



# SHARINGS

District 3, Greater Jacksonville, Florida

[jaxafg.org](http://jaxafg.org)

August 2017 – Panel 55

## MEETING NEWS

For the most current meeting information, visit [jaxafg.org](http://jaxafg.org) and click on "Find a Jacksonville Area Meeting."

### ■ SPEAKER MEETING / POTLUCK

Serenity Seekers AFG, which meets at the New Covenant Ministries, 2360 St. Johns Bluff, Jacksonville, 32246, will hold a Speaker Meeting at noon on Wednesday, August 30. A potluck luncheon will be held immediately following the speaker; please bring a dish to share.

### ■ LOCATION UPDATE

Hope for Today AFG, meets at 2311 Starratt Road, Jacksonville, 32226, Monday at 7 pm. The name of the meeting place has changed from Encounter Christian Church to Christ's Church River City.



### FROM THE EDITOR to GROUP REPRESENTATIVES:

**SHARINGS** is a great tool for communicating meeting changes, speaker meetings, anniversary meetings, potluck meetings, etc. Email your meeting news to [newslettereditor@jaxafg.org](mailto:newslettereditor@jaxafg.org).

## GOING TO CONVENTION?

You or your home group can contribute to the Convention Raffle or Boutique. Send or bring your items to the convention and help raise funds for Al-Anon!

## BEEN THINKING ABOUT SERVICE WORK? HAVE WE GOT OPPORTUNITIES FOR YOU!

Beginning in January 2018, you'll have the opportunity to serve in District 3 in any one of a variety of positions, including at the group level. At our regularly scheduled District Business Meeting of Saturday, September 9, we'll be holding elections for District Officers and Chairpersons to serve in Panel 58.

All district positions are for a three-year period and may be open to any Al-Anon member.

Detailed descriptions of each position, as well as eligibility requirements, are listed on our district website at [jaxafg.org](http://jaxafg.org) under Panel 55 Election Procedures.

For a quick glance at the positions available, please see the back page of this newsletter.

Service in Al-Anon is an opportunity to further your recovery and is a great chance to carry the message as described in Step 12. Many members find this experience rewarding and they enjoy the additional fellowship

service provides. You often don't need any special skills or talents... only the willingness to serve. And you will always have help available, as you never have to do it alone in Al-Anon.

(Members of AA may be eligible to hold non-voting positions. A proposal to be voted on at the August 12 meeting will clarify this position. Please check with your Group Representative or on the District website to see the results of that proposal.)

If you're interested in learning more, make plans to attend the District Business Meeting on September 9. There is no commitment required and it's a great chance to see what happens at a District 3 Business Meeting. We meet from 9:30 – noon, at Arlington United Methodist Church, 1400 University Blvd. North, Jacksonville, 32216. Doors open at 9 am.

Remember Concept Four: *Participation is the key to harmony!*

## YOU CAN STILL REGISTER!

BE A PART OF THE RECOVERY RODEO!  
NORTH FLORIDA AREA CONVENTION  
AUGUST 25-27, 2017 • TAMPA, FL

Visit [www.afgarea9.org/convention2017.html](http://www.afgarea9.org/convention2017.html) for more information! You can also register on-site!





## DISTRICT 3 PARTICIPATES IN THE 5<sup>TH</sup> ANNUAL CLINICAL OVERVIEW OF THE RECOVERY EXPERIENCE (CORE)

As part of its public outreach efforts, District 3 participated in the CORE conference, held this past July in Amelia Island at the OMNI Hotel and Resort.

CORE, which stands for Clinical Overview of the Recovery Experience, highlights the critical importance of providing individualized treatment. It is an opportunity for addiction professionals to advance the principles of client-centered treatment with a strong clinical foundation, as well as to be a forum for increasing the collective understanding of the full continuum of recovery processes, including 12-step recovery. Its

goal is to improve outcomes by better integrating personalized evidence-based treatment services that allow individuals, families, and professionals to choose the most appropriate treatment.

