W I N U O O I P I Y D L F
P L V W J X C N Y C S G S T A
A U M X G N G F E F V H M B W

Find/circle the following words in the puzzle at left. Words appear up, down, and diagonally. Have fun!

CHOICES
COURAGE
GROWTH
HONESTY
JOY
KINDNESS
LISTENING
PEACE
PATIENCE
SERVICE
EXPERIENCE
STRENGTH
HOPE
SHARING
ANONYMITY
WISDOM

Personal Sharings

Being dishonest (deceitful) and gossiping about others were things that I did because they were habits. Today, gossiping is a red flag that I'm focused outward on others rather than on myself. My focus on others was all about people-pleasing. Members in my meetings kept saying, "Keep the focus on yourself;" and, "You are the only one you can change."

When I fall back into the habit of gossiping or being less than honest, today I can stop and ask myself, "What am I avoiding looking at in my life?" Is it some feeling that I don't want to deal with, or some area of my life that is causing me anxiety that I don't want to face? Some-

times I don't know, so then I have to pray about it.

Usually when I can switch my focus back onto myself, the answers will come...in God's time. I may have to pray for several weeks, so I work on being patient.

I used to want instant answers to avoid being in emotional pain. Today, I can turn my pain, disappointment, hurt and all my feelings over to God.

I never liked being in a place of uncertainty. Today, I can embrace that uncertainty, knowing that in God's time, I will get the answers that I need.

~ Anonymous

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



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



904-350-0600

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CALENDARS
NOW!**

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Check jaxafg.org for more
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DISTRICT 3 CALENDAR

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Saturday, July 12, 2014.....District 3 Business Meeting

Friday & Saturday, August 15 & 16, 2014.....Area World Service Committee Meeting,
Ocala

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

My awakenings have been big and small...sometimes several in a row and some have arrived after a long spiritual dry spell. All of them have been pleasant surprises and many have brought me to my knees in awe. These are the miracles that keep me coming back.

I came to Al-Anon to pacify misinformed doctors and clergy. They thought a support group of women whining about their alcoholic husbands would help me! So, I came to prove them wrong and had my first awakening in my first meeting. The people there were telling my story, living my life, and feeling my frustration and pain. And they were learning how to cope, detach and live a happy life.

So then began my journey of many awakenings. I came to Al-Anon with a personal relationship with my Higher Power but with no clue as to how to put my faith and beliefs into action. Al-Anon taught me, through the tools of the pro-

gram, how to tap into POWER by turning my will over to my Higher Power — that was the biggest awakening from Al-Anon that I was able to use in a tangible way.

Trusting God (as I understand Him) in every aspect of my life, including finances, relationships and grief, by using the Steps, Traditions and my Sponsor, gave me the serenity I had sought for so long. For me, this ability to trust so deeply was a huge awakening. Every time I put my trust in God, great things happen in my life.

I literally came, came to and then came to believe that my Higher Power could do for me what I could not do for myself. That's the biggest awakening of my life. God is alive and well and actively participating in my life...what an awakening! I'm so grateful!

~ Paula,
South Florida

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Diane G.New Group Rep. Greeter.....al-anon@jaxafg.org
Risa G.Newsletter Editor.....newslettereditor@jaxafg.org
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Yelena D.Telephone Answering Svc.....tas@jaxafg.org
Freddie S.Webmaster.....webmaster@jaxafg.org
Toni C.Where & When.....ww@jaxafg.org
Rhonda D.Institutions.....institutions1@jaxafg.org
Tina D.Public Information/Media.....pi@jaxafg.org
Roxanne A.Co-op w/Prof. Community.....cpc@jaxafg.org

If you are interested in serving in a position beginning January 1, 2015, please contact the District Representative at dr@jaxafg.org to learn more.

SHARINGS

District 3, Greater Jacksonville, Florida

June 2014 – Panel 52

MEETING NEWS

■ NEW BEGINNERS MEETING ~ VOLUNTEERS NEEDED ~

All Al-Anon members are invited to participate in a service opportunity by sharing their experience, strength, and hope at introductory meetings being held at Stepping Stones Treatment Center. The meetings, held every Wednesday from 4 to 5 pm, are for family members of those currently in treatment.

We are seeking groups willing to lead these weekly meetings for one month. The Penman Road morning groups led the meetings in May and the Sunday Spiritual Awakenings Group is leading the June meetings. A group has volunteered for August but we need groups for July, September, and each month thereafter.

For more information, contact Carolyn H. at jaxafg@gmail.com, Gail A. at gpaid@comcast.net, or your Group Representative.

Stepping Stones Treatment Center is located at Lakeview Health, 1900 Corporate Square Blvd., main building. (Enter front door and go straight ahead through the double doors.)

Hope for Today AFG will be holding a speaker meeting on Monday, June 30, from 7 to 8 pm. All Al-Anon members are welcome to attend. The meeting will be held at Starratt Road Christian Church at 2311 Starratt Road, Jacksonville, FL 32226.

Submit meeting news to newslettereditor@jaxafg.org.

2014 "SANDS of SERENITY" ALATEEN CONFERENCE

JUNE 27-29, 2014
DAYTONA BEACH, FL

www.nfldistrict5.com/alateen-conference-2014.html

NORTH FLORIDA AREA AFG 2014 CONVENTION

www.recipesforrecovery2014.com

REGISTER NOW!



HOSTED BY DISTRICT 4
Daytona Beach Shores
September 5 – 7, 2014

The Shores Resort and Spa
2837 South Atlantic Avenue
Daytona Beach Shores, FL 32118
(888) 897-9529 • (386) 767-7350
www.shoresresort.com

SEPTEMBER IS FAST APPROACHING! MAKE PLANS TODAY!

