

VOLUME LVI | ISSUE 3 | AUG - SEPT. 2020

SERENITY MESSENGER

THE NEWSLETTER OF THE
FAMILIES ANONYMOUS FELLOWSHIP

FOR RELATIVES AND FRIENDS
CONCERNED ABOUT ANOTHER'S
USE OF DRUGS, ALCOHOL, OR
RELATED BEHAVIORAL PROBLEMS

SERENITY MESSENGER

Newsletter of the Families Anonymous Fellowship

EDITOR'S NOTE

This issue of the SERENITY MESSENGER may look different from prior issues because we've adopted a standard format for articles and other regular features that makes it easier to pull each issue together. But this won't change the quality of our content: the SERENITY MESSENGER is still dedicated to printing original works from FA members that are interesting, informative, heart-warming, and, at times, even painful. We encourage everyone to write - while your "share" may seem mundane to you, it could be immensely helpful to another member of the fellowship. Please continue to write and share your articles, poems, letters, or original artwork.

We're debuting new features in this issue, too: *Word From The Board* is intended to keep the fellowship informed on what the World Service Board is doing, or to give perspective on what it's like to serve the fellowship as a Board member. You might see a "public service announcement" concerning topical FA issues, a simple report on what the Board has been doing lately, or a personal statement from a particular WSB member about his or her FA and/or Board experience. This issue's inaugural Word From The Board features thoughts from Donna D, recently retired from the Board (but not from FA), about her many years of service. Don't miss it.

Another feature making its first appearance in this issue is *Focus:Group*, dedicated to discussing how groups function and grow. Our colleagues in Group No. 976, from Colts Neck, NJ, kick off the Focus:Group feature with an insightful discussion about newcomers. Check it out.

We've also made a slight graphic addition to address a concern about printing out the newsletter. Many group secretaries print out the newsletter in black and white for distribution to their groups, but our full-color cover art (usually a photo) doesn't look good in that format, and printing it wastes a lot of ink. To address this, we've inserted a simple masthead on page 2 that shows the SERENITY MESSENGER title, along with the issue number and date. With this addition, you can print out the newsletter without the cover photo, yet still readily identify the SERENITY MESSENGER title and date from the information on page 2. We hope this helps.

In addition to your original written works, photos, and artwork, we also welcome your thoughts and suggestions about the look and content of the SERENITY MESSENGER. Feel free to write to us at newsletter@familiesanonymous.org any time. And enjoy this latest, improved issue!

IN FELLOWSHIP, BOB S.

Contents

- 02 EDITOR'S NOTE**
Bob S.
- 03 WORD FROM THE BOARD**
Donna D.
- 05 BOUNDARIES**
Jeanne S.
- 07 PEARLS OF THE PANDEMIC**
Jeanne M.
- 08 PARASITE**
Sydney K.
- 07 FOCUS: GROUP 976**
Colts Neck, NJ
- 08 LITERATURE SPOTLIGHT**
- 09 DONATIONS**
- 10 MONEY MATTERS**
How to Donate Using Zelle

WORD FROM THE BOARD

REFLECTIONS ON A DECADE OF DEDICATION

I have been an active member of Families Anonymous for twenty-four years and have recently completed ten years as a member of the World Service Board. I feel honored to share my experiences with you in this first installment of the *Word From The Board* feature.

I began thinking about joining the WSB when a co-sponsor and friend in my FA home group mentioned that I had been taking on too many jobs. My mentor took the *Traditions and Four Destructive Forces* quite seriously and I respected her opinion. Giving service within my group helped me keep my focus off of my loved ones, but my codependency was showing. I knew the importance of rotation of leaders and that dominance was a destructive force. After attending my first convention in Boston and then speaking with the WSB Chair, I decided to become a member in 2010 and joined the PI (Public Information) and GO (Group Outreach) Committees.