Our district, which includes Nassau County, participated with a display of banners that suggest ways in which Al-Anon Family Groups, including Alateen, can be an integral part of the recovery process. Our volunteers tended a booth over the course of the event, handing out informational items, like *Al-Anon Faces Alcoholism* and *The Forum* magazines, and some

fun freebies too, like bookmarks, tote bags, and eyeglass cleaners. Volunteers were there to answer questions about our programs and to remind the addiction professionals that Al-Anon is a useful and free resource available to their clients.

A special thank you goes to the volunteers who participated during the July event:

- |           |            |
|-----------|------------|
| ■ Linda   | ■ Jean     |
| ■ Mark    | ■ Garth    |
| ■ Carolyn | ■ Mary Lou |
| ■ Kirtley | ■ Kelly    |
| ■ Marlene | ■ Gail     |

# 61<sup>st</sup> FLORIDA STATE CONVENTION AN INSPIRATIONAL EXPERIENCE FOR AL-ANON MEMBERS

Last month the 61<sup>st</sup> Florida State Convention for Alcoholics Anonymous was held at the Hyatt Downtown, Jacksonville. More than 2,000 participants attended the event, themed "Love in Action," including a large number of Al-Anon members, many of whom were from District 3.

In fact, three members of District 3 volunteered months ago to coordinate the Al-Anon portion of the convention and the Group Representatives of District 3 voted to fully support their efforts.

The weekend was a wonderfully inspirational, spiritual experience. If you attended and would like to share your personal reflections, please submit them to "Sharings" at newslettereditor@jaxafg.org.

What follows is a brief gratitude list for helping make the event such a success. And following that are personal reflections from some Al-Anon members.

**Enjoy!**

## A VERY SPECIAL THANKS...

- TO ALL OF YOU WHO VOLUNTEERED TO HELP AND TO PARTICIPATE IN THE AL-ANON WORKSHOPS IN THE 61<sup>ST</sup> FLORIDA STATE AA CONVENTION HERE IN JACKSONVILLE THE END OF JULY.
- TO ROXANNE, FREDDIE, AND CAROLYN FOR URGING US ON.
- TO DISTRICT 3 AND EVERYONE FOR DONATING TO THE HOSPITALITY ROOM.
- TO THE AA COMMITTEE FOR KEEPING OUR TRADITIONS; IT WAS PARTICIPATION WITHOUT AFFILIATION AT ITS BEST.
- TO OUR HIGHER POWER FOR BEING IN THE ROOMS, ESPECIALLY WHEN 2400 SOBER ALCOHOLICS WERE SAYING THE LORD'S PRAYER ALL TOGETHER.

## REFLECTIONS...

I HAD YET ANOTHER WONDERFUL (AND UNEXPECTED) AL-ANON EXPERIENCE OVER THE WEEKEND...THIS TIME, BY PARTICIPATING IN AN AA CONVENTION. IF YOU HAD ASKED ME TEN YEARS AGO IF I COULD HAVE HAD A GOOD TIME IN THE PRESENCE OF 2,000+ ALCOHOLICS, YOU CAN IMAGINE WHAT MY ANSWER WOULD'VE BEEN. THANKS TO AL-ANON, I HAVE LEARNED TO LOVE THEM AND AM GRATEFUL THAT IT WAS AN ALCOHOLIC THAT BROUGHT ME TO AL-ANON, WHERE I'VE HAD THE CHANCE TO GROW SPIRITUALLY WITH THE HELP OF WONDERFUL FRIENDS, LIKE YOU. ~ R.G.

