

SHARINGS

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

Sharing our...

ESH

Experience Strength Hope

HAPPY
NEW YEAR

Meeting Treasure Chest *-Anonymous*

- Since coming to Al-Anon, I have found that many opportunities for growth exist if I am willing to extend myself beyond my comfort zone. By saying yes to service in Al-Anon, I have had many growth experiences.
- Today I say thank you for the gifts of the program and the opportunities for personal and spiritual growth. Since sponsoring an Alateen group, I have received the gifts of love, acceptance, forgiveness, trust in my Higher Power, and laughter.
- The benefits for me since sponsoring an Alateen group have been numerous. I have been able to gain a deeper understanding of the Twelve Steps. I gained an understanding of the meaning of letting go of self-will and trusting in my Higher Power, and today I'm more willing to let go of people and events that I can't control.
- I am learning so much about myself. For the first time in my life, I'm having an intimate relationship with myself, and it feels great! I'm also learning how to have fun and my self-esteem has improved tremendously.
- Sharing and participating through the many service opportunities helped me transform and soon I felt I had something valuable to contribute. That was a boost for my self esteem which encouraged more recovery. Once I realized-with the guidance of my sponsor-that I did not have to do service perfectly and there were many ways to serve -my healing took off. Instead of ruminating over my broken parts, I was able to build up my potential.

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

PANEL 64 MEMBERS & EMAILS

Panel 64

January 1, 2024–December 31, 2026

District Representative	Janie	dr@jaxafg.org
Alternate District Rep	VACANT	adr@jaxafg.org
DISL	VACANT	disl@jaxafg.org
Alternate DISL	VACANT	altdisl@jaxafg.org
District Treasurer	Gage	treasurer@jaxafg.org
Secretary	Ray	secretary@jaxafg.org
Alateen	Sandy	alateen@jaxafg.org
AA Liaison	Kristen	aal@jaxafg.org
Archives	Tina	archives@jaxafg.org
Raffle	Shelley	raffle@jaxafg.org
Group Records/Where & When	Jodie	records@jaxafg.org
LDC/Literature	Jackie	lde@jaxafg.org
New Group Rep Greeter	Kristi	greeter@jaxafg.org
Newsletter Editor	Dawn	newslettereditor@jaxafg.org
Spanish Liaison	Mary C.	spanish@jaxafg.org
Speaker Keeper	Carla	speakerkeeper@jaxafg.org
Telephone Answering Service	Jodie	tase@jaxafg.org
Technology	Tina	technology@jaxafg.org
Outreach to Institutions	Lillyn	institutions@jaxafg.org
Outreach to Public/Media	VACANT	outreachmedia@jaxafg.org
Outreach to Professionals	VACANT	outreachprof@jaxafg.org

Interested in one of these vacant positions listed above?

Contact District Representative at dr@jaxafg.org to find out more!

COMING EVENTS

- **January 24- 26** Southern States Women’s Conference, Jax
- **January 29** Arlington Serenity Seekers Speaker Meeting, 12-1pm
- **January 30- February 2** Space Coast Round-Up, Melbourne
- **February 14- 16** District 19's 40th Annual Jubilee, Orange Beach
- **August 29-31** Al-Anon Convention

FOR MORE INFORMATION

Visit jaxafg.org for listings on local meetings (in-person, Zoom, and hybrid) or for any of the events listed here.

Other resources can be found at North FL area website afgarea9.org or by visiting Al-Anon.org.

OPEN POSITIONS

Current open positions:

- Alternate District Rep
- Information Service Liaison (DISL)
- Alternate District Information Service Liaison (Alt DISL)
- Outreach to Professionals Chairperson
- Outreach to Public & Media Chairperson

THANK YOU to those who have answered the call!
Please email dr@jaxafg.com if you have questions!



Al-Anon is self-supporting through voluntary contributions. If you would like to send a contribution of support for your local meetings, you can send them to the following sources:

Mail checks/money orders:

District 3 AFG
 P.O. Box 10654
 Jacksonville, FL 32247

You can also send contributions using Zelle to treasurer@jaxafg.org.

Whether using Zelle or sending in checks/money orders, please note your group name/number or meeting time in the memo portion so that your group will get credit for the contribution.

Florida North Area 9

NFA AFG, Inc.
 1700 N. Monroe St., #11-184
 Tallahassee, FL 32303
 Credit Card Contributions:
<https://www.afgarea9.org/contributions-member.html>

In addition, if you would like to support **Al-Anon's World Service Office** you can find a link at Al-Anon.org/contributions/