Personal Sharings

I first learned about Al-Anon at a recovery center and it changed my life. I had no idea living with alcoholism had affected me; I just knew everything I tried to get my loved one sober didn't work. Oh, it would work for a short time; but sooner or later, the other shoe would fall. What a relief to find out that getting the alcoholic sober was not my job!

Step One states that I am powerless over alcoholism. Much to my surprise, my Al-Anon success story is not about the alcoholic or the status of their sobriety but about me having a program of recovery for myself. For as they tell me, if I don't take care of my own recovery, I have nothing to give to anyone.

~ Anonymous

TOP TEN REASONS TO STAND FOR A SERVICE POSITION IN AL-ANON

This summer our Al-Anon Family Groups will be holding elections at both the group and district levels. Based on my experience, strength, and hope, here is a **TOP TEN LIST** of reasons I found to stand for a service position.

~ Carolyn H.

- # 10. Group Representatives get a free weekend to Orlando two times a year.
- # 9. I made more friends than I know what to do with.
- # 8. I got to see **How Al-Anon Works** in real life.
- # 7. I learned more about myself than I ever knew before.
- # 6. I've learned how to share and to let go.
- # 5. I have learned how to trust.
- # 4. I have learned to give back what I have been given so freely.
- # 3. I have found a new best friend.
- # 2. I've discovered skills I didn't even know I had.

And the #1 reason for me: (drumroll, please) I found God.

Note: Please remember that Dual Members can serve at the group level except as Group Representative; they may not serve at the district level. (See **Service Manual** for details.)

TELEPHONE ANSWERING SERVICE



**Volunteers needed!
Training provided!**

The Telephone Answering Service (TAS) is happy to announce the addition of three new volunteers:

- Michelle
- Nancy N.
- Pat

The TAS is still seeking volunteers to take telephone calls and answer messages for the following shifts:

- Mondays, 1 pm to 6 pm
- Mondays, 6 pm to 11 pm

You need only 6 months' experience in Al-Anon to qualify for this important position. There's no need to stay home to serve in this role as most volunteers use cell phones to retrieve messages and return calls. Training and guidelines are provided.

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, 41 calls were answered in April and 45 in May. In addition, 6 emails were answered in April and 5 in May.

If you would like to help or need more information, please contact **Yelena D.** at tas@jaxafg.org.

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

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

904-350-0600

**DID YOU ATTEND
A FUN DAY!**

"Sharings" is a great place to tell others about the great time you had at a recent Fun Day. Submit your experience in writing to newslettereditor@jaxafg.org.

DISTRICT 3 CALENDAR

Saturday, July 12, 2014	District 3 Business Meeting
Friday & Saturday, August 15 & 16, 2014	Area World Service Committee Meeting, Orlando (www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1208310202&key=6BF3A)
Friday, Sept. 5 - Sunday, Sept. 7, 2014	North Florida AFG Convention (see front page for more info)
Saturday, Sept. 13, 2014	District 3 Business Meeting
Friday, Oct. 3 - Sunday, Oct. 5, 2014	North Florida Fall Assembly, Orlando (www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1208310203&key=A52CF)
Saturday, Nov. 8, 2014	District 3 Business Meeting
Saturday, Dec. 6, 2014	District 3 Fun Day

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211. Meetings are held in the Parlor; they begin at 9:30 am and the doors open at 9 am. Events such as Workshops and Fun Days are held in Wesley Hall and start times vary. Please check fliers or jaxafg.org for event times.



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

Personal Sharings

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

I find that laughter and meetings help me to think creatively and come up with sound solutions and directions for my life. Simply deciding to pause rather than make hasty decisions has often left me in a state of awe! I get the right answer in my mind...the perfect solution. Why did I not think of that before? Don't know. Not relaxed enough, probably preoccupied. Literature and my daily gratitude list also help me change my outlook.

~ Carol, Nevada

The miracle of transformation has happened enough for me to develop the belief that my Higher Power is larger than any of my problems.

~ Suzanne
Northern California



DISTRICT 3 TRUSTED SERVANTS

PANEL 52
JANUARY 1, 2012 - DECEMBER 31, 2014

Charlene S.	District Representative	dr@jaxafg.org
Sally O.	Alternate District Rep.	adr@jaxafg.org
Kathryn C.	AlSL	al-anon.alateen@jaxafg.org
Mark F.	Alternate AlSL	altails@jaxafg.org
Jerry B.	District Treasurer	treasurer@jaxafg.org
Kathy C.	Secretary	secretary@jaxafg.org
Jim B.	Alateen	alateen@jaxafg.org
Charlene S.	Alateen Trainer	dr@jaxafg.org
Gladys G.	AA Liaison	aal@jaxafg.org
Marion G.	Archives	archives@jaxafg.org
Mary Anne D.	Area Raffle	raffle@jaxafg.org
Misty W.	Group Records	records@jaxafg.org
Ann M.	LDC/Literature	ldc@jaxafg.org
Diane G.	New Group Rep. Greeter	al-anon@jaxafg.org
Risa G.	Newsletter Editor	newslettereditor@jaxafg.org
Elaine J.	Speaker Keeper	al-anon@jaxafg.org
Yelena D.	Telephone Answering Svc.	tas@jaxafg.org
Freddie S.	Webmaster	webmaster@jaxafg.org
Toni C.	Where & When	ww@jaxafg.org
Rhonda D.	Institutions	institutions1@jaxafg.org
Tina D.	Public Information/Media	pi@jaxafg.org
Roxanne A.	Co-op w/Prof. Community	cpc@jaxafg.org

If you are interested in serving in a position beginning January 1, 2015, please contact the District Representative at dr@jaxafg.org to learn more.