A BELIEF IS A THOUGHT I KEEP ON THINKING. ~ ANONYMOUS

AM I GIVING THEM FREE RENT IN MY HEAD? ~ ANONYMOUS

SPONSORSHIP IS AN OPPORTUNITY FOR SELF DISCOVERY...NOT A TEACHER-PUPIL RELATIONSHIP. ~ ANONYMOUS

I CAN STAND FOR INTIMACY OR ISOLATION. WHICH ONE WILL I CHOOSE? ~ ANONYMOUS

I WENT TO THE CONVENTION AND HAD MY EYES OPENED IN MANY WAYS. I WENT TO SEVERAL AA MEETINGS FOR THE FIRST TIME. BEFORE THIS, I HAD THOUGHT AN ALCOHOLIC WAS SOMEONE WHO BOUGHT ALCOHOL AND GOT DRUNK...THAT IT WAS THEIR CHOICE. AFTER LISTENING TO THEM, I NOW SEE THEM AS HURTING PEOPLE AND HAVE EMPATHY FOR THEM. I AM THANKFUL FOR THIS AWAKENING. ~ S.J.

## LOVE LETTERS

Inspired by an Al-Anon workshop at the AA convention in July, the **Arlington Tuesday Night AFG** asked its members to think of words that start with the letters in the word "L-O-V-E." Here are examples of what they came up with:

Letting others voluntarily evolve  
Love inaction  
Lips closed, Ears Open  
Loving others as I love myself gives me permission to love myself  
Live and let live  
Let go and let god  
Let it begin with me  
Listening  
Language  
Loving self (self-care)  
Literature  
Laughing  
Like  
Learning  
Limits  
Life

Optics – I can see clearly  
Opportunity  
Overcoming Obstacles  
Ongoing  
Open-minded  
Optimistic Circle of people  
Obsession  
Occupation  
Options

Volume in my house went down  
Victim to Victor  
Victory  
Vengeance  
Visualize handing it over  
Vulnerability  
Valuable  
No longer Volunteer

Evolving  
Effort  
Getting rid of Expectations  
Enjoy life  
Everybody  
Enabling  
No Excluding  
Envy  
Equality  
Excuses  
Encouragement  
Empathy  
Easy Does It  
Experience, strength, and hope  
Effective program  
Endurance - Keep coming back!  
Evolving  
Effort

## Personal Sharings

One evening after a meeting, I scribbled "my marriage" onto a piece of paper and quickly stuffed it into the God Can. That was the first time I've physically handed over to God my latest, greatest problem. Later, I realized it was pointless to worry about my marriage. I had already said to God, "This is bigger than me and I need help." Now I have a living memory of inviting God into my life on this one particular problem. The God Can worked!

~ **Anonymous, Jacksonville**

It's hard to undo the effects of the past. What helps me, and what I love about this program, is that I get to bring my uncomfortable moments to a meeting, where I can take the sting out of things simply by sharing them in an atmosphere of unconditional love.

~ **Dawn, Idaho**

(Shared online with permission to reprint.)

## TELEPHONE ANSWERING SERVICE

The Telephone Answering Service (TAS) is composed of volunteers who take telephone calls and answer messages from people seeking information about the Al-Anon program, as well as where and when to find a meeting in District 3.



Our volunteers share their experience, strength, and hope with families who are suffering from the disease of alcoholism.

Thanks to our kind volunteers, the TAS answered 87 calls in June and 62 in July. In addition, 3 emails were responded to in each of those months.

If you are interested in volunteering, please contact Tom at [tas@jaxafg.org](mailto:tas@jaxafg.org).

## DISTRICT 3 CALENDAR

- Friday, August 18 – Saturday, August 19, 2017 ..... Area World Service Conference  
Altamonte Springs, FL
- Friday, August 25 – Sunday, August 27, 2017 ..... 28<sup>th</sup> Annual NFA AFG Convention\*  
Tampa, FL  
(More information on front page.)
- Saturday, September 9, 2017 ..... District Business Meeting and Elections\*  
Arlington United Methodist Church  
1400 University Blvd. No., Jax, 32216
- Saturday, September 23, 2017 ..... District Fun Day\*  
Arlington United Methodist Church  
1400 University Blvd. No., Jax, 32216  
(Look for more details in the next issue.)
- Friday, Oct. 6 – Sunday, Oct. 8, 2017 ..... North Florida Fall Assembly  
Altamonte Springs, FL  
(More info coming soon.)

