

**WE NEED
YOUR HELP!**

What's happening?

District 3 is hosting the North Florida Area Service Seminar March 14, 2015. We are asking groups to help by making "Love Gifts" for members attending the Weeds to Seeds service seminar.

What are "Love Gifts"?

Love Gifts are small handmade tokens of your love and support for fellow Al-Anon members.

Can you give me examples of Love Gifts?

Small, inexpensive, easy to make items such as...

Bookmarks with slogans or Al-Anon theme, Serenity prayer, part of a reading, etc.

Magnets- same as above

God envelope- A traveling God box.

Remember to keep it Al-Anon and be creative.

How many should we make?

50-100 would be great, but we will gratefully accept any amount.

Should we identify our group or district on the Love Gifts?

Yes, we want members who receive Love Gifts to know that your group or District 3 loves and supports them. Below is an example.

Weeds to Seeds
District 3
2015

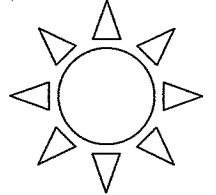
You may bring Love Gifts to January District meeting or the December Fun Day. If you have any questions call Roxanne 904-472-5154.

Al-Anon District 3 Fun Day

SUMMER OASIS

June 14, 2014

Come Early 12:30 – 3:30 PM Stay Late



Workshop 1: Finding Peaceful Waters

Workshop 2: Spend the District's Money! Task Force

Workshop 3: Service Experience, Strength, and Hope Before Fall Elections!

(Pick Two As We Will Rotate Twice)

BRING:

The Kids (free babysitting), Your Self, A Friend , \$3 Donation (suggested), Potluck (Covered dish, veggies, fruit, cheese and crackers, drinks, or sweets), Raffle Items/Baskets!

Arlington United Methodist Church

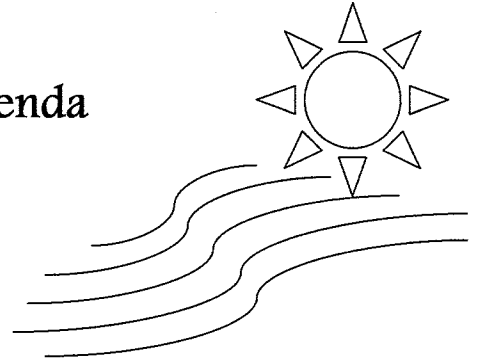
Wesley Hall

1400 University Boulevard North

Jacksonville, Florida

Still Seeking A Speaker and other Volunteers! Whether you can run the Registration Table, Unfold Chairs, or Start the Coffee! Call Kathryn (904) 742-6623 or email kcasey09@gmail.com

June 14, 2014 Oasis Workshop Agenda



9 AM-12 PM Set-Up; Alateen Training

12:00 Registration Open (\$3 suggested)

12:30 Opening Prayer

Steps and Traditions, Warranties and Concepts

(need volunteers!)

Feel Free to Paint at the Water Color Station!

Fellowship, Food, Fun

1:00 Speaker: Beth H

1:30 Workshops- Rotation 1

2:15 Workshops- Rotation 2 (optional! DR decides)

3:00 Raffle

3:30 Closing Prayer

Much Love to All!

Keep Coming Back!

Keep it Simple!

Volunteers: Registration: Elaine; Raffle: Arlene and
Jennifer; Workshop Chairs: Carolyn I., _____, _____

You're invited to the AFG District 3 **FUN DAY**

Planting an Al-Anon Garden

We will have a **speaker**, **raffle**, **workshops** and **potluck lunch** and **free babysitting**. So, bring your favorite dish to share and join us!