Next SHARINGS submission deadline is Saturday, July 5, 2014, 9 pm ■ email: newslettereditor@jaxafg.org

2014 June page 2 of 2

SHARINGS

District 3, Greater Jacksonville, Florida

July 2014 – Panel 52

MEETING NEWS

■ NEW BEGINNERS MEETING ~ VOLUNTEERS NEEDED ~

All Al-Anon members are invited to participate in a service opportunity by sharing their experience, strength, and hope at introductory meetings being held at Stepping Stones Treatment Center. The meetings, held every Wednesday from 4 to 5 pm, are for family members of those currently in treatment.

We are seeking groups willing to lead these weekly meetings for one month. The Penman Road morning groups led the meetings in May and the Sunday Spiritual Awakenings Group led the June meetings. A group has volunteered for August but we need groups for July, September, and each month thereafter.

For more information, contact Carolyn H. at jaxafg@gmail.com, Gail A. at gpald@comcast.net, or your Group Representative.

Stepping Stones Treatment Center is located at Lakeview Health, 1900 Corporate Square Blvd., main building. (Enter front door and go straight ahead through the double doors.)

.....
Serenity Seekers AFG will be holding a speaker and potluck lunch meeting on **Wednesday, July 30**, from noon to 1 pm. All Al-Anon members are welcome to attend. The meeting will be held at **New Covenant Ministries** at 2360 St. John's Bluff Road in Jacksonville. Please bring a covered dish to share.

.....
 **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 and I'll be happy to inform our members of your meeting news.

Personal Sharings

One of the questions most family members want to know is how can they help the newly sober loved one? One suggestion for me in Al-Anon was to change something I could. If I always put my right shoe on first, try putting the other one on first. I couldn't believe how long

it took me to change such a simple habit to get to the place I didn't have to think about it. It gave me much compassion for anyone trying to stop drinking. It took us a long time to get to this place; it's going to take a while to change our lifestyle.

~ Anonymous

NORTH FLORIDA AREA AFG 2014 CONVENTION

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Personal Sharings

Al-Anon has helped me deal better with conflicts and confrontations. By using the tools of the program, I have experienced great improvement in the ways I handle those issues. Here are just a few examples:

- *When I speak, I do so from the first-person perspective ("I feel...", "It concerns me that...", etc.) rather than the second-person point of view ("You're making me mad...", "You were wrong when you...", or "You should/shouldn't...").*
 - *I try to remember to use HALT before confronting someone. So first I consider whether I'm hungry, angry, lonely, or tired, and if I am any of those, I put the brakes on the confrontation until later, when I feel better.*
 - *I will ask myself "How important is it?" before engaging in the confrontation. More often than not, it isn't that important.*
 - *I try to leave judgment out of the picture. That's still a big challenge for me because I sometimes put off confrontations, leaving time for me to fester on and obsess about the problem and*
- *come up with pre-conceived notions about how the other person will react. Or sometimes I try to predict how, then, I can use my perceived superiority against them to win the conflict. Those tactics now seem unfair to me.*
 - *I try to have understanding and compassion for the person, especially when my first response is to think they don't deserve it. Everyone has a backstory. Most people are "not" out to get me. When I consider those factors, it helps me approach the situation from a more level playing field.*
 - *And mostly, I try to remember to turn to my Higher Power for guidance before the confrontation. I ask for compassion, understanding, tolerance, patience, and the strength to know when it's time to just shut up!*
- These are only a few of the many ways the tools help me, and I'm grateful for them because before Al-Anon, I was just a wrecking ball! Now I can approach confrontations and resolve conflicts in healthier ways that don't cause me to lose sleep at night.*

~ Resting Easier

TELEPHONE ANSWERING SERVICE



**Volunteers needed!
Training provided!**

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, 22 calls and 4 emails were answered in June.

The TAS is still seeking volunteers for the following shifts:

- Mondays, 1 pm to 6 pm
- Mondays, 6 pm to 11 pm

You need only 6 months' experience in Al-Anon to qualify for this important position. There's no need to stay home to serve in this role as most volunteers use cell phones to retrieve messages and return calls. Training and guidelines are provided.

If you would like to help or need more information, please contact **Yelena D.** at tas@jaxafg.org.

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

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

 904-350-0600

Personal Sharings

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

*When I can learn to love myself, then
I can give love to others. If I don't love
myself, I have nothing to give.*

~ Christine, Illinois

DISTRICT 3 CALENDAR

Friday & Saturday, August 15 & 16, 2014.....	Area World Service Committee Meeting, Orlando (www.starwoodmeeting.com/ StarGroupsWeb/booking/reservation?id= 1208310202&key=6BF3A)
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Babysitting services are available at all District Business Meetings and Fun Day events.

Personal Sharings

FRIENDSHIP

When I thought about all my Al-Anon friends and how close we are, perhaps it IS because God is part of our friendship.

We pray together, laugh together, cry together, and God is there. We ask God into our decisions and our group conscience. We let go of our character defects and let God work in us. We give our loved ones to God.

Yes, God is the glue that holds us together.