During my 10 years, the fellowship grew and changed in many ways including the addition of many new literature pieces, the use of GoToMeeting software for board meetings and numerous revisions on the FA website. It was always gratifying to see the scope of the changes being made on behalf of our members and to be part of the review and approval process. In attending conventions and our WSB meetings, I really felt the nationwide and international scope of the fellowship and found it to be a great experience. I met many new people and have had the privilege of working with so many incredible board members.

I became the Chair of the Group Outreach Committee assigned with monitoring the mailbox, and having direct contact with new and established groups that were having problems growing their groups or with difficulties that surfaced within groups, and overseeing the annual group re-registration process. I really enjoyed this because I had direct contact with members and group secretaries. I found that the healthiest groups are those who study and practice the *Twelve Traditions* and I encouraged groups to include tradition and step study in their meetings and to become more aware of the *Four Destructive Forces*. During this time, *WSOF-14 Group Secretary's Handbook* and *#5011 Growing Your FA Group: A Tip List for New and Established Groups* were revised. These are available as [free downloads](#) and I would encourage every group to use them. Our committee also established the procedure of contacting and speaking with secretaries as new groups are formed, to help them get off to a good start.

CHAIR

Barbara S. - Cherry Hill, NJ

VICE CHAIR

Maria S. - Bradenton, FL

TREASURER

Cindy C - Alpharetta, GA

RECORDING SECRETARY

Christy R. - Riverside, CA

BOARD MEMBERS AT LARGE

Alan B. - Kendall Park, NJ

Ann P. - Cazenovia, NY

Chris Y. - Bradenton, FL

David M. - Chattanooga, TN

George R. - North Chesterfield, VA

Helen L. - Corinth, Greece

Jeff S. - Roswell, GA

Marc B. - Mayfield Heights, OH

Marcia C. - Glenview, IL

Michael B. - Lafayette Hills, PA

Robert S. - Bradenton, FL

Odalys A. - Miami, FL

Vince M. - Scoresby, Australia

SERENITY MESSENGER

Families Anonymous Inc.
701 Lee Street, Suite 670
Des Plaines, IL 60016 USA

newsletter@FamiliesAnonymous.org

EDITORIAL TEAM

Elizabeth S., Bob S., Nicole G.,
Pamela M.

Copyright 2020 by Families Anonymous, Inc. ("FAI").
All rights reserved. Except as permitted in
connection with regular FA meetings as provided in
PPG-06, this publication may not be copied or
quoted, in whole or in part, without the express
prior written permission of FAI. FAMILIES
ANONYMOUS, FA, the Stylized FA Logo, and
SERENITY MESSENGER are all trademarks owned
exclusively by FAI.

WORD FROM THE BOARD

(CONT'D)

I am looking forward to continuing my service as a GO Committee member and hope to help groups by providing newsletter articles and setting up virtual GO meetings about keeping groups healthy and growing. This has become particularly challenging during the COVID pandemic, but I have noticed that FA members show great strength and ingenuity during challenging times.

I absolutely enjoyed my time as a board member and continue to be grateful for this experience and for my FA journey. It has been life-changing. Leaving the WSB was a difficult decision, but ironically, the FA principle of rotation of leaders is the reason why I became a member, and after ten years, it is the reason why I decided to step down. Thank you for the chance to share my story.

IN SERVICE AND SERENITY, DONNA D.

VIRTUAL MEETINGS



Because of the COVID-19 crisis, many FA groups are now meeting online. Go to familiesanonymous.org, in the [Virtual Meetings](#) section, and click on the [Directory of Face-to-Face Groups Meeting Online](#) button to find out when those meetings are being held, and how to access them. If you're part of a face-to-face FA group that's now holding an online meeting and your information isn't there, or if your information is incorrect, please send your corrections to Nicole at dmc@familiesanonymous.org, and she'll update the spreadsheet.

Thanks, and stay safe!