Suggested Donation \$3.00

Where: **Arlington United Methodist
Church 1400 University Blvd N
Jacksonville, FL**

When: **March 8, 2014**

Time: **12:30 to 4:00**



SERENITY GARDEN
Funshop March 8, 2014
AGENDA

- 11:30 Set up
- 12:30 Registration (\$3 donation accepted)
Ice breaker *(Group activity: Take the flower letters on your table and create something to enhance your Serenity Garden (word, phrase, step, slogan) If you have to take a letter from another table, be courteous.)*
- 1:00 Welcome
Serenity Prayer
- Steps (name & group)_____
- Traditions (name & group)_____
- Concepts (name & group)_____
- Warranties (name & group)_____
- 1:15 Lunch
- 1:45 Message from Former DR, Toni C. *(Former District 3 District Representative, Current Districe 3 Where and When chairman, also current Area 9 Group Records Chair)*
- 2:00 Mini Business meeting
(turn over to Charlene)
a. Alateen Conference donation
b. Raffle chair 2014 Convention
c. Service Workshop
- 2:30 Speaker
(Charlene will introduce Cham)
- 3:00 Workshops
a. From Weeds to Seeds
Jackie & Freddie
b. Happiness
Joanie
c. Al-Anon Planting Time, We need you
Dalila & Diane
- 3:45 Raffle drawing
Arlene
- 4:00 Closing
(Prayer & Affirmation)
Clean up

Appendix 6: District 3 Jacksonville Workshop Report

Function: FUN DAY MARCH 8, 2014

Location: ARLINGTON UNITED METHODIST CHURCH

Host Group(s): ORANGE PARK GROUPS

Speaker: CHAM B. From: ARCHIVES CHAIR AREA 9

Al-Anons present: 42 Alateens present: 1 Total: 43

Sign-in donations: \$131

Raffle: \$219 + \$126 SILENT AUCTION = \$345

Expenses paid: \$62.50 Speaker Cham B from ~~Tampa~~ District 8 \$50⁰⁰

Total: \$413.50 Copies \$1.50

Attach copies of the following: Paper Plates + Cups 11⁰⁰

- Workshop Flyer
- Expenses paid/receipts

Brief highlights of the day:

Having speaker, Cham B., tell her story very well received.

Three workshops

Toni C. spoke about Service Sponsorship.

Raffle / silent auction

Watching Al-Anon at work — the best part.

For all workshop committee volunteers: Send a submission to the district newsletter "Sharings" editor on your experience, strength and hope working as part of a team on this workshop.

Happy New Year! Wednesday, January 1, 2014
Steps around the Clock Open House
Carolyn Hartman, 6706 Fincannon Rd, Jacksonville, Florida
Home 743-7097 Cell 910-7703
Ham, Rice, Black-eyed peas, Coffee and Tea
Come as you are and stay as short or as long as you wish
30 minute meetings in between eating and greetings

11 am Step 1: But I have to be in charge! Detachment, Acceptance, Boundaries, Surrender. Becoming powerless over others.

12 noon Steps 2 & 3: I thought I knew God. Finding and trusting a new God.

1 pm Step 4: Why should I take an inventory when I am the good guy?
HOW? Be Honest, Be Open minded, Be Willing.

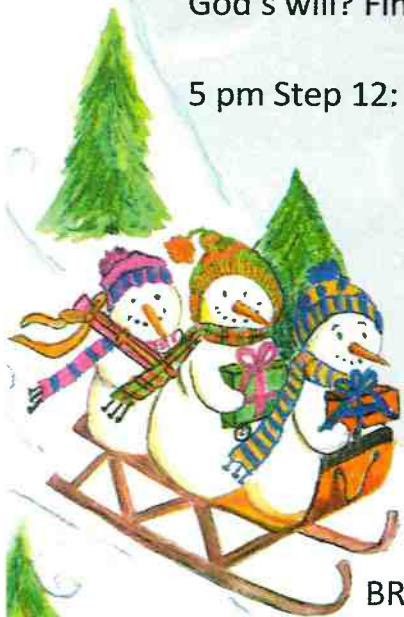
2 pm Steps 5, 6, 7, 8 & 10: What to do with the mess? Talk to God, Talk to God, Talk to God, Talk to another. Make a list. Take more than one inventory?

3 pm Steps 9 & 10: Making amends verbally and by changing behavior.

4 pm Step 11: Prayer and Meditation, What's the difference? How do I know God's will? Finding my new power.

5 pm Step 12: What is a spiritual awakening?

6 pm Step 12: How do I carry program to others and not carry the person? Go to Step 1. <smile>



BRING A FRIEND!

