

SHARINGS

District 3, Greater Jacksonville, Florida

September 2015 – Panel 55

Personal Sharings

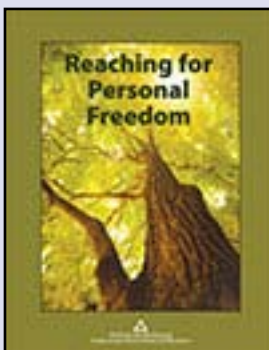
Control

When I finally got to the rooms of Al-Anon, I wasn't looking for a way to change my family member's behavior. The trips to various treatment centers and jails made it perfectly clear that it was far beyond my control.

I heard a lot of people share about what they've done to control their situations at home and was amazed they had any affect on the situation, good or bad! Everything I did was ignored or became my fault. So I realized it was time to put my best efforts into Al-Anon, and to truly focus on my own recovery for me rather than to prove something to anyone else.

After getting a Sponsor, working the Steps, reading a lot of Conference Approved Literature, and attending more meetings, I realized how my need for control was affecting my life. I knew I wasn't in control of my situation at home, but the program helped me discover that, deep down, I truly believed that if I were smarter, wealthier, more successful, or more something, I would be able to control it. I had set impossible expectations for myself, and when I failed to meet them, it reinforced this sick thinking.

The Reaching for Personal Freedom workbook's exercises on Step 1 helped me realize that while I felt I admitted I was powerless over alcohol, I had not accepted it.



Of all the people who I felt ignored my feelings, I was the one doing it the most.

Once I accepted my powerlessness, I began to feel some old resentments start to weaken. Some no longer bother me, and I am still working on others. But that is okay because I know my Higher Power doesn't want me to be everything to everybody. That's not my job.

~ Mark F.,
Jacksonville

My Life Story

Recently I shared my life story at the Serenity Seekers Al-Anon meeting. In the beginning of my life, until age twenty, was where I started. I touched on a few happenings in my growing up years.

When I became 21, I moved to Atlanta and got a job. I had two years of college completed. I began to do adult things and gradually grew up.

I came back to my home town when I was 24. I began dating. I lived at a boarding house and worked 6 days a week. I started dating a woman who would soon become my wife. She already had three children, ages 3, 8, and 11.

I accepted a position at CSX Railroad. One night, after working until 11 pm, my 16-year-old son and I got into a fight immediately after I got home. He had been taking drugs and drinking. My wife called the police, who came and took him to rehab. At the end of rehab, my wife and I visited him and were given a "Where and When" of Al-Anon meetings.

I began to go to Al-Anon meetings and met my first Sponsor who took me under his wings. My son and I have not had another fight since I first joined Al-Anon.

I retired in 2004 from CSX Railroad and my wife died in 2006. Al-Anon friends were there to help me through these changes.

My Higher Power, along with my Al-Anon friends, are the stabilizing force in my life.

~ Jim M., Jacksonville

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

I remember some very wise member introduced the concept of a journal where you record all the little things you let go of and had good results. The idea was that if you saw all the little things that went well when you let go, you would begin to have trust in the idea that God would take care of the big things.

~ Maryanne H.
Connecticut

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 31 telephone calls and 3 emails in July.

In August, 5 emails were answered. However, because of some reoccurring technical difficulties with our vendor, we don't have an accurate number of calls to report for August. The issues are currently being addressed and we hope to have them resolved shortly.

Also, the TAS is seeking a Chairperson. In addition, there are service opportunities for the following two shifts:

- Mondays, 1 – 6 pm
- Wednesdays, 1 – 6 pm

Training is provided.

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

SHARINGS ONLINE

Did you know that each issue of SHARINGS is available both online and as hard copies distributed at group meetings?

Visit jaxafg.org to view each issue in full color! The issues posted online are web-enhanced too! Click to access email accounts and more information about many of the articles and events!

Bookmark jaxafg.org for quick and easy access!

NORTH FLORIDA FALL ASSEMBLY

Friday, Oct. 2 – Sunday, Oct. 4, 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:

To make reservations online, go to: <https://www.starwoodmeeting.com/events/start.action?id=1405275681&key=4552756> The special rate is available through September 15.

LOCAL PUBLIC OUTREACH PROJECT

This summer, District 3 was honored to represent Al-Anon Family Groups at the 3rd Annual C.O.R.E. (Clinical Overview of the Recovery Experience) event for addiction counselors from all across America. The event was held on Amelia Island, from July 19 – 22, 2015.

We had a complimentary table to display our books, our beautiful new tablecloth, and our two public outreach retractable banners. We spread the word of Al-Anon through packets of *Al-Anon Faces Alcoholism* magazines to more than 100 counselors and encouraged them to order directly from WSO (World Service Office) for their families in treatment. Everyone we met has a family component to their treatment plans.



Thanks go to Carolyn H., organizer, and Fernandina Beach SOS AFG helpers: Lisa B., Tina D., Mel E., Becky D., and Linda M. This was the first time some had been to a Public Outreach Event. It was a step out of their home group and their comfort zone.

We were all impressed with how well we were welcomed and appreciated, and no one felt their anonymity was compromised. We believe our presence was a positive influence that made a difference for Al-Anon as a whole.

As often is the case in outreach, we never know who we reach, but we know for sure that those of us participating grow in our own recovery by working and seeing the Twelfth Step in action.

DISTRICT 3 CALENDAR

- Friday, Sept. 18 – Sunday, Sept. 20, 2015.....North Florida Area AFG Convention*
St. Petersburg, FL
- Friday, Oct. 2 – Sunday, Oct. 4, 2015.....North Florida Area Fall Assembly*
(see note at left)
- Saturday, November 14, 2015District 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. They 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 Al-Anon members are invited to this event.

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

WATCH FOR BIG EVENT ANNOUNCEMENT IN NEXT MONTH'S ISSUE!

MAILING ADDRESSES FOR DONATIONS

CLIP AND SAVE this section! It contains the new mailing addresses for donations:

District 3 Mailing Address:

Al-Anon District 3
PO Box 16513
Jacksonville, FL 32245

District 3 Donations:

District 3 AFG
PO Box 16513
Jacksonville, FL 32245

North Florida Area Donations:

NFA AFG
PO Box 730306
Ormond Beach, FL 32173-0306

World Service Office Donations:

AFG, Inc.
1600 Corporate Landing Pkwy.
Virginia Beach, VA 23454-5617

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
	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
	VACANT AA Liaison/Spanish Liaison aal@jaxafg.org
	Carolyn H. Historian historian@jaxafg.org
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VACANT 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.