



# SHARINGS

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

Sharing our...

# ESH

Experience Strength Hope



*Happy  
Thanksgiving*



*Meeting Treasure Chest -Anonymous*

Shared at FL N AFG Convention - FUN -Freely Unleashing Nonsense

- I think I am most likely to feel shame when I believe I should be able to change something I absolutely cannot. I am trying to take responsibility for something that isn't mine. When I can let go of that sense of responsibility, I stop feeling ashamed about whatever it is that is happening.
- I am a recovering know-it-all and my default is to assume I know how to solve everyone else's problems. It is an everyday occurrence for me to have to remind myself that only God knows what is best for others; I unquestionably do not. Learning to live within my hoola hoop is a struggle, but one that is infinitely worth the effort.
- By setting aside time every day to make conscious contact with my Higher Power, I am finding that when life rises up, I'm much more in tune with the truth that I'm not alone, that my HP is with me, and all I need to do is ask for help.

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

# PANEL 64 MEMBERS & EMAILS

## Panel 64

January 1, 2024–December 31, 2026

District Representative	<b>Janie</b>	<a href="mailto:dr@jaxafg.org">dr@jaxafg.org</a>
Alternate District Rep	<b>VACANT</b>	<a href="mailto:adre@jaxafg.org">adre@jaxafg.org</a>
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Alternate DISL	<b>VACANT</b>	<a href="mailto:altdisl@jaxafg.org">altdisl@jaxafg.org</a>
District Treasurer	<b>Gage</b>	<a href="mailto:treasurer@jaxafg.org">treasurer@jaxafg.org</a>
Secretary	<b>Ray</b>	<a href="mailto:secretary@jaxafg.org">secretary@jaxafg.org</a>
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Speaker Keeper	<b>Carla</b>	<a href="mailto:spk@jaxafg.org">spk@jaxafg.org</a>
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Outreach to Public/Media	<b>VACANT</b>	<a href="mailto:outreachmedia@jaxafg.org">outreachmedia@jaxafg.org</a>
Outreach to Professionals	<b>VACANT</b>	<a href="mailto:outreachprof@jaxafg.org">outreachprof@jaxafg.org</a>

*Interested in one of these vacant positions listed above?  
Contact District Representative at [dr@jaxafg.org](mailto:dr@jaxafg.org) to find out more!*

# COMING EVENTS

- **December 7** District Fun Day, TBD
- **December 13-15** Tri State Winter Weekend, St. Simon's Island, GA
- **August 29-31, 2025** Convention



## FOR MORE INFORMATION

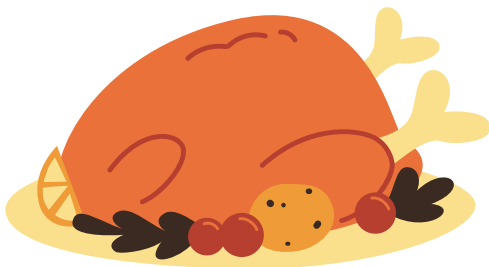
Visit [jaxafg.org](http://jaxafg.org) for listings on local meetings (in-person, Zoom, and hybrid) or for any of the events listed here.

Other resources can be found at North FL area website [afgarea9.org](http://afgarea9.org) or by visiting [Al-Anon.org](http://Al-Anon.org).

# OPEN POSITIONS

## Current open positions:

- Alternate District Rep
  - Archives
  - Group Records
  - Information Service Liaison (DISL)
  - Alternate District Information Service Liaison (Alt DISL)
  - Outreach to Professionals Chairperson
  - Outreach to Public & Media Chairperson
- “I got better when I got busy!”**



**Please email [dr@jaxafg.com](mailto: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](mailto: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/](http://Al-Anon.org/contributions/)