~ Anonymous

DISTRICT 3 TRUSTED SERVANTS

PANEL 52
JANUARY 1, 2012 – DECEMBER 31, 2014

Charlene S. District Representative.....	dr@jaxafg.org
Sally O. Alternate District Rep.	adr@jaxafg.org
Kathryn C. AISL	al-anon.alateen@jaxafg.org
Mark F. Alternate AISL	altaisl@jaxafg.org
Jerry B. District Treasurer	treasurer@jaxafg.org
Kathy C. Secretary	secretary@jaxafg.org
Jim B. Alateen	alateen@jaxafg.org
Charlene S. Alateen Trainer	dr@jaxafg.org
Gladys G. AA Liaison.....	aal@jaxafg.org
Marion G. Archives	archives@jaxafg.org
Mary Anne D. Area Raffle	raffle@jaxafg.org
Misty W. Group Records.....	records@jaxafg.org
Ann M. LDC/Literature.....	lhc@jaxafg.org
Diane G. New Group Rep. Greeter	al-anon@jaxafg.org
Risa G. Newsletter Editor.....	newslettereditor@jaxafg.org
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Roxanne A. Co-op w/Prof. Community	cpc@jaxafg.org

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Next SHARINGS submission deadline is Friday, August 1, 2014, 9 pm ■ email: newslettereditor@jaxafg.org



SHARINGS

District 3, Greater Jacksonville, Florida

September 2014 – Panel 52

A POEM

by Ann M.

Upon my table there sits a pile
Or perhaps to say...
That beneath the pile
There dwells a table?

Junk mail, bills, and things to file...
Receipts to enter
And budgets to balance...
Past correspondence and
Treasures to save
And a recipe I'm dying to try.

Why is it, I wonder
That I procrastinate?
My life,
Like the table,
Is on hold.
And everything's late!

"You've"
Been gone for a while
And, once again, I
Laugh and smile.
No longer can you
"Eat off my floors."
Fingerprints and pet hair
are everywhere!

My heart is full most of the time,
But some days, I start over as
often as needed.
Today is the day I tackle
THE PILE...
First things first and
how important is it?

So I'll give myself a hug and bring
My Higher Power.
Who knows?...
I might even DUST!!

Personal Sharings

Concept 4: Participation Is the Key to Harmony

I was inspired with a new phrase about participation: Participate, not dominate. There is middle ground, a healthier way. It doesn't have to be all or nothing. I've gotten to witness examples of that in the past, in my face-to-face meetings and then notice it in outside groups. I've also been more aware of those who dominate as well as those that don't step up at all. And then I consider what might be behind their behavior. I then reflect on my own behavior and what might be behind it. Sometimes I accept that and sometimes I'm ready to take new action. No hurry. I trust my Higher Power and the growth he has for me.

~ Anonymous, Colorado

I have learned that love is a decision, forgiveness is a decision, and gratefulness is a decision.

~ Beverly, Perth, Western Australia

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

When I can learn to love myself, then I can learn to give love to others. If I don't love myself, I have nothing to give.

~ Christine, Illinois

Boundaries mean I get to be who I am; I don't have to take on others' beliefs or traits in order to feel okay, and others don't have to like or accept what/who I am in order for me to be okay. As long as I like me and I am at peace and in harmony with my Higher Power, then I think I am on the right path.

Walls would mean, to me, that I have become inflexible, unwilling to learn or grow. To me that would mean I have become steeped in self-will, arrogance, and in the belief that there's nothing you can teach me. I know I have put up walls, in the name of setting boundaries, and I believe that 99.9% of the time, it is due to fear.

~ Anonymous

Personal Sharings

Dancing With an Alcoholic

In any dance, you have to know the steps. I was in a Step meeting and had an inkling of a memory of how my husband and I danced. We stepped on each other's feet. We each had a different rhythm. He tried to lead and I tried to lead, going nowhere. When I gave up, I got overwhelmed. After we got in recovery, we had to learn a new dance. It was not magic, all-at-once togetherness. We had to find our separateness. We had to stop leaning on each other and become individuals straight and strong. Sometimes he led and sometimes I led. Then we had to learn to be flexible and to dance together for a common goal. The miracle comes and goes and we both are the better for it.

~ Carolyn H.

MEETING NEWS

■ SPEAKER MEETING 9/29

Hope for Today AFG will be holding a speaker meeting on Monday, September 29, at 7 pm. All Al-Anon members are welcome to attend. Snacks will be served after the meeting.

Also, please note that the name of the facility where **Hope for Today AFG** meets on Monday nights has changed from Starratt Road Christian Church to Encounter Christian Church. The church is located at 2311 Starratt Road, Jacksonville, FL 32226.

■ NEW MEETING

Laugh Out Loud AFG meets Tuesday nights, 7:15 pm, at Providence School, at 2701 Hodges Blvd.

■ NEW MEETING

A new meeting, as-yet-unnamed meeting is being held at Unity Church, in the Five Points area, 634 Lomax St., Jacksonville, FL 32204. The group meets Tuesdays at 6 pm; participants are asked to use the back entrance in the 1500 block of May St. A Tai Chi class is in progress, so please be silent going through to the opposite side of the room. Look for the room labeled "YOU."

For more information, email Violet at abigail1890@juno.com.

■ MEETING FORMAT CHANGED

Spiritual Awakenings AFG, which meets Sundays, at 11 am at 1350 13th Ave., Jacksonville Beach, has been changed from an Open Meeting to Closed, which means it is limited to members and prospective members only.

■ MEETING CLOSED FOR SUMMER

Sunday Night 12 & 12 AFG, held 7 to 8 pm in Arlington, is closed for the summer. Look for future announcements or check jaxafg.org for updates.

■ NEW BEGINNERS MEETING ~ VOLUNTEERS NEEDED ~

All Al-Anon members are invited to participate in a service opportunity by sharing their experience, strength, and hope at introductory meetings held at Stepping Stone Center for Recovery. The meetings, held every Wednesday from 4 to 5 pm, are for family members of those currently in treatment.

