

(link available on the District 3 website).

Yours in service,
Sally O., District Representative
District 3
Phone: 904-614-2310

Panel 55: "Participation is the Key to Harmony"

District 3 Business Meeting

July 18, 2015

AGENDA ITEMS

9:30 Serenity Prayer

Steps / Traditions / Concepts / Warranties of the Convention

9:40 Secretary: Approval of Minutes

Treasurer: Financial Report

Alateen: Updates

LDC: Updates

9:50 AISL: Updates

10:00 Old Business

1. Loan of Banner to 2015 Convention (Carolyn H.)

2. Report on June 2015 Fun Day (Gage M.)

10:10 New Business:

1. Formation of Thought Forces (Sally O.)

2. Newsletter Survey of Groups (Risa G.)

3. Preparation for AWSC (Aug 14-15) (Sally O.)

- o **Agenda** - On the Area 9 website (Members -->AWSC 2015 Aug).
- o **Logistics** - Dinner/Meeting begin at 6:00 pm on Friday, Aug 14.
- o **Task Force Results** – All Task Forces Reports & Proposals (Members -->AWSC 2015 Aug).
- o **GIP** – Candidates and volunteers from District 3.

10:20 Break

10:30 WORKSHOP on Conflict Resolution (Cindy J.)

12:00 Closing

District 3

Business Meeting

July 18, 2015

Location: Arlington United Methodist Church

IN ATTENDANCE

Name	Group	Role
Freddie S.	New Beginnings	Web Chair
Risa G.	Hope for Today	GR; Newsletter Editor; Interim When & Where Chair
Jackie N.	New Beginnings	GR
Mary E.	Ponte Vedra Thursday Nite	GR; Hospitality
Judy S.	Ponte Vedra Thursday Nite	Hospitality
Beth H.	Just in Time	Alateen Chair, GR
Gage M.	San Marco	Alternate DR, Outgoing GR
Yvonne R.	San Marco	Incoming GR
Sharon F.	Serenity Seekers	GR
Lisa P.	Arlington Tuesday Nite	Past Delegate
Phyllis D.	Mandarin Monday Nite	GR
Roxanne A.	Circle of Hope	LDC Chair
Dany A.	Language of the Heart	Outreach to Professionals Candidate
Charlene S.	One Thursday at a Time	Greeter
Michelle B.	SOS Fernandina Beach	GR
Mercedes G.	Circle of Hope	Incoming GR, Incoming AA/Spanish Liaison
Carolyn H.	Arlington Tuesday Nite	Past AISL
Diane G.	Beaches Monday Morning	Greeter Support
Toni C.	Tuesday Morning	Group Records Chair
Julia S.	Arlington Tuesday Nite	GR
Sally O.	Spiritual Awakenings	DR, GR
Mark F.	San Marco	AISL
Cindy J.		Panel 55 Chairperson AFG Area 9, Florida North

GROUPS WITHOUT REPRESENTATION AT BUSINESS MEETING

- Afternoon Serenity
- Serenity Square
- Wesconnett
- Laugh Out Load
- Westside Happy Hour
- Fruit Cove
- North Mandarin Newcomers Night
- OK Ortega
- Beaches Friday Night Candlelight
- Beaches Saturday AM Adult Child
- Reaching Reality

OPEN POSITIONS

Dany A. was approved as our Outreach to Professionals Chair at the July District Business Meeting. Gage M. agreed to serve as the interim Outreach to Institutions Chair until a volunteer steps forward for that position.

- Alternate AISL
 - Divide AISL duties in agreement with both members
 - Substitutes for the AISL when necessary
 - AISL responsibilities include:
 - Participates at North Florida AWSC and Assemblies; Maintain Greater Jacksonville Information Services PO Box; Is a member of WSO's Outreach e-community; Serves as information source for chairmen; Transmits all communication from WSO to district; Leads AIS portion of district meetings
- Telephone Answering Service Chair
 - Liaison with the Professional Answering Service
 - Maintains volunteer list and provides volunteers with group updates and directions to meetings
 - Has substitute and telephone operator reverted call volunteers
 - Request new volunteers as needed
 - Reports number of monthly telephone calls and email requests at business meeting
- Raffle Chair
 - Gather Al-Anon related items and CAL for baskets
 - Prepare baskets for 2 Assemblies, Service workshop or TEAM, Alateen Round-up and District events
 - Chair the raffle at Assembly when assigned to District 3
- Where and When Chairman (Three Year Term)
 - Receive meeting information changes from District Group Records only
 - Edit and proofread by another Al-Anon before printing
 - Print meeting list two to four times a year
- Outreach to Institutions (Three Year Term)
 - Recruit volunteers to lead Institutions Introductory Meetings
 - In Rehabs without family nights, update Al-Anon/Alateen notebook that is already there
 - Present Al-Anon to institution staff members