I NEEDED TO CHANGE: BOUNDARIES HELPED ME GET THERE

Jeanne S. writes about how Families Anonymous helped her set appropriate boundaries for a healthier relationship with her son who is struggling with addiction

One summer a friend of our family gave my brother and me skateboards. In those days skateboards were made of wooden planks with metal wheels. Our parents warned us to stay in our driveway while learning how to ride them because our home was on a busy suburban corner. They clearly told us not to play with them in the street. We played with the skateboards nearly every day. We started learning how to ride them sitting, standing and then started learning jumps. One day I ventured past the front of our home – outside of our boundaries – because I wanted to skate down a larger hill. The board slipped out from under me and rolled into the street, where it collided with a large delivery truck driving by. As the truck completed the turn, its back wheels caught my skateboard and snapped it into two pieces.

Boundaries are meant to protect us from danger. But when substance abuse disorder or alcoholism takes hold of a loved one, family members may struggle setting boundaries due to guilt, shame or denial. Parents or spouses may ask themselves, Is it worth bringing up? Or, If I say something, will I make things worse? What if he or she gets so mad they overdose? All of these emotions serve to increase isolation in the family and allow the abuser to continue harmful behaviors without facing the consequences of their disease. Why am I so angry all of the time?

Since coming to Families Anonymous, my husband and I have seen our use of boundaries evolve over time. Initially, we made excuses for our son, thinking he needed our protection. He used drugs and alcohol because he was suffering from a breakup, the loss of a job or not gaining admittance to a certain college. For a long time, we covered for him because we felt he needed our help to bolster his confidence. His behavior was often immature, overly sensitive and morose.

As he grew, our parenting patterns set us on an increasing whirlwind of activity, aimed at protecting him from making bad decisions. We would try to get him to perform better by offering him a deal, a program, an incentive. We tried to encourage him to be himself. We tried to encourage him to change. He was a hard worker. He was a smart student. He had so much potential. I needed the world to see his value.

Boundaries are meant to protect us from danger. But when substance abuse disorder or alcoholism takes hold of a loved one, family members may struggle setting boundaries due to guilt, shame or denial.

As his disease progressed, everyone in our family began to suffer from a lack of self-respect.

Can I say “no”?

As our son grew older and the patterns continued, we grew tired of the chaos he was bringing into our lives. I asked myself: Could I say “no”? Could I say “handle it yourself”? Could I come up with some way to fix things to make things easier for him? When I said, “No,” I hated seeing the sulking behavior and hearing the self-incriminating comments. I felt sorry for my son. I was in denial over his abuse of drugs and alcohol and I was feeling a lot like that old skateboard: run over and broken in two.

When medication and money mysteriously began to disappear from our home, I hit a new bottom and became willing to try something new, such as walking away from tantrums or considering what I could do that would be best for others. I wanted to stop believing lies and to stand up for myself. I was tired but becoming teachable. With the help of other members of Families Anonymous, I began to realize that if I wanted things to improve I needed to change. I needed to set boundaries.

I NEEDED TO CHANGE: BOUNDARIES HELPED ME GET THERE (cont'd)

At first, my boundaries were long drawn-out lists of 'Do's & Don'ts.' They were accompanied by even longer explanations of why I needed certain things. When my boundaries were ignored, I started to see glimpses of unhealthy patterns of communication. I saw where loopholes existed. I saw that for me it was easier to stay busy with work duties or caring for elderly relatives. Consuming unhealthy amounts of sugary foods and creating rigorous exercise routines also added to my mental and physical exhaustion.

As I continued learning from my FA family, my boundaries became shorter. I also sought out professionals for guidance. My husband and I began to anticipate potential issues ahead of time. We thought about and discussed our individual concerns and needs before they were actually put into place. We learned to whittle boundaries down to a few basic ideas instead of watering them down to cover each and every potential scenario. We adjusted them along the way, thereby getting rid of all-or-nothing thinking. They didn't need long explanations to be justified; simple statements got the job done.

