

### **District 3 Report to Assembly on October 14, 2023**

District 3 serves Baker, Clay, Duval, and Nassau Counties and Ponte Vedra Beach. We are growing with now 34 Groups that maintain 43 meetings, including 3 Alateen meetings, one Spanish meeting, and one Men's meeting. 31 are face-to-face or hybrid and four are electronic only.

Since AWSC in July, we have had two District business meetings and served as the Sergeant at Arms Committee at the FL North Convention. All of those involved learned and grew while enjoying the opportunity to serve and interact with so many wonderful people.

We will be manning a table at the East Coast Symposium on Addictive Disorders at the Marriott Resort Sawgrass in Ponte Vedra Beach November 03-05. Also in November will be our annual Budget Meeting and our District Elections. We struggled this Panel with keeping the DISL and some of our Public Outreach positions filled. I have high hopes that we will start the next Panel with a full house!

When I became a Group Representative, I was just learning that I had a warm and loving family of Al-Anon members not only in my home group, but in other Groups that I attended. What I didn't realize right away was that I would come to know another wonderful, supportive Al-Anon family in those I saw and interacted with at the Area Assemblies twice a year. Becoming a District Representative doubled those opportunities to see these lovely people! Then, of course, we had the recent two Conventions with all the Districts working together! I don't know what the next Panel will bring for me as I'm *planning* to take a break but remaining open to my Higher Power's nudges! Whatever that Power has in store for me, I will certainly take every possible opportunity to return here to be around all of you guys!

Thank you for all the ways in which you have helped me to grow.

Good luck to all on the next Panel!

Kathleen L.

D3 DR, Panel 61