District 3

Business Meeting

July 18, 2015

Location: Arlington United Methodist Church

OPENING

- Serenity Prayer: Lead by Sally O.
- Twelve Steps: Charlene S.
- Twelve Traditions—Al-Anon: Gage M.
- Twelve Concepts of Service: Julia S.
- General Warranties of the Conference: Dany A.

INTRODUCTIONS

Sally thanked Ponte Vedra Thursday Nite for providing the hospitality refreshments for meeting attendees

SECRETARY UPDATE: CURT S.

Sally asked for comments on the Minutes from the last District Business Meeting on April 11, 2015, shared by Curt S. on May 19.

As Secretary Curt S. was not in attendance, Sally moved that approval of the minutes should be tabled. Mark F. took minutes for the meeting.

TREASURY UPDATE: MADDY P.

Treasurer Maddy P. was not in attendance. No financial update was provided.

ALATEEN UPDATE: BETH H.

- There is still only 1 active Alateen Meeting in District 3; currently it has no regular members
- Several members are proceeding in AMIAS training
- Beth asked attendees to help get the word out that we need Alateen in our district, and that Alateens should be encouraged to attend regular Al-Anon Meetings if they cannot get to the Alateen meeting
- Beth produced a sign with information on Alateen and asked all groups to post it in their meetings or announce it
- Beth also will be reaching out to AA groups to see if she can place Alateen material in AA clubhouses
- Beth is also working with the Area's Alateen Chair and the Alateen Area Process Person (AAPP) on ideas to promote Alateen within the district

LDC UPDATE: ROXANNE A.

- The LDC currently has an opening for a volunteer to support the LDC on the third Wednesday of each month, from 2:30 p.m. to 3:30 p.m.; contact Roxanne at ldc@jaxafg.org if interested.
- Roxanne held drawings for the monthly \$10 gift certificates
 - April: Ponte Vedra Thursday Nite
 - May: Ponte Vedra Thursday Nite
 - June: Circle of Hope

District 3

Business Meeting

July 18, 2015

Location: Arlington United Methodist Church

AISL UPDATES: MARK F.

- Open Positions: Since our last district meeting, Lynn B. has resigned as the Outreach to Institutions Chair and Jerry B. has resigned as the Where and When Chair. Risa G. has agreed to take on the Where and When until we have a new chairperson.
 - Outreach to Professionals Chair: Dany A. from Language of the Heart volunteered and was voted in as the new Outreach to Professionals Chair
 - We are looking for volunteers for Alternate AISL, Telephone Answering Service Chair, Raffle Chair, When and Where Chair, and Outreach to Institutions
- North Mandarin Newcomers Meeting needs support: Lynn B. also served as GR for the North Mandarin Newcomers Meeting at Breakthroughs Treatment Center. This meeting needs veteran volunteers to share the program with the families of the center's clients. Mark recommended the district set up a sponsorship schedule for the meeting, similar to what has been done for the Stepping Stones institutions meeting. North Mandarin Newcomers meets on Thursdays from 7:30 p.m. to 8:30 p.m.
- Online District Calendar: Using tools made available from the Area's website (afgarea9.org) Mark set up an online version of our district calendar which includes items found on the paper version of the calendar as well as other key dates (Sharings publication dates, meetings for the 2016 Convention, etc.) Mark shared a link to the calendar with the officers and GRs before the district business meeting.
- Outreach Efforts: Recent outreach efforts district 3 members participated in or plan to participate in include:
 - Intervention Project for Nurses/Florida Nurses Association Conference: Members Kathleen L., Mary E., Roxanne A., Kim S., Carolyn H., Lynn B., Julia S. and Tammy S. represented Al-Anon at The Intervention Project for Nurses/Florida Nurses Association (IPN/FNA) at their Annual Conference May 28-29 at the Sawgrass Marriott Resort in Ponte Vedra Beach.
 - Stephen Ministers: Member Gail A. was asked to speak about Al-Anon to a group of Stephen Ministers at her church in April.
 - C.O.R.E.: Member Carolyn H. is organizing our support for a booth at the C.O.R.E. (Clinical Overview of the Recovery Experience) 3rd annual conference, which will be held July 19-22 at the Omni Amelia Island Plantation Resort.
- Support for Stepping Stones Treatment Program: The district's support of the Stepping Stones Treatment Program, located in the Regency area. We are asking groups to volunteer to sponsor the meeting for a month or longer, meaning members from your group will attend this meeting and meet with the clients.
- Chair Updates:
 - Public Outreach: The district's test Twitter site is still up and running. We are considering discussing the Twitter in a Communication Thought Force to be formed later this year.
 - Telephone Answering Service: Carolyn H. noted our local phone number is not listed in the new phone books published last week. Past TAS Chair Yelena D. is contacting our answering service provider to find out how we can be listed next year.
 - Outreach to Professionals: Mark F. has ordered 800 copies of Al-Anon Faces Alcoholism for use at conferences or to refill plastic bins distributed to professionals during the last panel.

