

SHARINGS

District 3, Greater Jacksonville, Florida

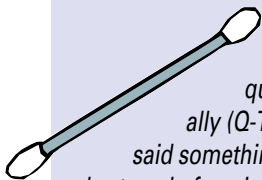
March 2015 – Panel 55

Personal Sharings

Al-Anon Family Groups have one focus: to help friends and families of alcoholics. However, Al-Anon's 2009 Membership Survey reported that one in three Al-Anon members first came to Al-Anon Family Groups because of a friend or relative who had a drug problem. But after learning more about alcoholism and its effects, nearly nine in ten came to realize that alcohol abuse was also part of the overall problem that included both drugs **and** alcohol.

~ Anonymous

Recently, I visited my sister for the first time in more than five years. Our time together was usually unpleasant because I always got so mad or got my feelings hurt when I was around her.



Al-Anon has taught me to quit taking it personally (Q-TIP). When my sister said something that would have hurt me before, I was able to step back, not react and give myself time to figure out what was happening. I realized it had nothing to do with me and I could stay out of it and mind my own business.

We had a wonderful time together and I plan on going to see her again soon. I am proud of myself and grateful to Al-Anon for helping me change.

~ Anonymous

WORD SEARCH PUZZLE:

STRENGTHENING YOUR RECOVERY THROUGH CONFERENCE APPROVED LITERATURE



Find/circle the following titles of some of Al-Anon's Conference Approved Literature in the puzzle above. Titles appear up, down, and diagonally. Have fun!

IN ALL OUR AFFAIRS
AS WE UNDERSTOOD
BLUEPRINT FOR PROGRESS
COURAGE TO CHANGE
DISCOVERING CHOICES

FROM SURVIVAL TO RECOVERY
HOPE FOR TODAY
ONE DAY AT A TIME IN AL-ANON
THE FORUM
AL-ANON FACES ALCOHOLISM

MEETING NEWS

For the most accurate and current meeting information, please visit jaxafg.org and click on "Find a Jacksonville Area Meeting."

■ REINSTATED MEETING

The Fruit Cove AFG #503441 has been reinstated. The group meets Wednesday at 8:30 pm at Fruit Cove Baptist Church, located at Annex AR Bldg. – 107, 501 State Road 13, Fruit Cove.



FROM THE EDITOR to GROUP REPRESENTATIVES:

SHARINGS is a great tool for communicating meeting changes, speaker meetings, anniversary meetings, pot-luck meetings, etc. Email me at newslettereditor@jaxafg.org so I can inform our members of your meeting news.

HEARD AT A MEETING

GOD, GIVE ME GRACE TO PUT SPACE BETWEEN IMPULSE AND ACTION.

Personal Sharings

I keep coming back so that I can stay connected to the spiritual vitamins/principles and use them in my life, which helps me to help myself as well as others.

~ Bess E., Jacksonville

Personal Sharings

Making Choices

It's difficult to recognize our need for Al-Anon. After my first meeting, I waited 20 years before returning.

A friend recently told me about a harrowing night with drinking friends. She was the only one sober and experienced their ridicule, screaming and fighting: alcoholic chaos! I had a realization about why Al-Anon is important for those of us who love alcoholics. The alcoholic's way of life is unpredictable and lacks the serenity and peace that I need and deserve.

We need to know that we can CHOOSE our surroundings! I can do something positive for myself, like go to a meeting with people who support me and treat me with kindness, or read my Al-Anon Conference Approved Literature. Why spend time with someone who is humiliating herself or me? Al-Anon shows me that there is another way and gives me the tools I need to fill my basket with good things rather than to continue living my life feeling defeated and depleted!

I am so glad I went back the second time and that I can keep coming back!

~ KW, Jacksonville

Did you attend the
"WEEDS TO SEEDS"
Panel 55
2015 North Florida AFG
Area 9
Service Workshop
on March 14th?

Share how it helped you in your program. Send sharings to newslettereditor@jaxafg.org

(Please keep your submission to 300 words or less.)

Personal Sharings

Leading a Meeting

Why am I so nervous when I lead a meeting? I prepare, find stuff in the literature, dress nicely, and I know the folks. But I am still nervous.

But I do it anyway. My Sponsor helps give me the confidence to know that I can't ruin Al-Anon in one hour.

~ Anonymous



NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC.


Al-Anon Family Groups
Over sixty years of hope for the families and friends of problem drinkers.
www.jaxafg.org
904 350 0600

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Personal Sharings

When I signed up as a service person to introduce Al-Anon to institutions in the Greater Jacksonville Area, I was excited but also scared; "What if I cannot promote Al-Anon correctly? What if I cannot come across as eloquently and knowledgeable about Al-Anon as a 'professional' Al-Anon speaker?" Then my intuition said, "Just be yourself and talk about what Al-Anon has done for you."

I thought, "That will be easy, given the help Al-Anon gave me when my qualifiers were breaking in to my apartment, stealing and hacking into all my devices in order to intimidate me into such despair that I would eventually check myself into an institution.

To my qualifiers' dismay, I instead checked myself into Al-Anon groups that transformed me into a more peaceful, secure, stronger and sane individual. I was no longer the paranoid, helpless and

angry victim they would have hoped to perplex, but instead, thanks to Al-Anon, I blossomed into a self-assured, independent and assertive woman who was only accomplished through listening to others share their experiences, strength and hope during meetings!