\*All Al-Anon members are invited to this event.



Babysitting services are available at all District Business Meetings and Fun Day events.

**Please note:** District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211. District Business Meetings begin at 9:30 am with doors opening at 9 am. Meetings end at noon. Start times for events such as Workshops and Fun Days may vary. Please check fliers or [jaxafg.org](http://jaxafg.org) for event times.

## DISTRICT 3 TRUSTED SERVANTS

Gage M. ....	District Representative.....	<a href="mailto:dr@jaxafg.org">dr@jaxafg.org</a>
VACANT.....	Alternate District Rep.....	<a href="mailto:adr@jaxafg.org">adr@jaxafg.org</a>
Mark F. ....	AISL.....	<a href="mailto:aisl@jaxafg.org">aisl@jaxafg.org</a>
VACANT.....	Alternate AISL.....	<a href="mailto:altaisl@jaxafg.org">altaisl@jaxafg.org</a>
Susan H. ....	District Treasurer.....	<a href="mailto:treasurer@jaxafg.org">treasurer@jaxafg.org</a>
Curt S. ....	Secretary.....	<a href="mailto:secretary@jaxafg.org">secretary@jaxafg.org</a>
Beth H. ....	Alateen.....	<a href="mailto:alateen@jaxafg.org">alateen@jaxafg.org</a>
VACANT.....	AA Liaison/Spanish Liaison.....	<a href="mailto:aal@jaxafg.org">aal@jaxafg.org</a>
VACANT.....	Historian.....	<a href="mailto:historian@jaxafg.org">historian@jaxafg.org</a>
Carolyn I. ....	Archives.....	<a href="mailto:archives@jaxafg.org">archives@jaxafg.org</a>
Julia & Florence...	Area Raffle.....	<a href="mailto:raffle@jaxafg.org">raffle@jaxafg.org</a>
Toni C. ....	Group Records.....	<a href="mailto:records@jaxafg.org">records@jaxafg.org</a>
Roxanne A. ....	LDC/Literature.....	<a href="mailto:ldc@jaxafg.org">ldc@jaxafg.org</a>
Charlene S. ....	New Group Rep. Greeter.....	<a href="mailto:greeter@jaxafg.org">greeter@jaxafg.org</a>
Risa G. ....	Newsletter Editor.....	<a href="mailto:newslettereditor@jaxafg.org">newslettereditor@jaxafg.org</a>
Destinee G. ....	Speaker Keeper.....	<a href="mailto:speakerkeeper@jaxafg.org">speakerkeeper@jaxafg.org</a>
Tom H. ....	Telephone Answering Svc.....	<a href="mailto:tas@jaxafg.org">tas@jaxafg.org</a>
Freddie S. ....	Webmaster.....	<a href="mailto:webmaster@jaxafg.org">webmaster@jaxafg.org</a>
Jessica B. ....	Where & When.....	<a href="mailto:ww@jaxafg.org">ww@jaxafg.org</a>
VACANT.....	Institutions.....	<a href="mailto:institutions1@jaxafg.org">institutions1@jaxafg.org</a>
VACANT.....	Public Information/Media.....	<a href="mailto:pi@jaxafg.org">pi@jaxafg.org</a>
VACANT.....	Co-op w/Prof. Community.....	<a href="mailto:cpc@jaxafg.org">cpc@jaxafg.org</a>

# PANEL 55

JANUARY 1, 2015 – DECEMBER 31, 2017

Interested in serving in one of the vacant positions on Panel 55 or simply wish to learn more about the positions available? Contact the District Representative at [dr@jaxafg.org](mailto:dr@jaxafg.org).