District 3

Business Meeting

July 18, 2015

Location: Arlington United Methodist Church

- Speaker Keeper: There were no changes to the Speaker Keeper List from the one published in April.
- Records: Toni C. shared there has been no updates since May. She encouraged all GRs to send in a revised GR-1 form to her, as it is important for the WSO to have current information.

LOANING DISTRICT 3'S PUBLIC OUTREACH AND LEGACY BANNERS TO THE 2015 CONVENTION: CAROLYN H.

- The 2015 Convention organizers asked if district 3 would be willing to loan the outreach and legacy banners for use at the 2015 Convention.
- The WSO has given permission for the banners' use at the Convention.
- The banners will be used at the upcoming AWSC as part of a proposed outreach project for consideration.
- Lisa P. recommended considering a trial loan of the banners to gain experience to make a final decision.
- Charlene S. said they were purchased with the district's public outreach funds and are supposed to be used at conferences and similar events.
- Gage M. commented she is proud to see the banners in use and she believes it is worth the risk to share them.
- **Motion:** Mercedes G., GR from Circle of Hope: Based on the notion that the banners were created for outreach purposes, I move district 3 should loan them out to the Area for the 2015 Convention.

Motion passed.

- Michelle B., SOS Fernandina, Second
- In favor: 10
- Abstain: 1
- Opposed: 0

FUN DAY UPDATE: GAGE M.

- San Marco hosted the June Fun Day, which was held on June 19 at the Arlington United Methodist Church
- 9 members from San Marco volunteered.
- Attendees brought bag lunches and shared desert.
- The registration and raffle raised \$107.45 for the district.

THOUGHT FORCES: SALLY O.

- Sally will be convening thought forces on topics of interest within our district.
- Sally recommended all participants review the description of a Thought Force in the Service Manual
- It is a temporary unit – not a long draw out affair.
- It is to focus on thinking and discussing the topic, and not about recommending action.
- Diane recommended attendees consider this and go back to their groups to discuss participating in the Thought Force before volunteering.
- Sally will convene the Thought Forces and reaching out to her selected chairs with information. She welcomes any suggestions.

District 3

Business Meeting

July 18, 2015

Location: Arlington United Methodist Church

- Mary E. recommended a thought for force looking into other locations besides the Arlington United Methodist church campus

SHARINGS SURVEY: RISA G.

- Newsletter Editor Risa G. notified the GRs that she plans to visit many of their meetings to talk with members about Sharings.
- Risa G. asked for permission to survey members at the groups
- Her goal is to gain a better understanding of who is and is not reading it, what benefits Sharings readers have enjoyed, how they are announced and displayed in meeting rooms, etc.

AWSC: SALLY O.

- Sally O. asked all members to review the information on next month's AWSC that is available on the Area website.
- She also said we have reservations and budget for two growth investment persons (GIPs) to attend from District 3. Risa G., Susan H. volunteered, and Gage M. volunteered as a backup.