I no longer feel insecure and hesitant. Instead I want to inform all Jacksonville rehab agencies that are interested and willing to inform family and friends of the problem drinker about all the benefits Al-Anon has to offer to alleviate the suffering, anxiety and control issues that loved ones acquire as a reaction to the problem drinker. I feel that the best way to serve the clients who are in drug/alcohol rehab centers is to introduce Al-Anon to them to help aid in the alcoholic's recovery by helping those who harbor negative and enabling behaviors that are detrimental to the alcoholic's recovery.

~ LB, Jacksonville

COMING IN SEPTEMBER! THE 26TH ANNUAL NORTH FLORIDA AREA AFG 2015 CONVENTION!



**Taking Care of Business
The Al-Anon Way**
Hosted by District 6

IT'S NOT TOO EARLY TO START PLANNING!

SEPTEMBER 18-20, 2015!

VISIT TAKINGCAREOFBUSINESS2015.COM FOR INFORMATION AND LINKS TO RESERVATIONS AT THE BEAUTIFUL TRADE WINDS ISLAND RESORT ON ST. PETERSBURG BEACH, FLORIDA.

FUN DAY!

MARK YOUR CALENDARS NOW!

*Make plans to attend our
next District 3 Fun Day,
Saturday, June 13!
Check "Sharings" or
jaxafg.org for more details
as the date nears!*

AL-ANON DECLARATION

Let It Begin with Me
When anyone, anywhere,
reaches out for help, let the hand
of Al-Anon and Alateen always
be there, and — *Let It Begin with Me.*

Personal Sharings

The following was shared online (with permission to reprint in "SHARINGS").

I asked my Sponsor about what was God's will for her life and she said to simply get up – suit up – show up – and do the next right thing.

What is the next right thing? The thing that is in front of you and you do it to the best of your ability without any thought of self, no selfish motivations, no expectations, and not expecting anything in return.

What if I can't? Then pray about it. Ask God for His help and leave it alone.

Today for me, because of Step 3, I have learned I have all the power in the world and it rests with my God.

~ Tracy, Tennessee

HEARD AT A MEETING

HEARING

OTHER

PEOPLE'S

EXPERIENCE GIVES YOU

...HOPE

NORTH FLORIDA SPRING ASSEMBLY

Friday, May 1 – Sunday, May 3, 2015
Orlando, Florida

District Representatives, AISLs (Al-Anon Information Service Liaisons), and Group Representatives attend. Groups are encouraged to send a Group Representative or a Group Contact. All Al-Anon members are welcome to attend.

RESERVATION INFORMATION:

Group Name: AFG (Al-Anon FamilyGroups)
Hotel: Sheraton Lake Buena Vista Resort
To make reservations online, go to:
<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1405275676&key=5E956DE>

DISTRICT 3 CALENDAR

- Saturday, April 11, 2015 District 3 Business Meeting *
- Friday, May 1 – Sunday, May 3, 2015 North Florida Spring Assembly*
(see note at left)
- Saturday, June 13, 2015 District 3 Fun Day*
(Details to come soon!)
- Saturday, July 11, 2015 District 3 Business Meeting *

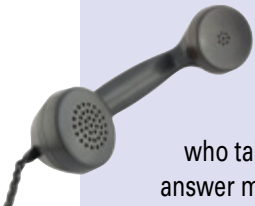
Please note: District Business Meetings and Workshops are held at Arlington United Methodist Church at 1400 University Blvd. North, Jacksonville, FL 32211, in Wesley Hall. District Business Meetings begin at 9:30 am with doors opening at 9 am. Start times for events such as Workshops and Fun Days may vary. Please check fliers or jaxafg.org for event times.

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



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

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.

Our volunteers share their experience, strength, and hope with families who are suffering from the disease of alcoholism. This service is available 24/7, and thanks to our kind volunteers, the TAS responded to 34 telephone calls and 6 emails in February.

If you would like to help or need more information, please contact Mark F. at aisl@jaxafg.org.

DISTRICT 3 TRUSTED SERVANTS

PANEL 55
 JANUARY 1, 2015 – DECEMBER 31, 2017

- Sally O. District Representative dr@jaxafg.org
- Gage M. Alternate District Rep. adr@jaxafg.org
- Mark F. AISL aisl@jaxafg.org
- VACANT Alternate AISL altaisl@jaxafg.org
- Maddy P. District Treasurer treasurer@jaxafg.org
- Curt S. Secretary secretary@jaxafg.org
- Beth H. Alateen alateen@jaxafg.org
- Charlene S. Alateen Trainer alateen@jaxafg.org
- Tina D. AA Liaison/Spanish Liaison aal@jaxafg.org
- Carolyn H. Historian historian@jaxafg.org
- Carolyn I. Archives archives@jaxafg.org
- VACANT Area Raffle raffle@jaxafg.org
- Toni C. Group Records records@jaxafg.org
- Roxanne A. LDC/Literature ldc@jaxafg.org
- Charlene S. New Group Rep. Greeter greeter@jaxafg.org
- Risa G. Newsletter Editor newslettereditor@jaxafg.org
- David G. Speaker Keeper speakerkeeper@jaxafg.org
- VACANT Telephone Answering Svc. tas@jaxafg.org
- Freddie S. Webmaster webmaster@jaxafg.org
- Jerry B. Where & When ww@jaxafg.org
- Lynn B. Institutions institutions1@jaxafg.org
- Marty S. Public Information/Media pi@jaxafg.org
- VACANT Co-op w/Prof. Community cpc@jaxafg.org

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.