We are seeking groups to lead these weekly meetings for one month. Volunteers are still needed for November and December.

For more information, contact Carolyn H. at jaxafg@gmail.com, Gail A. at gpald@comcast.net, or your Group Representative.

Stepping Stone Center for Recovery is located at Lakeview Health, 1900 Corporate Square Blvd., main building. (Enter front door and go to receptionist straight ahead.)

Read more about it in the article at right!

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 and I'll be happy to inform our members of your meeting news.

FAQ...

About 12th Step Work at Stepping Stone Center for Recovery

Everyone is invited! Groups are invited to lead for a month!

Who?

District 3 AFGs are introducing Al-Anon to family members of those currently in treatment at Stepping Stone Center for Recovery. Arlington Tuesday Night AFG is leading in September. Serenity Seekers AFG group to sign up for November or December.

What?

Al-Anon introductory meetings at Stepping Stone Center for Recovery.

When?

Wednesdays from 4 to 5 pm

Where?

The main Lakeview Health Building, 1900 Corporate Square Blvd. (Corner of Southside Blvd. and Atlantic Blvd. near Regency Mall)

Lead the meeting?

Yes, one of your group volunteers will lead. The format is directly out of "Groups at Work." How much you read and what prayers you use are the leader's choice.

Beginner's topic?

Yes, we found it helpful to begin with your story for about 5 minutes, focusing on your own recovery. You may bring the Al-Anon literature you would like to use for about 12 people.

Contact?

Gail A. gpald@comcast.net or Carolyn H. jaxafg@gmail.com

Personal Sharings

On Service in Public Outreach...

Public Outreach is always a great way to serve. I volunteered at the C.O.R.E. Conference in Fernandina Beach in July and had an amazing time. We talked to many attendees about Al-Anon and gave out tons of literature, which was well received. Great fellowship with my Al-Anon friends and carrying the message of hope in Al-Anon is, as always, a privilege. Any time I am of service and bring awareness of Al-Anon to a newcomer is giving back to someone what was given so freely and lovingly to me. I have received many wonderful gifts in my lifetime, but none were as great as the gifts Al-Anon has given me.

-Roxanne A.

I was honored to be part of our Al-Anon Outreach Team to attend the Drug and Alcohol Treatment Centers Exhibits and Classes that met in July on Amelia Island. We were allowed to attend the classes and I am very happy with some of the trends I noticed in the Recovery community. There seemed to be an awareness of the need for the whole family to be in treatment. Many centers offer programs that include extensive stays for the families. Each family member gets help and is encouraged to go to Al-Anon/Alateen Family Groups afterwards. Many centers have introductory Al-Anon meetings.

We also had the opportunity to see the exhibits and have input in our District 3 Outreach Project. We're looking at a tablecloth and two retractable stands to be used at Health Fairs and other Al-Anon events.

Best of all was the personal interaction with the attendees. Some wanted to know what was new in Al-Anon and we showed them the new "Reaching for Personal Freedom (P-32)" workbook. Many took copies of the "2014 Al-Anon Focus Alcoholism" magazines, as well as pamphlets and meeting schedules. We even had "Mini-Meetings" behind the board, complete with tissues to encourage crying. We had a basket of peppermint Lifesavers because Al-Anon has saved my life and given me a life!

Thank you, Al-Anon, for instead of giving myself away, I received so much more.

-Carolyn H.



Heard at the North Florida Area AFG Convention, Sept. 5-7, 2014

- "If I say 'No' to service, I won't continue to grow."
- "Service helps me to see my character defects."
- "I learned to place principles above personalities in service. I could then take that to my family."
- "It didn't matter what my motive was. I received the benefits of service."
- "When you know how to do the job, it's time to give it up. It's what that job and experience is going to do for you."
- "Any small service is an opportunity to grow."
- "How is this how am I helping the Families and Friends of Alcoholics?"

Personal Sharings

When I was told to quit negging, get off my loved one's back, and stop worrying, I denied that I did every one of those. After hearing others in the rooms share that it doesn't help my loved one, I still protested. Doesn't that behavior show my love? Still I was desperate enough to try some of the suggestions I had heard. It was that effort that helped us both and made life so much easier.

When I stopped trying to control another person, no matter how much I loved him, life got better.

~ Anonymous

Why Do We Reach Out to the Public?

In order to continue to exist, Al-Anon must grow. The Eleventh Tradition guides our Public Outreach. Our policy is attraction and cooperation rather than promotion or affiliation.

What's the difference? To attract is to draw or invite, while to promote is to push or sell. To cooperate is to work together, while affiliation often involves the lending of one's name and can be legal or financial.

Our members attract when we tell who we are, what we do, and let others know we are available. We are not attracting if we make promises or offer advice. We cooperate when we work with others, like at health fairs.

Please read "The Best of Public Outreach," updated 3/15/2012, pages 4-5, and our "2014-2017 Al-Anon/Alateen Service Manual," pages 109-110 to learn more.

• Grateful Member Freddie S.

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:

	Telephone calls	Emails
July	47	6
August	35	10

If you would like to help or need more information, please contact **Yelena D.** at tas@jaxafg.org.

NORTH FLORIDA FALL ASSEMBLY

Friday, Oct. 3 – Sunday, Oct. 5, 2014
Orlando, Florida

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

RESERVATION INFORMATION:

Group Name: AFG (Al-Anon FamilyGroups)
Hotel: Sheraton Lake Buena Vista Resort
To make reservations online, go to:
www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1208310203&key=A52CF

DISTRICT 3 CALENDAR

(All Al-Anon members are invited to all of the events listed below.)