District 3

Business Meeting

July 18, 2015

Location: Arlington United Methodist Church

MOTIONS

MOTION was made to table approval of the Minutes from the District Business Meeting on April 11, 2015 by Sally O., district representative.

TABLED.

MOTION was made to approve loaning the public outreach banners to the Area for the 2015 Convention by Mercedes G., GR from Circle of Hope. Seconded by Michelle B., SOS Fernandina.

MOTION PASSED.

PANEL 55: Agenda Item for Saturday, July 18 / Old Business: Loan of Banners to 2015 Convention

From: dr <dr@jaxafg.org>
To: afternoonserenity@jaxafg.org, arlington@jaxafg.org, beachesfriday@jaxafg.org, beachessaturday@jaxafg.org, circleofhope@jaxafg.org, fruitcove@jaxafg.org, hopefortoday@jaxafg.org, justintime@jaxafg.org, languageheart@jaxafg.org, laughoutloud@jaxafg.org, lemturner@jaxafg.org, mandarin@jaxafg.org, newbeginnings@jaxafg.org, northmandarin@jaxafg.org, onethursday@jaxafg.org, ortega@jaxafg.org, pontevedra@jaxafg.org, reachingreality@jaxafg.org, sanmarco@jaxafg.org, serenityseekers@jaxafg.org, serenitysquare@jaxafg.org, sosfermandina@jaxafg.org, tuesdaymorning@jaxafg.org, wesconnett@jaxafg.org, westside@jaxafg.org
Cc: dr@jaxafg.org, greeter@jaxafg.org, historian@jaxafg.org, institutions1@jaxafg.org, ldc@jaxafg.org, newslettereditor@jaxafg.org, pi@jaxafg.org, raffle@jaxafg.org, records@jaxafg.org, secretary@jaxafg.org, speakerkeeper@jaxafg.org, tas@jaxafg.org, treasurer@jaxafg.org, webmaster@jaxafg.org, ww@jaxafg.org, aal@jaxafg.org, aisl@jaxafg.org, alateen@jaxafg.org, archives@jaxafg.org, cpc@jaxafg.org

Priority: Normal
Date: 07-13-2015 08:25 PM

Sent on behalf of Carolyn H:

REQUEST: The 2015 Convention Chair asked District 3 to bring the Public Outreach ~~and~~ the Legacy banners to this year's convention.

PERMISSION (FROM WSO): Tom Coffey from WSO wrote, "No worries, it is fine to loan both types of banners to another district."

TRANSPORT: Carolyn H has volunteered to be in contact with the Convention Chair, take them and bring them home.

PRO: District 3 has 6 beautiful, meaningful banners to use for our Al-Anon Recovery and Outreach. It is an honor to share them with people from all over North Florida.

CON: With every use, there is some wear and possible damage to the banners. There will be times that the banners will be alone. Replacement of the banner (not the frame) is about \$50.00.

UPDATE ON COSTS FROM RISA: Hi everyone. I found out some updated costs for replacement banners and they are as follows:

33"x 80": \$95

39"x 80": \$122

33"x 40": \$80

I'm not sure why I was told \$50 previously, so I apologize for the misinformation earlier. Please use these updated figures. Thanks. Risa

FINANCIAL BACKGROUND: Here is what we paid for the whole stand and banner. We would need to add shipping costs.

Legacies

33"x 80" Premium Banner: \$238

39"x 80" Premium Banner: \$300

Outreach

33"x 40" Budget Banner: \$95

33"x 80" Budget Banner: \$123

Notes and Agenda for District 3 Business Meeting and Workshop, Saturday, July 18

From: dr <dr@jaxafg.org>

To: afternoonserenity@jaxafg.org, arlington@jaxafg.org, beachesfriday@jaxafg.org, beachessaturday@jaxafg.org, circleofhope@jaxafg.org, fruitcove@jaxafg.org, hopefortoday@jaxafg.org, justintime@jaxafg.org, languageheart@jaxafg.org, laughoutloud@jaxafg.org, lemturner@jaxafg.org, mandarin@jaxafg.org, newbeginnings@jaxafg.org, northmandarin@jaxafg.org, onethursday@jaxafg.org, ortega@jaxafg.org, pontevedra@jaxafg.org, reachingreality@jaxafg.org, sanmarco@jaxafg.org, serenityseekers@jaxafg.org, serenitiesquare@jaxafg.org, sosfermandina@jaxafg.org, spiritualawakenings@jaxafg.org, tuesdaymorning@jaxafg.org, wesconnett@jaxafg.org, westside@jaxafg.org

