



SHARINGS

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

Sharing our...

Experience

Strength

Hope

ESH

Meeting Treasure Chest - All Anonymous

- "Making a daily gratitude list causes me to walk through my day actively looking for things to be grateful for, knowing I'm going to be writing a list at day's end. My whole attitude and outlook on life has become much more positive because of this practice."
- "God's will often happens in spite of me, not because of me. If it is a quiet day, I trust the stillness. If it is a day of action, I trust the activity. If it is time to wait, I trust the pause. If it is time to receive, I trust that it will happen clearly and with power, and then I receive the gift in joy."
- "The God of my understanding speaks through my sponsor, through individuals in meetings, and speaks to me in the quiet of my meditation times. It's a relationship I've had to learn how to cultivate. I am oh so grateful that our program has helped me find the freedom to find this Higher Power of my own understanding."
- "Big decisions can be really hard because decisions often go hand in hand with change. With big decisions often comes change in direction and that always feels a little scary. When things are new, what's right can feel wrong and what's wrong can feel right. In those times, I practice extra self care, extra gentleness with myself, and I hear the calming voice of my Higher Power reminding me to take it just one moment, one day at a time. I tend to feel very fragile when I am making big decisions but if I can remember it's a natural part of the growing process, things don't feel so scary."
- "I came to Al-Anon full of fears and anxiety. Other members seemed to be living happy and peaceful lives. How was that possible with a loved one's drinking? I first had to learn to trust that my Higher Power was there for me. (Step 3) This didn't happen over night. My fears and doubts returned often. I just kept on believing, ODAT. Step 11 is a daily practice for me today. I use HALT often - am I Hungry, Angry, Lonely, or Tired? I focus on taking care of my own needs, and let go of expecting others to do that. I'm not able to carry out God's will if my physical or emotionally needs are not met first. Getting spiritually aligned with God takes daily practice, through prayer and meditation. A little quiet time during my day or evening helps me to focus on God's will. I look for physical signs or thoughts that pop into my brain when I'm quiet. I call these God-incidences, or God working in my life. Then I can easily carry out God's will because I trust these God-incidences did not come from my own thinking or my will."

-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	drejaxafg.org
Alternate District Rep	Peg	adrejaxafg.org
DISL	VACANT	disljaxafg.org
Alternate DISL	VACANT	altdisljaxafg.org
District Treasurer	Gage	treasurerjaxafg.org
Secretary	Ray	secretaryjaxafg.org
Alateen	Sandy	alateenjaxafg.org
AA Liaison	Kristen	aaljaxafg.org
Archives	VACANT	archivesjaxafg.org
Raffle	Shelley	rafflejaxafg.org
Group Records/Where & When	Chris	recordsjaxafg.org
LDC/Literature	Jackie	ldcjaxafg.org
New Group Rep Greeter	Kristi	greeterjaxafg.org
Newsletter Editor	Dawn	newslettereditorjaxafg.org
Spanish Liaison	Mary C.	spanishjaxafg.org
Speaker Keeper	Carla	speakerkeeperjaxafg.org
Telephone Answering Service	Jodie	tasejaxafg.org
Technology	Tina	technologyjaxafg.org
Outreach to Institutions	VACANT	institutionsljaxafg.org
Outreach to Public/Media	VACANT	outreachmediajaxafg.org
Outreach to Professionals	VACANT	outreachprofjaxafg.org

Interested in one of these vacant positions listed above?

Contact District Representative at drejaxafg.org to find out more!

COMING EVENTS

- **May 17- 19** 22nd European Al-Anon Convention (with AA Participation), Porto Heli, Greece
- **June 14- 16** Sisters by the Sea Conference for AA and Al-Anon Women, Naples, FL
- **July 13** District Fun Day, TBD
- **August 1- 4** 67th Florida State AA Convention (with Al-Anon Participation), Jacksonville, FL
- **September 6-8** 2024 Florida North AFG Convention, Hilton Daytona Beach Oceanfront Resort, Daytona Beach, FL
- **December 7** District Fun Day, TBD
- **December 13-15** Tri State Winter Weekend, St. Simon's Island, GA

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 N FL area website afgarea9.org or by visiting Al-Anon.org.

OPEN POSITIONS

Update: Our District Secretary position has been filled! Our Higher Powers are leading the way!

Current open positions:

Archives

Information Service Liaison (DISL)

Alternate District Information Service Liaison (Alt DISL)

Outreach to Professionals Chairperson

Outreach to Institutions Chairperson

Outreach to Public & Media Chairperson

You can read about these positions on the Members Page of jaxafg.org. See the document called *District Job Duties as of August 2023*.

Won't you ask your Higher Power's advice regarding service to Al-Anon?

Your serenity will thank you and so will your fellow members in service!

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

treasurerjaxafg.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/