We also learned that time could be on our side. We didn't have to have an answer the minute a request came in. We could say, "Let me get back to you." A crisis for our son could turn out to be a lesser entity from our viewpoint, one that often resolved itself without our help, sometimes within the next 24 hours. Our perspective slowly changed as we shared and listened to other members at FA meetings, asked others to sponsor us and worked the 12 Steps. My former patterns of denial and isolation gradually slipped away.

Today, my husband and I strive to discuss circumstances surrounding our young adult children ahead of time, giving each other time to process individual needs first, then coming together as a unified front. Ironically, I have become more generous with my time, money and support largely because I've learned to give with fewer strings attached. Expectations and attempts at manipulation have decreased as our self-respect and boundaries have improved over time.

Establishing boundaries helped me detach from my son's disease. It helped me reduce the chaos in my life without regard for whether or not it would reduce the chaos in my son's life, especially in the early days of attending FA. I also came to realize that what others thought of my boundaries was not my concern. Detaching from others has helped me and other family members have healthier relationships.

Like the childhood skateboard incident, I know and accept the reality of decisions, accidental province and good intentions. We know things can break at any time. Setting boundaries may sound simple but, like riding a skateboard, it takes time and practice to feel comfortable. My hope is that through my FA program, I have gotten better at honoring someone else's boundaries as well as my own.

Acquiring new skills can't be achieved through good intentions alone. I've learned that lasting change requires action and reflection. Today, I have a better understanding of how the power of boundaries can restore self-respect and strengthen family ties.

Our journeys are rarely smooth and easy. Progress is more often made through navigating breaks and bumps along the way.

For more information about setting boundaries, see the following Families Anonymous publications: [A Guide for the Family of the Drug Abuser \(#1002\)](#), [Families Anonymous' Gifts of the Spirit \(#1025\)](#), [Setting Boundaries: A Very Loving Thing to Do \(#1028\)](#).

PEARLS OF THE PANDEMIC

*Engaged and detached
The abiding need in me
Being allowed to be alone
Supporting, and receiving from, our community*

*The abiding need in me:
Considering each of our differing needs
Supporting, and receiving from, our community
Consciously make contact with the Divine*

*Considering each of our differing needs
Being allowed to be alone.
Consciously make contact with the Divine
Engaged and detached.*

JEANNE M.

HOLDING AN ONLINE MEETING?

Go to familiesanonymous.org, place your cursor over the Literature tab, and click on "Free Downloads." Look for our new publication #5003V, entitled "Families Anonymous Suggested Meeting Format with Basic Readings for Virtual Meetings," which features a version of the face-to-face suggested meeting format that's been tailored for the virtual world. It also includes the familiar Basic Readings, plus publication #5003V-7, "Special Considerations for Getting the Most out of Online FA Meetings," which has practical advice on how to look your best on camera, new opportunities for volunteering in your group, and how to donate electronically to the fellowship. Have a great virtual meeting!

WE
CAN HELP

PARASITE

Sydney K.'s prose imagines the tantalizing and destructive hold that addiction can have over people