Cc: Where & When <ww@jaxafg.org>, Treasurer <treasurer@jaxafg.org>, Toni C <records@jaxafg.org>, Public Information <pi@jaxafg.org>, Newsletter Editor <newslettereditor@jaxafg.org>, Literature Distribution Center <ldc@jaxafg.org>, institutions <institutions1@jaxafg.org>, Greeter <greeter@jaxafg.org>, Freddie S <Webmaster@Jaxafg.org>, District Representative <dr@jaxafg.org>, Curt S <curtshepherd@sjrstate.edu>, "Cindy J." <chairperson@afgarea9.org>, Archives <archives@jaxafg.org>, Alternate District Representative <adr@jaxafg.org>, Alateen <alateen@jaxafg.org>, AISL <aisl@jaxafg.org>, cpc@jaxafg.org, tas@jaxafg.org

Priority: Normal

Date 07-14-2015 09:07 PM

To All Panel 55 Members,

I look forward to seeing everyone on Saturday morning, July 18, at 9:30 am in the **Parish Hall** at Arlington United Methodist Church. We will have a Nursery for children and are hoping to welcome guests and visitors from across District 3 to this District 3 Business Meeting and Workshop. Our special guest presenter is Cindy J., Chair of Area 9 who will be leading us in a Workshop on Conflict Resolution to begin at 10:30 am and close at 12:00 pm. Our business meeting will take place from 9:30 to 10:30 am and will be focused on the few items of business we have to conduct before September. The agenda follows the following announcements.

A couple of additional items:

- We will be having dinner with Cindy J. on Friday evening, July 17th at 5:30 pm at the Bono's Restaurant on Gate Parkway (across from Costco and beside Black Creek Outfitters). This is also located near the intersection of Gate Parkway with J. Turner Butler Boulevard so we hope it will be convenient and central enough for everyone to join us. If you have questions or need directions, please call or text me at 904-614-2310.
- This is the last call for any old copies of "Al-Anon Faces Alcoholism" - if you have any of these collecting dust in your closets, please take advantage of this opportunity to clean house and bring them this Saturday to Carolyn H. to distribute at our Outreach event in Fernandina Beach at the end of the month.
- Please read the Minutes of the April 11, 2015 District 3 Business Meeting posted on our District 3 website prior to our meeting on Saturday, and if you have any changes, please print a copy with your revisions to bring to Curt S., our Secretary, or send to him by email. Your cooperation and assistance will be greatly appreciated.
- We are looking for groups to host our District 3 Business Meetings on Saturday, September 12, 2015 and Saturday, November 14, 2015. Please talk to each other and consider asking your group to provide this service of hospitality to our Panel 55 members. San Marco (Gage M.), Arlington Tuesday Night, (Julia S.) and Ponte Vedra Thursday Night (Mary E.) have provided refreshments for us already this year so each of these GRs can answer questions and provide more information. Let me know.
- Finally, please be sure to print this email and bring with you to the meeting on Saturday. In addition, you can see all the documents available to date preparing the Area for the August AWSC on August 14-16 in Orlando on the Area 9 website

NORTH FLORIDA AREA 9
PROPOSED - PUBLIC OUTREACH PROJECT FOR 2015
COVER NORTH FLORIDA IN AL-ANON

The Public Outreach Work Group/Task Force and the Public Outreach Thought Force (May 2015) propose the following:

That the North Florida Area purchase thirteen table covers and thirteen retractable banners and distribute one of each to the thirteen districts in Area 9.

