



Sharings

Next Sharings submission
deadline is Sunday,
Oct 23, at 9:00 pm

NewsletterEditor@jaxafg.org

District 3, Greater Jacksonville, Florida Website: www.jaxafg.org

Personal Sharings

My journey to acceptance has been one from saying "yes, but," and "if only," to saying "thank you God". I was always asking "why"? Why did he drink so much? Why was he making me so unhappy? If only, he would listen to me, then my life would be happy. If only, I had cooked his favorite meal, then he wouldn't have to drink. When I'm saying "yes, but," then I'm trying to get my own way.

Today, I know that asking why was emotionally and physically draining because I never had the answers to my questions. So I learned to stop asking "why" and say "thank you God". Using "yes, but" and "if only" kept me stuck in denial and trying to control others. Today, I become aware of the words that I'm saying and I keep focusing on saying "thank you God". Accepting that I am powerless over people, places, and things has been an ongoing journey to peace and serenity. Saying "thank you God" changes my thinking from the negative to the positive and opens my mind to new solutions.

Anonymous

When I came to Al-Anon I was so focused on others that I never listened to what I was saying to myself. That committee in my head had lots of meetings, but all the topics were negative and critical of myself and others. I kept hearing in my meetings to keep the focus on myself. Just like any new behaviors that I've learned, I had to practice focusing on myself and tuning into what my internal dialogue was saying. My first 10 thoughts were always negative, usually about what I should or ought to be doing, or what he/she should/ought to be doing. I was the judge and jury for myself and my loved ones.

I didn't know that my self-esteem had been affected by alcoholism. I believed when my thoughts told me that I wasn't good enough, smart enough, or wasn't lovable. Gratitude helped changed my negative and critical thoughts. Making a daily gratitude list kept my thoughts focused on the positive. I also canceled the negative thoughts by repeating positive affirmations about myself daily. The people in my meetings had faith in me, encouraged me, and loved me before I could learn to love myself unconditionally.

Today, I know if I'm telling myself that I should/ought/must do something, then I'm slipping back into old negative thinking. I can choose to not listen to the committee in my head and pick up a piece of CAL to read, call my sponsor, pray/mediate, journal, and once again, turn that negative thinking over to my Higher Power.

Love & gratitude, Susan H.

Personal Sharing

Whatever progress I've made in the personal journey towards a more serene and loving life has come from the use of all the various tools that Al-Anon has to offer. The primary literature that has taken me through the first three steps, are: *Twelve Steps & Twelve Traditions and Paths to Recovery*. They helped me to understand other members sharing at meetings. The reading and listening introduced a deeper understanding of the God of my understanding.

With God's support and guidance, I came to the sad realization that family alcoholism had affected my perceptions and attitudes. Quickly thereafter, I with God's help could do the necessary inventories of my character, weaknesses, and strengths. With God by my side, I have the courage to uncover my true self, faults and all, and to approach those I've harmed with admissions and amends.

I am grateful for the lessons about relationships. Studying *Many Voices One Journey* and other conference-approved literature built a foundation on which I can enjoy long-standing relationships further. One improved relationship was based on the success that I needed to believe new relationships start by someone engaging another and that I can be the one to take the first step.

I recently began service work because I saw something in others who had committed themselves to the Al-Anon program that I wanted for myself. I also hoped that service would furnish new opportunities for rewarding relationships. Having served as a group representative now for several months, I know that I am in the right place. In service, my world opens wider, and the possibilities expand. Truly for me, the Al-Anon program is something to behold and something to hold on to.

Kathy C.

Telephone Answering Service (TAS)

In August, 29 phone calls were answered by our willing volunteers.

Volunteer needed: Sundays, 6-11 PM

Thanks to all of the 18 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



~~Wow! We've set a record! 600 District 3 website hits in August 2011! Woo-Hoo!~~

2011 District Calendar



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, FL
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.

North Florida Area 2012 Business Meeting Dates to Remember in Ocala

Feb 24-25—Spring AWSC (Area World Service Committee)
May 11-13—Spring Assembly
Aug 17-18—Fall AWSC (Area World Service Committee)
Oct—TBA—Fall Assembly

Meeting News

Serenity Seekers, Wed.. 12 noon, New Covenant Ministries, 2360 St. John's Bluff Rd, meeting format has changed to a Step & Tradition meeting. Come join us on Sept. 14, for Step One.

Monday, Oct 3, 6:30 pm, Language of the Heart, 400 Penman Rd, Jax Beach, is having a **Speaker Meeting** as they always do, on the first Monday of every month.

Northside Easy Does It AFG, at the Highlands Library is no longer meeting.

The **Spanish meeting** has moved to **St. Luke's Episcopal Church, 2961 Univ. Blvd. N., 32211,** on **Wednesdays,** from **6:30 - 8 PM.** The church is across the street from Jacksonville University.

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

One Time 12th Step Opportunity

Please consider sharing your experience, strength and hope with the families at Breakthroughs Recovery Center. We meet the last Thursday of every month from 6-7:30 pm, at 3810 Williamsburg Park Blvd, off of San Jose Blvd in Mandarin. Come prepared to share your story. This is a **great opportunity for parents.** If you are interested in this **one time commitment** please contact Lea Ann at 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

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World Service Office Information

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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

LDC Corner

Volunteers needed for "**one**" scheduled Wednesday 2:30-3:30 a month in the LDC (Literature Distribution Center).

Contact Ann at LDC@jaxafg.org

How Al-Anon Works paperback edition is available for \$5 until Dec. 31. Purchase your copy on Wed. 2:30-3:30 & Thur. 7:00-8:00 at the LDC, 1423 San Marco Blvd.