I come when you call, and I bring feelings of euphoria and bliss. I am not always there but when I am, you're less on the edge and more relaxed. I bring tides of anger and resentment to those around you, but I will always make you happy. You become uplifting when I am present. I take away control, but I bring relief. I am always in the back of your mind trying to creep back in. You cannot suppress me for long, for I am stronger than you will ever know. They say I am a monster, a disease. They say I will ruin you, but being with me has only made you worthier. They will say you don't need me. They will say I've made you weak, depressed even. Little do they know I was there through all of your bad days, your strife and sorrow. I comforted you when no one else would, made you numb to all of their loathing. But they only see what I have made you become. They do not understand and they never will. Their words are like venom running through your blood, poisonous and bitter. They do not care, but I do. I will take away your anguish and dry your tears. Just a small taste and you'll be dazed. I take away reality but bestow a fantasy before your eyes. The world around you is cold and harsh, yet with me alongside, you have no need to fear nor worry. Everything wrong with reality will slip away and disappear. They say I am destructive, that I corrupt. That I am nefarious and vile. But as I run through your veins I feel the least bit heinous. I am doing what I have always done for you. I am taking over, ripping your life apart, only to rebuild and make it new, better than before. They won't understand. They tell you my grip on you is firm, that I will be the death of you. They warn you for what is to come. Again I creep into your thoughts, your dreams. I keep you awake at night. As you shoot me inside a feeling of warmth and peace washes over you. You close your eyes and fall into my fantasy. They warned you, told you to stop. I told you it was impossible. As you breathe your last breath you can't help but think...What parasite has taken over me? But you already know the answer. What do they call me? They call me many things: a craving, an obsession, a disease. I am known well by many people far and wide. I tear people apart and break down their world, yet, they come crawling back for more. I reap the lives of many who chose to follow down my path. I am addiction.

“
Again I creep
into your
thoughts,
your dreams.
I keep you
awake at
night.



FOCUS:

GROUP 976
Colts Neck, NJ

AN FA GROUP'S BEGINNERS' MEETING THAT STARTED SIX YEARS AGO HAS BECOME A SAFE SPACE FOR NEW MEMBERS

In January 2014, our Colts Neck, NJ, Families Anonymous group began having a series of meetings to discuss how we could attract more newcomers. We viewed this challenge as critical to our ultimate survival and good health as an FA group going forward. Our secondary objective was to reduce attrition and hopefully increase our regular weekly attendance, which then averaged 15-25 members per week.

Most often newcomers came to us via referral: from the FA website, addiction professionals, clergy, family and friends of our current members and from members of other 12 step programs. In March 2014, and with the blessing of FA World Service, we added a beginners' meeting onto our Wednesday night program agenda. This was not meant to be another FA meeting at an earlier time, but rather a gentler introductory bridge to our regular meeting. Our goal was and still is to create an FA meeting that truly focuses on the newcomer, without having to sacrifice our regular members' share time in our regular meeting.

— “ —
Many of the newcomers shared with us privately, after the fact, that they were intimidated by the size of our regular meeting.
— ” —

The fact of the matter is that most of the newcomers who have found our FA meeting were typically in trauma and ostensibly at their wits' end. In some cases, their attendance was actually a last resort, as everything else they had done failed. Many of the newcomers shared with us privately, after the fact, that they were intimidated by the size of our regular meeting. Some also admitted that they were quite uneasy about sharing their innermost feelings in a room full of total strangers!

From both a practical and pragmatic standpoint, our beginners' meeting is from 6:30-7:20pm. After a 10 minute break the regular meeting goes on from 7:30-9:00pm. We always encourage the newcomers to attend both meetings. Given the time allocated, it was imperative that we create an abbreviated opening for the beginners' meeting with just the essentials to maximize the share times. A wide assortment of FA literature is always on display. At least two seasoned

members attend each meeting to discuss the program, the resources and, more importantly, to give newcomers every opportunity to unload.

We are always mindful of our Step 12 commitment. Our FA beginners' meeting began six years ago, and since then, both of our meetings have replenished themselves multiple times. Our combined physical attendance averaged about 30-40 members per week before the coronavirus hit us. As in Steps 4 and 10, we continually evaluate our beginners' meeting and the needs of our newcomers, who are so often physically and mentally exhausted and without hope when they arrive.