Sunday, Sept. 28, 2014, 3 pm Planning Meeting for 2015 North Florida AFG Area Service Workshop
(For more info, email pi@jaxafg.org)

Friday, Oct. 3 – Sunday, Oct. 5, 2014..... North Florida Fall Assembly, Orlando
(www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1208310203&key=A52CF)

Sunday, October 19, 2014, 2 pm..... District 3 Budget Planning Meeting
1835 Smith St., Orange Park
(Please respond to treasurer@jaxafg.org if you plan to attend.)

Saturday, Nov. 8, 2014..... District 3 Business Meeting

Saturday, Dec. 6, 2014..... District 3 Fun Day

Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211. Meetings are held in the Parlor; they begin at 9:30 am and the doors open at 9 am. Events such as Workshops and Fun Days are held in Wesley Hall and start times vary. Please check fliers or jaxafg.org for event times.



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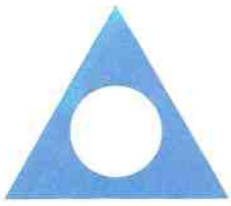
DISTRICT 3 TRUSTED SERVANTS



Charlene S. District Representative dr@jaxafg.org
Sally O. Alternate District Rep. adr@jaxafg.org
Kathryn C. AISL al-anon.alateen@jaxafg.org
Mark F. Alternate AISL altaisl@jaxafg.org
Jerry B. District Treasurer treasurer@jaxafg.org
Kathy C. Secretary secretary@jaxafg.org
Jim B. Alateen alateen@jaxafg.org
Charlene S. Alateen Trainer dr@jaxafg.org
Gladys G. AA Liaison aal@jaxafg.org
Marion G. Archives archives@jaxafg.org
Mary Anne D. Area Raffle raffle@jaxafg.org
Misty W. Group Records records@jaxafg.org
Ann M. LDC/Literature ldc@jaxafg.org
Diane G. New Group Rep. Greeter al-anon@jaxafg.org
Risa G. Newsletter Editor newslettereditor@jaxafg.org
Elaine J. Speaker Keeper al-anon@jaxafg.org
Yelena D. Telephone Answering Svc. tas@jaxafg.org
Freddie S. Webmaster webmaster@jaxafg.org
Toni C. Where & When ww@jaxafg.org
Rhonda D. Institutions institutions1@jaxafg.org
Tina D. Public Information/Media pi@jaxafg.org
Roxanne A. Co-op w/Prof. Community cpc@jaxafg.org

If you are interested in serving in a position beginning January 1, 2015, please contact the District Representative at dr@jaxafg.org to learn more.

Next SHARINGS submission deadline is Friday, September 26, 2014, 9 pm ■ email: newslettereditor@jaxafg.org



SHARINGS

District 3, Greater Jacksonville, Florida November 2014 – Panel 52

WHO YA GONNA CALL?

Mythbusters!!



*Fun Day
Saturday,
December 6*

AFG DISTRICT 3 ■ JACKSONVILLE, FL

FUN DAY ■ SATURDAY, DECEMBER 6, 2014

LET IT BEGIN WITH ME

Meet and Greet Your New District 3 Resources

DONATION:
\$2

BRING HOLIDAY
CRAFTS TO SELL
TO BENEFIT
DISTRICT 3

POT LUCK!
BRING CROCK
POTS, SALADS,
AND DESSERTS.
(COFFEE, ICED TEA,
AND BOTTLED WATER
PROVIDED)

FREE
BABYSITTING
AVAILABLE



QUESTIONS?
CONTACT
CAROLYN H. AT
JAXAFG@GMAIL.COM
OR CHARLENE S. AT
DR@JAXAFG.ORG

Meet and Greet

*New District 3 Officers
and Chairpersons*

*Incoming and Outgoing
District Representative Speakers*

RAFFLE BASKETS!

PLUS FREE TICKETS DURING MEET AND GREET

ALL DONATIONS AND PROCEEDS
FROM RAFFLE AND CRAFTS SALES
SUPPORT DISTRICT 3 OUTREACH.



FROM NOON UNTIL 3 PM

ARLINGTON UNITED METHODIST CHURCH
1400 UNIVERSITY BLVD NORTH
JACKSONVILLE, FL 32211

WILL
YOU
BE
THERE?

*Don't Miss
Any of
the Fun!
Mark Your
Calendar
Today!*

MEETING NEWS

■ GROUP NAME CHANGES

The group formerly known as **Beaches Monday Morning AFG** has changed its name to **Circle of Hope AFG**. The group meets Mondays, 10:30 am, at 400 Penman Road, Jacksonville Beach, in the Al Pablo Club.

The group formerly known as **Jax Beach Thursday Morning AFG** has changed its name to **Circle of Hope AFG**. The group meets Thursdays, 10:30 am, at 400 Penman Road, Jacksonville Beach, in the Al Pablo Club.

The group formerly known as **Middle of the Week AFG** has changed its name to **Circle of Hope AFG**. The group meets Wednesdays, 6 pm, at 400 Penman Road, Jacksonville Beach, in the Al Pablo Club.

■ NEW BEGINNERS MEETING ~ VOLUNTEERS NEEDED ~

All Al-Anon members are invited to participate in a service opportunity by sharing their experience, strength, and hope at introductory meetings held at Stepping Stone Center for Recovery, located at Lakeview Health, 1900 Corporate Square Blvd., main building. The meetings, held every Wednesday from 3:30 to 4:30 pm, are for family members of those currently in treatment. We are still seeking a group to lead three weekly meetings in December. For more information, contact Carolyn H. at jaxafg@gmail.com or your Group Representative.



