

SHARINGS

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

Sharing our...

ESH

Experience Strength Hope



Meeting

Treasure Chest -Anonymous



- Before Al-Anon, instead of processing my angry feelings, I would have looked for someone or something to blame. I also suppressed a lot of angry feelings which erupted later, often at people who had nothing to do with the original anger.
- I've learned my serenity is more important than making people happy or contorting myself into the person people want me to be. I have learned what is mine to own and the things that I don't have to take on.
- I wonder what is wrong with me a lot. If only I could find out and fix it everything I would be OK. I need to remember, I may have done something wrong but that doesn't mean there is something wrong with me. I don't have to fix me. I need to ask my Higher Power to remove whatever shortcoming is involved or help me find the serenity to accept it.

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

OVERHEARD @ CONVENTION

- "If you're not willing to do anything different, how do you expect anything to BE different?"
- "If you're not happy, joyous and free, you offer no hope."
- "Just because it's not wrapped the way you want it to be, doesn't make it any less of a gift."
- "The family disease of alcoholism doesn't honor any promises; doesn't cherish a thing."
- "Some say, 'but for the grace of God,' I say, 'but for the acceptance of the grace of God.'"

PANEL 64 MEMBERS & EMAILS

Panel 64

January 1, 2024–December 31, 2026

District Representative	Janie	dr@jaxafg.org
Alternate District Rep	VACANT	adre@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	VACANT	archives@jaxafg.org
Raffle	Shelley	raffle@jaxafg.org
Group Records/Where & When	Chris	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	institutions1@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

- **October 11-13** Fall Assembly
- **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 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
- 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 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/