FOCUS: GROUP (CONT'D)

In retrospect, it appears as if those newcomers who have become regulars and truly embraced the FA program have begun to find incomparable serenity and greater peace of mind. This was irrespective of the condition of the person or persons that initially brought them into Families Anonymous in the first place. A member recalls, "I first attended this FA beginners' meeting in 2014, as I was emotionally depleted and searching for answers. The members greeted me with compassion, kindness and support. I soon realized this beginners' meeting was providing me with much needed relief, so I began attending it each and every week thereafter. Eventually, I crossed the hall and attended the regular meeting as well. The serenity which seemed to permeate these rooms was affecting me in a very positive way. Although I initially came to FA to find a fix for my addicted loved one, I now attend these meetings to maintain my serenity and to keep the focus on myself. I look forward to our meetings. In practicing Step 12, I give back to the group any way I can, which includes volunteering to lead meetings. I will forever be grateful to FA, this group and its members, who so generously have helped me restore my sanity and show me a better way to live!"



Want to learn more about how your FA group can thrive and grow? Go to familiesanonymous.org, click on "Members" and go to "Group Materials," where you'll find an array of helpful, informative publications concerning group dynamics and management.

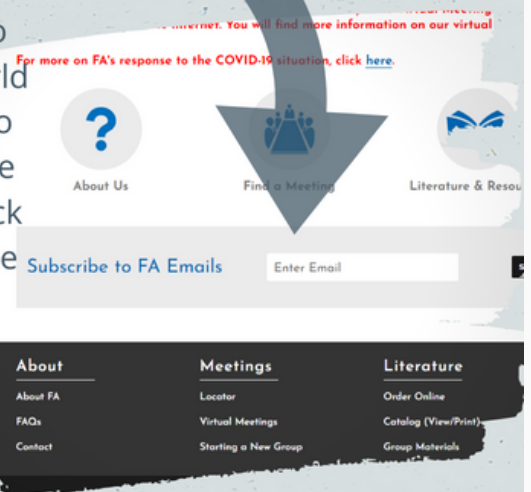
Still have questions? Send an email to GO@familiesanonymous.org.

Have a great meeting!

SIGN UP TODAY!

**N
E
W
S
L
E
T
T
E
R**

If you want to have a link to each new issue of the SERENITY MESSENGER delivered to your email, and to receive other important announcements from the World Service Board, subscribe to FA Emails today! Just go to familiesanonymous.org and scroll to the bottom of the home page. Enter your email address in the blank, click "Subscribe," and you'll be on our email list to get all the latest FA news, including a link to the SERENITY MESSENGER. It only takes a minute - do it now!





LITERATURE SPOTLIGHT

But She's Too Young to Be an Alcoholic

Can you ever be too young to become an alcoholic (or drug addict)? Unfortunately and tragically, the answer appears to be "No."

This eight-page booklet, updated in 2018, is one mother's story of her daughter's alcoholism and how the family recovered.

Read this poignant story, which could hit home about any of our daughters or sons, on how the process plays out and how the mother realizes the "unthinkable" is actually the reality. After some time, studying and participating in FA meetings, and reading FA literature, the mother comes to realize that her daughter hasn't any control over her alcoholism and she, in turn, doesn't have any control over her daughter's life. But she does have absolute control over her own life (and so does each of us have control over ours).

This booklet also describes some signs and symptoms of substance abuse, a "watch list" that may provide early warning signs of a potential problem.

If this scenario seems to be similar to a situation that you are facing, please consider purchasing a copy of **"But She's Too Young To Be An Alcoholic..." (#1021)**, which sells for \$1.50 from the FA website.

After reading this booklet, you may find, as the booklet's author did, that while you may not have control over the life of your son or daughter, you definitely have control over your own life and you can make it into a "loving life" once again.

Support Families Anonymous and visit our shop online to purchase this as well as other pieces of literature!

www.familiesanonymous.org/shop



DONATIONS

Commemorative Donations

- In memory of Louis C., son of Mary C. by Jake and Barbara S.
- In memory of Joshua L., by parents Eric and Rosemarie L.
- In memory of David, son of Michele B. by Marie C.
- In memory of David, son of Michele B. by Jerri M.
- In memory of Lee L., son of Robin and Louis L. by Jake and Barbara S.
- In memory of Josh S., son of Julie S. by Group 1346
- In memory of Bill S., Group 1858
- In memory of Tyler W., brother of Sally by Group 1187