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

NEW DISPLAY MATERIALS ENHANCE OUR DISTRICT'S OUTREACH TO PROFESSIONALS

Al-Anon participated in the University of Florida Primary Care, Pain and Addiction Conference at Sawgrass in October. Al-Anon had a booth and it was a fantastic success. Why, you ask? We had the most beautiful booth, motivated volunteers, great information, and helpful handouts. I've volunteered at a number of these events but never had the response that we had this time.

Take a look at the picture below. People were absolutely drawn to our booth and took the time to read our banners. We looked professional and credible.

When visitors stopped by, our volunteers offered them Conference Approved Literature, like "How Al-Anon Works" and "Al-Anon Faces Alcoholism," and referral pads to Al-Anon were also given out.

I'm still so excited and grateful to everyone who made our incredible outreach banners and tablecloth a reality. Many members participated in the planning and execution of this event, so it wasn't too much for any one member, and that's how Al-Anon service works. Together we get better.

~ Roxanne



Personal Sharings

For a long time, I had that nagging feeling inside that somehow, in some way, something I did caused the drinking. These beliefs are so ingrained in us and accepted by society, that it is not a simple task to change our attitude. Through Al-Anon, I learned that alcoholism is a family disease, and the

program helped me turn my anger into understanding and compassion. I heard from other Al-Anon members how they were able to experience peace, and I wanted that too. By working the Twelve Steps for myself, I now am happy, joyous, and free.

~ Anonymous

Personal Sharings

Twenty years ago, a recovering friend explained to me that my mother might be an alcoholic and that help was available. I told her she was crossing boundaries and being a busy-body! Deep down, I was in pain and relieved that there might be an answer for the craziness I was experiencing in my life. It also felt good finally to blame my mother for my problems! Over the years, I have heard that alcoholism is a "disease" that affects the whole family. It took me a long time to understand it, but I am now able to see it clearly. Because of my recovery in Al-Anon, I have finally started healing, and I am aware that I only have myself to blame for my own problems. It is with this awareness that I am able to forgive, understand, and love my mother.

When I first visited an Al-Anon meeting those many years ago, I went to find out how to stop my mother from drinking. I was in my twenties, married, and living in another state; yet, my own struggle with trying to make everyone around me happy was, quite literally, killing me on the inside. When told that Al-Anon was for ME and not for the alcoholic, I left the meeting feeling more alone than ever. I just didn't understand. When they told me to just keep coming back, I chose to stay away. Soon after, my mother gave me the impression that she would be killing herself that day, and I had to leave my one-year-old son with my husband and fly over 300 miles in order to save her. She signed herself into rehab and basically stopped drinking alcohol. I thought everything would be better, but I have since learned that sobriety without growth will not stop the hurt caused by this debilitating family disease. Not only was her thinking messed up, mine was as well.

Over the years, I have felt crazy in many situations. Early on, I created my own crises over and over, trying to deaden the pain that consumed me on the inside. When that didn't work, I found another way of escaping by trying to save

everyone in trouble, rushing to every crisis situation, and solving everyone's problems but my own. When I finally felt like I would implode, I was told by a therapist that I was "textbook" Al-Anon. Although skeptical, I decided to return to a meeting. I have read what seems like every book about co-dependency, family dysfunction, alcoholism, addiction, and other topics of interest, but it was only when I stepped into the doors of an Al-Anon meeting that my recovery really began.

What changed? Somehow, God showed me a group of others who understood every-

thing I was feeling. They accept me and all my "craziness," and they respond by listening and lovingly sharing their stories with me as well. I am learning that I am only as crazy as I choose to be and that there are many tools I can use to find the serenity that these friends claim to know. I can truly take things "one day at a time" if I have the "courage to change." I don't have to solve any problems but my own. With God's help, this burden has been lifted, and I feel free for the first time in my life!

~ Katherine

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
(BAKER, CLAY, DUVAL, WASKAU COUNTIES)
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

Al-Anon \$10 Alateen Registration is Free

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

Workshop registration includes...
breakfast, lunch, free childcare, free registration for Alateens, and love gift

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

Next SHARINGS submission deadline is Sunday, November 30, 2014, 9 pm ■ email: newslettereditor@jaxafg.org

2014 Nov page 3 of 4

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:

	Telephone calls	Emails
Sept.	23	2
Oct.	45	10

If you would like to help or need more information, please contact **Yelena D.** at tas@jaxafg.org.

LDC HOURS CHANGING

Effective immediately, the Literature Distribution Center (LDC), located on the second floor of the San Marco Clubhouse, 1423 San Marco Blvd., will no longer be open for sales on Thursdays, from 7 to 8 pm. The center will remain open on Wednesdays, from 2:30 to 3:30 pm.

Click [here](#) for a map.

If you need special assistance because of this scheduling change, please contact Ann M. Her email address is available on the copies of "Sharings" distributed at your group meeting.

DISTRICT 3 CALENDAR

(All Al-Anon members are invited to all of the events listed below.)

