

SHARINGS

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

Sharing our...

ESH

Experience Strength Hope

-Anonymous



*Meeting
Treasure Chest*



- "I don't seem to need the approval or acceptance from friends and family any more. That's odd because I now have more approval and acceptance than I have ever had in my life. Isn't that interesting? When I needed it, I didn't have it, and now that I don't need it, it's plentiful. I'm going to guess that's my Higher Power reminding me to keep my focus on God and all the rest will be added to my life."
- "As the world seems to get crazier, I am seeking ever more ways to remain peaceful. The Serenity Prayer helps me stay there. I try to remain honest about my own attitudes and behaviors and pray for help to grow and change in the ways God would want me to. I strive to 'be the world I want to live in.' "
- "I'm learning to catch myself, trying not to get hooked by my fear, so it doesn't progress into anger. When I feel it coming on, I try to pause, breathe, allow sacred space--HP--to enter, and expand awareness, look at the bigger picture. When I'm able to do these things, the illusion of fear gets shattered."
- "Nothing beats sitting in an Al-Anon meeting and watching everyone around the table nod when I share some old secret or hidden feeling. You've been there, you understand. I belong."
- "As I have learned in Al-Anon, prayer is talking with my higher power. Why WOULDN'T I want to do that? It would be like not talking to my best friend or a close family member."
- "As I practice the Al-Anon program I feel more and more connected to a source of love, acceptance and serenity. I can keep an open mind and experience a beautiful sense of belonging as I learn to trust in the present moment."

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

In Case You Missed It Again!

"Whenever I choose to pause before engaging in a verbal conflict, I create the silence in which I may hear my Higher Power's voice spiritually guiding my thoughts and words."
-Risa G., FL

- Risa G., our own fellow District Three member in service, did it **again** and was published in the August Forum! So fabulous!
- If you see someone from our district quoted in The Forum in the future, please let our Sharings Newsletter Editor know by emailing newslettereditor@jaxafg.org.
- Please submit your own words of encouragement, photos, quotes and ESH to our national monthly magazine, The Forum, at www.al-anon.org/forumshare

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	institutionsle@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!

OPEN POSITIONS

Current open positions:

Alternate District Rep

Archives

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!”

GEM’s needed! Are you curious about how Al-Anon works?

Please email dr@jaxafg.com

if you would like to attend

assembly as a Growth

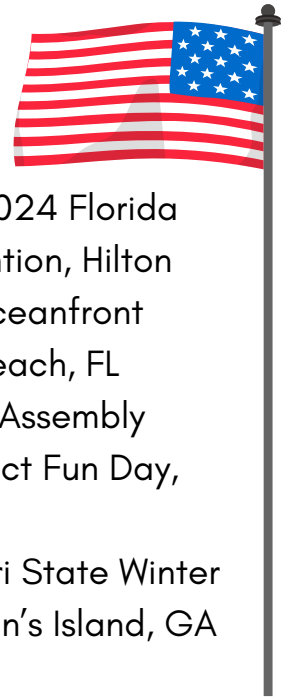
Enhancement Member!

The fellowship

needs YOU!



COMING EVENTS



- **September 6-8** 2024 Florida North AFG Convention, Hilton Daytona Beach Oceanfront Resort, Daytona Beach, FL
- **October 11-13** Fall Assembly
- **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.

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/