



SHARINGS

District 3, Greater Jacksonville, Florida

September 2016 – Panel 55

ALATEEN ROUND-UP COMING IN OCTOBER

Saturday, Oct. 29, 2016 • 8 am – 4 pm
DeLand, Florida

Springs of Recovery
Florida North Alateen Round-Up
Saturday, October 29, 2016
8am - 4pm DeLand, FL

Games

- Jenga
- Hangman
- Beanbag Toss

Bring a Frisbee or hula-hoop

Meetings
Sharing
Friendship

Cook your own pancakes

Alateen is for young people whose lives have been affected by someone else's drinking.
Send registration request and questions to roundup2016@afgarea9.org

A great day full of fun is being planned for North Florida Area Alateens!

Send registration request and questions to: roundup2016@afgarea9.org.

Alateen is for young people whose lives have been affected by someone else's drinking.

Personal Sharings

Today, I take an action despite how I feel. My feelings can keep me stuck. My feelings can dictate my action or inaction. My truth can also dictate my actions. My truth might not be your truth. If you speak something that I know is inaccurate, then I so want to correct you, because that's how I was trained growing up and in my profession. Today, I can ask myself, "How important is it? How important is it that I'm right and you are wrong with what you said?" I still struggle with wanting to correct you! But then, where's my focus? Outside of myself again! And then I'm off and obsessing (pick a topic) once more.

What also helped me was looking at the difference between facts and opinions. My spouse can speak with passion about (pick a topic) and believe that what he is saying is the truth. I've learned to say, "You may be right;" or "That's your opinion;" or say nothing. I used to try to argue with him, expressing the other side, but that just caused many physical symptoms in me. Changing what I can by not arguing

was keeping my side of the street more serene. So I work on acceptance that his truth does not need to be my truth.

I'll keep coming back to see what other lessons God has in mind for me!

~ Anonymous

My thinking, when I walked into the rooms of Al-Anon, was that I would "get" this program in 12 weeks. (There are 12 Steps, so one a week would be about the right timing!) And then I would be finished. I'm grateful that there is no graduation in Al-Anon! I can keep coming back, sharing my experience, strength, and hope, and working the Steps, as there is no limit as to how me I can be! My spiritual growth is not limited by anything, except my unwillingness to show up.

I am very grateful that there are those members who came before us and were very willing to pass along what they learned from using all the tools and the principles of the program.

~ A Grateful Al-Anon

DID YOU ATTEND THE 27TH ANNUAL NFA AFG CONVENTION IN DAYTONA BEACH?



If you were one of the many hundreds who attended, let's hear from you! Let others know in "Sharings" how much you enjoyed your experience. Email your submission (approx. 150 – 200 words) to newslettereditor@jaxafg.org.

NORTH FLORIDA FALL ASSEMBLY

Friday, Sept. 30 – Sunday, Oct. 2, 2016
Altamonte Springs, Florida

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

RESERVATION INFORMATION:

To make reservations, call the Hilton at 407-830-1985, Group name NFA AFG, or go online to: http://www.hilton.com/en/hi/groups/personalized/A/ALTAHHF-NFA30-20160928/index.jhtml?WT.mc_id=POG The special rate is available through Sept. 21.

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 AI-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.

Thanks to our helpful volunteers, 74 calls were answered from June through August, and 8 emails were responded to.

DISTRICT 3 CALENDAR

Friday – Sunday, Sept. 30 – Oct. 2, 2016.....NFA AFG Fall Assembly
Altamonte Springs
(see left for more)

Saturday, Nov. 12, 2016.....District Business Meeting*

Saturday, Dec. 3, 2016.....District Fun Day*
(more details coming soon)

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. Meetings end at noon. Start times for events such as Workshops and Fun Days may vary. Please check fliers or jaxafg.org for event times.

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



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

DISTRICT 3 TRUSTED SERVANTS

<h1 style="font-size: 4em; margin: 0;">PANEL 55</h1> <p style="font-size: 1.2em; margin: 0;">JANUARY 1, 2015 – DECEMBER 31, 2017</p>	Gage M..... District Representative..... dr@jaxafg.org
	VACANT..... Alternate District Rep..... adr@jaxafg.org
	Mark F..... AISL..... aisl@jaxafg.org
	VACANT..... Alternate AISL..... altaisl@jaxafg.org
	Susan H..... District Treasurer..... treasurer@jaxafg.org
	Curt S..... Secretary..... secretary@jaxafg.org
	Beth H..... Alateen..... alateen@jaxafg.org
	VACANT..... AA Liaison/Spanish Liaison.... aal@jaxafg.org
	VACANT..... Historian..... historian@jaxafg.org
	Carolyn I..... Archives..... archives@jaxafg.org
	Julia & Florence... 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
	Tom H..... Telephone Answering Svc..... tas@jaxafg.org
	Freddie S..... Webmaster..... webmaster@jaxafg.org
	Kathy M..... Where & When..... ww@jaxafg.org
	Lisa..... Institutions..... institutions1@jaxafg.org
VACANT..... Public Information/Media..... pi@jaxafg.org	
Dany A..... 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.