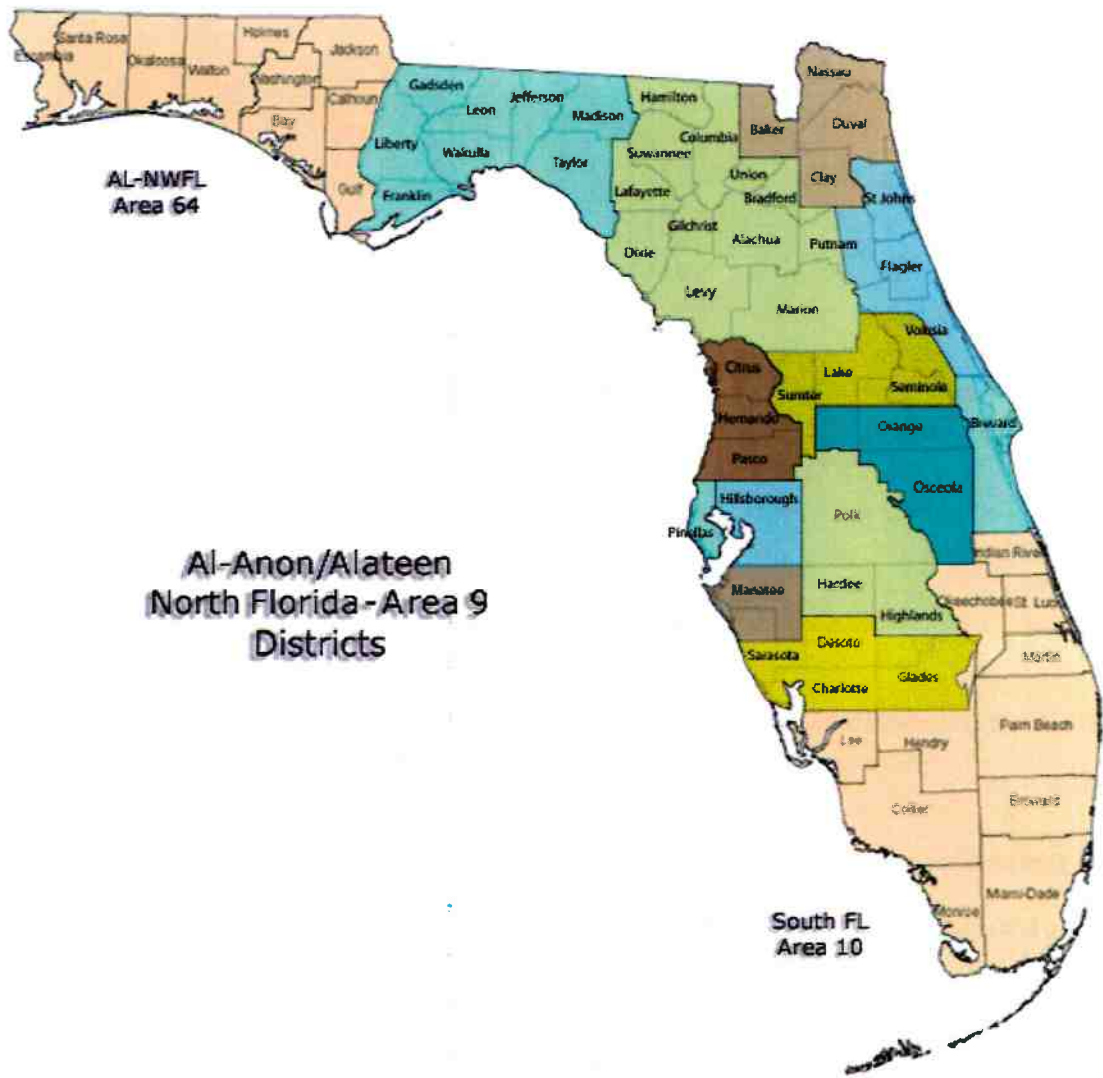
The total cost will be approximately \$3,347.36 (\$257.49 per district).

If you are a voting member at Assembly, we ask that you invite HP into the room and think of the good of Al-Anon and our Area as a whole. While the Banner and Table Cover may not please everyone the way we hope, we do believe it will benefit the majority of our Area and Al-Anon as a whole.

Purpose/Findings/Reasoning/Goal:

While we can't anticipate all questions and concerns, here are some of the things we considered.

