AUGUST 2026 | PANEL 64

SHARINGS

DISTRICT 3, GREATER JACKSONVILLE, FL
SERVING BAKER, CLAY, DUVAL, AND NASSAU COUNTIES



Sharing our...

ESH

Experience Strength Hope

Meeting Treasure Chest -Anonymous

- I share hope when I feel it, strength from surviving, and genuine gratitude I am not alone. I know I can reach out any time, day or night, and the members in my meeting are there.
- Al-Anon has helped me peel away layers that distanced me from others. I have learned how to connect better and feel safe with boundaries that protect me and others. My world is a much better place today.
- Conscious contact happens for me when I slow down and quiet myself. I can hear that still small voice, gently guiding and directing. It's most clear when I am completely surrendered and receptive. I cannot hear it if I'm stressing or resisting.
- I've got to learn to enjoy the journey and stop being in such a hurry to get to the destination. There are so many wondrous things that happen on a daily basis, and I will miss them if I'm grumbling about what I don't have yet.
- Before I respond, have I considered the cost of the victory?
- If you can think of a way to clean this up: when i am going thru sh** I remember that sh** is really fertilizer that helps things grow.
- I have to remind myself that I am not talking to the person, I am talking to the alcohol.
- I use Live and Let Live as self preservation. It is not a punishment of angry detachment about the other person, it is with love for myself and a trust in my Higher Power.
- I learned in the meetings that I can still love someone without being obsessed and worrying about them.

-Note: Please send your tidbits of ESH to be published in the next Sharings to: newslettereditor@jaxafg.org



LET'S DO THIS

PUBLIC OUTREACH WORK GROUP

CALL TO ACTION

August 20, 2026

6:30 until 8:00 PM

Zoom login: ID 9043500600

Password: 350600

Email: outreach@jaxafg.org

JOIN US!

Your participation is encouraged and appreciated. At this meeting we will discuss how to organize our projects such as researching and contacting treatment centers, detention centers, health fairs, addiction centers, any organization that helps families of alcoholics. We also have community events already planned that need volunteers. Will you help carry the message of hope? Many hands make light work so join us in this vital Twelfth Step mission.

ALL are welcome.

PANEL 64 MEMBERS & EMAILS

Panel 64

January 1, 2024-December 31, 2026

District Representative	**Janie**	dr@jaxafg.org
Alternate District Rep	**Peg**	adr@jaxafg.org
DISL	**Risa**	disl@jaxafg.org
Alternate DISL	**Jess**	altdisl@jaxafg.org
District Treasurer	**Gage**	treasurer@jaxafg.org
Secretary	**Ray**	secretary@jaxafg.org
Alateen	**Kathryn**	alateen@jaxafg.org
AA Liaison	**Kristen**	aal@jaxafg.org
Archives	**Tina**	archives@jaxafg.org
Raffle	**Shelley**	raffle@jaxafg.org
Group Records/Where & When	**Jodie**	records@jaxafg.org
LDC/Literature	**Jackie**	ldc@jaxafg.org
New Group Rep Greeter	**Donnie**	greeter@jaxafg.org
Newsletter Editor	**Dawn**	newslettereditor@jaxafg.org
Spanish Liaison	**Mary C.**	spanish@jaxafg.org
Speaker Keeper	**Carla**	speakerkeeper@jaxafg.org
Telephone Answering Service	**Jodie**	tas@jaxafg.org
Technology	**Tina**	technology@jaxafg.org
Outreach Committee	**Michelle V.**	outreach@jaxafg.org
Outreach to Public/Media	**Robyn**	outreachmedia@jaxafg.org

Interested in one of these positions listed above?
Contact District Representative at dr@jaxafg.org to find out more!

Elections for Panel 65 are coming soon...

Won't you ask your Higher Power's advice regarding service to Al-Anon?

No experience necessary, only a willingness to try.



this Month

Register for Convention

SCAN OR CLICK HERE:

COMING EVENTS

- **August 6-9** 68th Florida State AA Convention (with Al-Anon Participation), Orlando, FL
- **August 20** Outreach Committee Meeting on Zoom
- **August 28-30** North Florida AFG Convention, Cape Canaveral, FL
- **September 19** Area Service Workshop, Jacksonville, FL



FOR MORE INFORMATION

Visit jaxafg.org for listings on local meetings (in-person, Zoom, and hybrid) or for any of the events listed here.

Other resources can be found at N FL area website https://www.afgarea9.org/ or by visiting Al-Anon.org.

Al-Anon is self-supporting through voluntary contributions. If you would like to send a contribution of support for your local meetings, you can send them to the following sources:

Mail checks/money orders:
District 3 AFG
P.O. Box 10654
Jacksonville, FL 32247

You can also send contributions using Zelle to treasurer@jaxafg.org.

Whether using Zelle or sending in checks/money orders, please note your group name/number or meeting time in the memo portion so that your group will get credit for the contribution.

Florida North Area 9
NFA AFG, Inc.
1700 N. Monroe St., #11-184
Tallahassee, FL 32303
Credit Card Contributions:
https://www.afgarea9.org/contributions-member.html

In addition, if you would like to support **Al-Anon's World Service Office** you can find a link at Al-Anon.org/contributions/