Group Donations

- GR0134 FL, So Miami
- GR0157 IL, Hoffman Estates
- GR0171 IL, Arlington Heights
- GR0173 IL, Park Ridge
- GR0252 NJ, Summit
- GR0270 NY, Massapequa
- GR0278 NY, Amityville
- GR0279 NY, Amityville
- GR0468 NY, East Rockaway
- GR0478 IL, Glenview
- GR0493 IL, La Grange
- GR0494 IL, Winnetka
- GR0579 OH, Columbus
- GR0590 NY, Islip Terrace
- GR0641 CA, Redlands
- GR0665 NJ, Lawrenceville
- GR0780 NY, Harrison
- GR0795 MN, St Paul
- GR0888 MI, Essexville
- GR0976 NJ, Colts Neck
- GR1096 VA, Richmond
- GR1187 CT, Bloomfield
- GR1191 CA, Culver City
- GR1301 NY, Syracuse
- GR1318 FL, Boca Raton
- GR1480 Canada, Winnipeg
- GR1522 IL, Chicago
- GR1531 AZ, Scottsdale
- GR1561 VA, Charlottesville
- GR1789 MWW, Virtual
- GR1820 IL, Westmont
- GR1844 WI, Mequon
- GR1858 MA, Groton
- GR1869 NY, Sayville
- GR1906 GA, Roswell
- GR2027 IL, Glencoe
- GR2066 AL, Guntersville
- GR2076 Phone Meeting
- GR2086 TN, Nashville
- GR2099 GA, Elijay
- GR2105 PA, Lafayette Hills
- GR2108 TN, Franklin
- GR2119 NJ
- GR3001 IL, Chicagoland IG
- GR8017 KY, Bowling Green
- IN00024 Italy

As per the Seventh Tradition, each group should be self-supporting. Your donations help support the activities of the World Service Office. For more information on how to donate, please visit www.familiesanonymous.org and click DONATE NOW!

Thank you for supporting the many activities of FA World Service.

Your contribution is tax-deductible.

MONEY MATTERS

How to Use ZELLE® To Donate to the Fellowship



Zelle is a computer application that enables you to electronically send and receive money to and from people you know. Once you enroll in Zelle, you only need the preferred email address or mobile phone number of the intended recipient to donate money.

Zelle is offered by over ninety (90) banks and credit unions in the United States, including Capital One, Wells Fargo, Chase, and Bank of America. To get started, make sure you're enrolled in your bank's mobile banking app. Go to your bank's website or call their help line to find out how to do that.

Then, log into your mobile banking account and follow the directions to select the "Zelle" service. To send money using Zelle, you simply select the recipient from your mobile device's contacts (or add a new recipient's email address or U.S. mobile number), enter the amount you'd like to send, review, then hit "confirm." For Families Anonymous, you'd use donate@familiesanonymous.org.

The money you send goes directly from your bank account to the recipient's bank account (even if it's in a bank different from yours), and the funds are available in minutes. There's no fee, no checks to write, and the transaction is secure. Once you send money to a particular person or entity (such as FA), their information is saved in your Zelle account so making future donations is easy: log into your online banking account and go to the Zelle service, click on the FA name, and enter the amount you want to give.

Now that many former face-to-face meetings are being held online, a number of local FA groups have also adopted Zelle as a way to virtually "pass the basket." Please take a few minutes now to explore how you can use your online banking app and Zelle to conveniently support your local FA group and the World Service Office.

For additional information or support, go to <https://www.zellepay.com/>

*ZELLE® is a trademark owned by Early Warning Services, LLC.

THINKING OF SUBMITTING AN ARTICLE OR ANNOUNCEMENT TO THE SERENITY MESSENGER?

For our October/November issue, the deadline for articles is October 10, and the deadline for announcements is October 23. The corresponding deadlines for our December issue are December 1 and December 10. We'd love to hear from you!