



Sharings

Next Sharings submission
deadline is Sunday,
July 10, at 9:00 pm

NewsletterEditor@jaxafg.org

District 3, Greater Jacksonville, Florida

Telephone Answering Service (TAS)

In April - 35 calls were answered
In May - 32 calls were answered

Welcome to our newest volunteer, Yelena. Thanks to all the volunteers for your dedicated service to helping families find Al-Anon meetings. You only need 6 months experience in Al-Anon to volunteer for TAS. You do not need to stay at home to do this service, as most volunteers use cell phones to retrieve any messages and call the person back. To volunteer or ask questions, email Susan at jaxafg@gmail.com

Volunteers needed:
Wednesdays, 1—6 PM
Saturdays, 1—6 PM



Heard at a meeting:

"We ARE NOT Human Beings living Spiritual lives, we ARE Spiritual Beings living Human lives."

"Whatever I say, no matter how true or how much they need to hear it, my children in A.A. and those that could use a recovery program, only hear criticism."

"I'm having an allergic reaction to people."

"Being married to an alcoholic is like being married to a cat. I am attached to my cat. My cat is not attached to me. Trying to guess what my cat will do next is impossible. He's nice and soft but if I don't give him his way the claws come out. He goes out in the night and brings home dead things. I'm sure you can add some more."

"I'm thinking my next 12th step work for the district will be something I've never done before so I can step out of my comfort zone with the support of loving Al-Anon friends. I've heard that I only need to bring prayer, willingness and dependability."

"So what does "Culture of Trust" really mean to me?" (one answer will be in the next issue)

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I went to a meeting last night, troubled about not being able to put my finger on a character defect I have been struggling with and listened to the sharings. As we went around the room, an act of God was happening, and my problem was described, shared by others, and even pointed out on the specific page of the CAL we use in that meeting. God was asking me to have compassion for people who are struggling, and to detach with love. I have been detaching without love. It is love I need in order to have compassion. I listened and I heard my answer through the sharings of others.

Paula—South Florida



Serenity Seekers AFG invites you to join them on Wednesday, June 29, at 12:00 noon for a Speaker Meeting and Potluck at New Covenant Ministries (National Flags line entrance), 2360 St. John's Bluff Rd, 2nd floor.

From the Sharings Archives

Whatever I focus on gets BIGGER. Am I focusing on the problem or the solution? (Sharings November 1999)

Did you know? At the 1987 Fall Assembly, the Florida Area gathered as a single assembly and elected two panels of officers as Florida officially divided into two areas, North and South. (Sharings February 1999)

- The 6 Most Important Words
- "I admit I made a mistake."
- The 5 More Important Words
- "You did a great job."
- The 4 Most Important Words
- "What is your opinion?"
- The 3 Most Important Words
- "I love you."
- The 2 Most Important Words
- "Thank You."
- The Least Important Word
- "I"

(Sharings February 1999)

Are you GREAT?

Grateful Recovering Enthusiastic Al-Anon Today (Sharings, November 1999)

For every minute you are angry, you lose 60 seconds of happiness.

(Group to Group Newsletter, February 1987)

Remember: A.C.O.A. is NOT a part of Al-Anon. It is another 12 step program. We use the term "Al-Anon Adult Child." (Sharings, Sept. 1998)

The solution is simple, spiritual, and has nothing to do with the problem. (Sharings, April-May 1999)

GO FOR IT!

Your group will be electing a new GR (group representative) and alternate GR in August. Requirements for the job: Be willing to learn about the workings of Al-Anon, to have fun, to make new friends, to help carry the message. (Sharings, July 1999)

(Al-Anon members who are also A.A. members cannot serve as GRs —Al-Anon/Alateen Service Manual 2010-2013; page 138)

2011 District Calendar



July 16—District Workshop/Gratitude Luncheon
 Aug 5-6 —Area World Service Committee Meeting in Ocala
 Aug 13—District Business Meeting 9:30 am to noon
 Sept 10—District Business Meeting 9:30 am to noon-District Elections (Incoming & Outgoing GR's should be present)
 Sept 23-25—North Florida Area Al-Anon Convention in Orlando
 Oct 23—District Budget Meeting
 Oct 28-30—N. FL Area Fall Assembly in Ocala-Area Elections- (Incoming & Outgoing GR's should be present)
 Nov 12-13—N. FL Area Turnover Meeting in Sarasota
 Nov 19—District Business Meeting 9:30 am to noon-(Incoming and Outgoing Panels & GR's should be present)
 Dec 10—District Meet & Greet Fun Day

All District Business Meetings and Workshops will be held at Arlington United Methodist Church, 1400 University Blvd. N. Doors open at 9:00 a.m., and meetings begin at 9:30 am. All interested Al-Anon members are welcome. District Business Meetings are held in The Parlor and Workshops will be in Wesley Hall.

Are you working your 12th step? It's a one time opportunity to carry the message of hope by going to The Corps of Engineers Health Fair on June 22, 10am to 2 pm with Violet P. June 22 isn't a good day for you? You could go with Carolyn to the Brown Bag Luncheon at Gateway Stockton and tell your story for counselors and staff on Wednesday, July 6, 12:00 noon till 1:00 pm. For more information email Carolyn at al-anon.alateen@jaxafg.org

Meeting News

No Longer Meeting: Mandarin Thursday Night "Faith that Works AFG" 8:00 at the Mandarin Presbyterian Church.

The Spanish Meeting at St. Nicolas is looking for a new location. If someone requests a Spanish speaking meeting, please check with Susan H.

Beaches Sunday Morning "Spiritual Awakening AFG", located at the Beaches Medical Center Hospital, is now meeting for 1 and 1/2 hours on a trial basis. The group conscience will be in July before making permanent changes.

If your meeting is canceled, (for ex., the library is closed on Thursday due to a holiday, meaning your group will not meet on a specific day) please contact Susan, so this can be shared with the TAS volunteers who respond to phone calls from new members.

Anything new happening in your group? Speaker meeting, a special Anniversary, moving, expanding hours, need support? Why don't you share it with the district and have it printed in The Sharings?

*If you know of any meetings that are no longer meeting please contact Susan H., so this information can be shared with the TAS volunteers who respond to phone calls from new members." Thanks for all you do to help families find recovery. Susan H. jaxafg@gmail.com

Panel 49 District 3 Trusted Servants

Information is for Al-Anon/Alateen use only. Please respect the Anonymity of our fellow members.—NOT for solicitation purposes.

District email address: jaxafg@gmail.com

District 3 JaxAFG Email Addresses

Arlene W.	District Representative	DR@jaxafg.org
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Kim C.	District Treasurer	treasurer@jaxafg.org
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Vacant	AALiaison	AAL@Jaxafg.org
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World Service Office Information

AFG Inc.

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 Virginia Beach, VA 23454-5617

www.al-anon.org/members

Group meeting information only:

1-888-4Al-Anon

Group Record Inquiries only:

(757)563-1600

Forum Subscriptions info:

(757)563-1600

FAX: (757) 563-1655

Hours: Mon-Fri 8 a.m.-6 p.m. EST

Email: wso@al-anon.org

Sending out an S.O.S.

Volunteers needed for "one" scheduled Wednesday 2:30-3:30 or Thursday 7:00-8:00 a month in the LDC (Literature Distribution Center). Contact Ann at LDC@jaxafg.org

Coming this month to the LDC:



How Al-Anon Works paperback edition \$5 each, will be available for purchase on Wednesday, June 15.