- Saturday, Nov. 8, 2014.....District 3 Business Meeting
- Saturday, Dec. 6, 2014.....District 3 Fun Day
(See flier on page 1)
- Saturday, March 14, 2015.....North Florida AFG
Area Service Workshop
(See flier on page 3)

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- Sally O.Alternate District Rep.....adr@jaxafg.org
- Kathryn C.....AISL.....al-anon.alateen@jaxafg.org
- Mark F.Alternate AISL.....altaisl@jaxafg.org
- Jerry B.District Treasurer.....treasurer@jaxafg.org
- Kathy C.Secretary.....secretary@jaxafg.org
- Jim B.....Alateen.....alateen@jaxafg.org
- Charlene S.Alateen Trainer.....dr@jaxafg.org
- Gladys G.....AA Liaison.....aal@jaxafg.org
- Marion G.....Archives.....archives@jaxafg.org
- Mary Anne D.Area Raffle.....raffle@jaxafg.org
- Misty W.Group Records.....records@jaxafg.org
- Ann M.LDC/Literature.....ldc@jaxafg.org
- Diane G.....New Group Rep. Greeter.....al-anon@jaxafg.org
- Risa G.....Newsletter Editor.....newslettereditor@jaxafg.org
- Elaine J.Speaker Keeper.....al-anon@jaxafg.org
- Yelena D.....Telephone Answering Svc.....tas@jaxafg.org
- Freddie S.Webmaster.....webmaster@jaxafg.org
- Toni C.Where & When.....ww@jaxafg.org
- Rhonda D.....Institutions.....institutions1@jaxafg.org
- Tina D.....Public Information/Media.....pi@jaxafg.org
- Roxanne A.....Co-op w/Prof. Community.....cpc@jaxafg.org

Effective January 1, 2015, many of the service positions listed above will either be filled by a different member of Al-Anon or become vacant. If you are interested in serving in a position on Panel 55, beginning January 1, 2015, or simply wish to learn more about the positions available, please contact the District Representative at dr@jaxafg.org.

"Service work helped fast track my recovery in Al-Anon." ~ Anonymous



SHARINGS

District 3, Greater Jacksonville, Florida

December 2014 – Panel 52

Personal Sharings

I was encouraged to go to at least six meetings before I decided if Al-Anon would work for me. My loved one went to go 90 meetings in 90 days; surely, I can get to one a week. I got an Al-Anon sponsor and begin to listen

to how this whole recovery thing could work for me. I always start my day, with "Today is the first day of the rest of my life."

~ Anonymous

Did you attend the Fun Day on December 6th? Let others know in "Sharings" how much you enjoyed your experience.

Email your submission to newslettereditor@jaxafg.org.

Personal Sharings

When I was about eight years old, my father and stepmother invited me to spend Thanksgiving with them for the first time since they had gotten married three years before. My mother took me shopping because I didn't have a dress or skirt to wear, so we hit the sales rack at Belks. She picked out a floral outfit with a matching skirt, a vest of fall colors, and a white peasant blouse. I hated it. To make me feel better, she bought my first pair of high heels, which were actually little low-heeled, black patent leather sandals. She told me I looked beautiful, and I believed her, even though I wasn't crazy about the colors.

found one in a bag of hand-me-downs. Seeing the fabric covered with horses, my daughter squealed with delight. I realized that I must have once been just as trusting and innocent as my own little girl, and I found myself feeling so grateful that God had blessed me with the chance to love her. Somehow, I realized that it was healing for me to do so and just exactly what I needed. "Come here, precious girl," I said, and I gently looked at the tag in the back of the dress. Laura Ashley! It was a bittersweet moment as I was stunned by the discovery.

"Mommy, can we go now?" My daughter tugged away and sashayed out the door.

It was as if God was showing me how silly it was that anyone would ever value a name brand fashion item over the heart of a little girl, and it gave me a giggle to realize that He had placed this adorable little dress in that bag and put the tag in it so I wouldn't miss the blessing.

Oh, how far He has brought me!

~ Katherine

My father and his wife seemed delighted to see me, and we spent a whole day with step-aunts, -uncles, and -cousins. They delivered me home after a long, tiring day, and my Daddy kissed me goodbye when I thanked him from the bottom of my heart. Thirty minutes later, he called me on the phone and asked where my mother had purchased the clothes, saying he thought they were tacky. He said that my mother should have given the money to my stepmother so that she could have shopped for me instead and that I should have been wearing a cute Laura Ashley name brand dress like the little cousins that day instead of that tacky outfit from the sales rack. I was devastated by his change in attitude and his attack.

It is in the safety of Al-Anon where I am finally able to visit painful memories and move forward in my own life. I have entered into relationships with others who have experienced similar confusion and hurts, and they are teaching me to trust God and focus on gratitude and growth rather than bitterness and hurt. It is a gift that I am free to open each and every day that I am willing.

One day when my own daughter and I were picking out a dress for church, we

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SATURDAY, MARCH 14TH

**9AM TILL 4PM
BREAKFAST &
LUNCHE 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
(BAKER, CLAY, DUVAL, WAREHOUSES)
FLORIDA**

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

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



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



904-350-0600

**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.

Happy Holidays

&

**Happy
New Year**

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Saturday, March 14, 2015.....North Florida AFG
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Our volunteers share their experience, strength, and hope with families who

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DISTRICT 3 TRUSTED SERVANTS

PANEL 52
JANUARY 1, 2012 – DECEMBER 31, 2014

Charlene S. District Representative	dr@jaxafg.org
Sally O. Alternate District Rep.	adr@jaxafg.org
Kathryn C. AISL	al-anon.alateen@jaxafg.org
Mark F. Alternate AISL	altaisl@jaxafg.org
Jerry B. District Treasurer	treasurer@jaxafg.org
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Charlene S. Alateen Trainer	dr@jaxafg.org
Gladys G. AA Liaison	aal@jaxafg.org
Marion G. Archives	archives@jaxafg.org
Mary Anne D. Area Raffle	raffle@jaxafg.org
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Ann M. LDC/Literature	ldc@jaxafg.org
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