- We hope to establish a consistent look for Al-Anon in North Florida in order to promote recognizability and advance our Al-Anon identity. The hope would be that a professional who attends conferences in multiple Districts will come to recognize the blue and yellow display as Al-Anon.
- We will look more professional in a professional setting. The table cover and banner are easier to transport and display than many of the displays we currently use. They are also smaller and require less storage space in most cases.
- To encourage pride, willingness, and enthusiasm in our volunteer pool. The more volunteers who are willing to participate, the more opportunities our Districts can take advantage of.
- WSO's most recent survey shows that the majority of newcomers are referred by professionals. Therefore, it is prudent and a sound investment to make our outreach to professionals more attractive.
- We get a price break when ordering the table covers in bulk. NOTE: They fit either a 6- or 8-foot table. There is Velcro to take up the slack on the smaller table. Table covers are machine washable and come with care instructions.
- The open banner measures 39" x 40" and closed it measures approx. 42" x 6" x 8". It has a user-friendly pull-up stand made of sturdy aluminum. It comes with a convenient black carrying bag to make traveling with the display easy. The tote bag features zipper construction and looped handles to secure the stand when it is not displayed.
- Some Districts were already trying to find ways to fund the purchase of a table cover and banner. By having the Area assume this expense, the majority of districts may then be able to use their individual public outreach funds for additional Public Outreach Projects.
- The content and layout of the banners and table covers were recommended by WSO; WSO approved the final versions you see in the photos. Please note that you may not request any changes to the content or layout of either the banner or table cover other than the following:
Each retractable banner will be customized for each district. Each district's banner can bear its telephone number, website, and QR code for that website. (QR code will be provided by our volunteer designer for districts that have not yet created one.)
- A couple of districts already have table covers and/or banners, which could be used as back-ups or spares. In the interest of consistency and recognizability, we want to ensure that all 13 Districts have the exact same banner and table cover. District 3 already has the banner and table cover; however, it has been using them for over a year and has loaned them out as well. The committee believes it is only fair that District 3 receives the same investment from the Area as the other twelve Districts.
- We hope any district not currently participating in health fairs and conferences will be encouraged to do so and/or find other ways to use these gifts.



**Al-Anon/Alateen
North Florida - Area 9
Districts**

Alateen Dist 3 May 2015 Report

Alateen in Dist 3 is on the rise!! We have one regular attendee to the one and only Alateen Meeting in Dist 3, JUST IN TIME in Orange Park, meeting on Tuesday nights at 8PM located at the St. Giles Presbyterian Church, 116 Foxridge Rd right off Blanding Blvd. I know it doesn't sound like much but it's a start. A ripple in the pond. We did also have two visitors to two different meetings. This is a direct result of making our meetings known again thru listing them in the Where and When and online. Seeds are being planted.

A total of 4 Al-Anon members in Dist 3 are awaiting AMIAS TRAINING. 2 of those 4 are committed to attend the AMIAS TRAINING at this assembly on Friday night. I am willing to be trained as the Dist 3 AMIAS TRAINER in order to speed this process in Dist 3.

At the Service Workshop "WEEDS TO SEEDS" that was held on March 14th hosted by Dist 3, the Alateen table had literature to hand out along with two experienced Alateen Sponsors to answer questions. One being AMIAS trained....one a former Sponsor now willing to do the AMIAS TRAINING because of that workshop experience. Good seeds planted in fertile soil watered by the God of our own understanding.

Out of that one day came a multitude of questions about Alateen from all Districts in attendance. I feel certain more will be revealed as time passes. God is in charge. I continue to reach out to all the groups in Dist 3 to speak about Alateen and the need for sponsorship in this district. I do this by sharing my own experience, strength and hope about my personal growth through many years of Alateen Sponsorship. It's not about me, it's about seed planting.

Another way of reaching out has been through the Institutions Outreach. I have several leads to follow up that are reaching out for more Alateen information. All in due time. I did go out to a girls club upon request of the facilitator to speak to Jr. High and High School girls about Alateen in Starke, Florida. Handed out literature and answered questions about Alateen meetings.

Leaning to my program using the three "A's".

AWARENESS: Alateen needs meetings and Sponsorship in Dist 3.

ACCEPTANCE: The teens are a part of this family of recovery.

ACTION: Serve as a Sponsor or Co-Sponsor with a commitment for one year and become the solution.

Love and Hugs in Recovery,

Beth Hendrix

Dist. 3 Alateen Chair Person