

VOLUME LVIII | ISSUE VI | SEPT/OCT 2021

SERENITY MESSENGER

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



THE NEWSLETTER OF THE FAMILIES ANONYMOUS FELLOWSHIP

SERENITY MESSENGER

Newsletter of the Families Anonymous Fellowship

EDITOR'S NOTE

So much of our energy has been spent on the impossible – trying to change others. Each of us has tried and failed. Being loved and valued in relationships gives us a sense of worth. What is our life without these close connections? Where do we go when the relationships we counted on crumble? The future we envisioned for some of our relationships might never be. When our loved ones continue to be entangled in their addictions, or struggle dipping in and out of recovery, we wonder if they value us at all, if the relationships they share with us are not worth saving. Do they not see the destruction and the harm some of their decisions bring, we wonder?

As a shy and introverted child, I lived in the shadow of those around me. I did not have the social skills to make too many friends. When I went back home from school, my father was hardly ever sober, my mother was busy managing his addiction so he wouldn't create a scene, my siblings were each lost in their own ways of coping. It was only when I grew much older that I learnt to detach my identity from those around me. I had to acknowledge that I had held on to many relationships because I did not want to be abandoned. I was afraid to stand on my own. Familiarity, even if it was chaotic, was safer.

Some of the closest connections we have as human beings are to our family members and friends, and the pain of losing any of them to addiction can be traumatizing. It can leave what feels like a gaping void in our lives, an aftertaste of a crushing defeat, an emptiness from grieving what these relationships could have been.

FA teaches us that we are enough, as we are – even with our broken lives, unmended relationships, and, sometimes, no hope of reconciliation or recovery. Some of us may have to make difficult decisions about boundary setting that may not come easily to us. Even as our relationships with others might keep changing, we have worth outside of our connections with others, we have value that is not defined by the dysfunctions around us. Which is why we detach. One of the most surprising and empowering things we discover when we first walk into FA is that the programme is not about 'them', it is about us.

IN FELLOWSHIP,
ELIZABETH

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WORD FROM THE BOARD

Serving each person who finds his or her way to Families Anonymous is my goal as a member of the World Service Board. We all find ourselves in an FA meeting in different places and for different reasons, some of which we had never imagined; but no matter who we are or where we are, what we all share in common is that we are no longer alone in our struggle. As I began to learn new ways to work through the concerns that brought me to these groups, and as I built meaningful friendships based on similar, inconceivable experiences, the value of Families Anonymous and the support it offers have been instrumental to working my own program. I am grateful for all that my husband and I have learned, and it's important to me that I give back to the fellowship. Those who came before offered a path for me to find serenity amidst uncertainty and fear, and I would like to be a part of ensuring the same support remains available to anyone else who seeks it.

Joining the World Service Board as Treasurer has given me an opportunity to share my accounting and finance skills in a meaningful way. I joined the board shortly before the COVID-19 pandemic began and quickly realized it was going to have a significant impact on Families Anonymous. Local meetings soon looked very different for everyone, and as a board member I saw unprecedented challenges we would need to face and overcome as we adapted to meet the fellowship's needs. Initially, COVID forced the closure of our office, and we were unable to fulfill any literature orders, including any placed online.

The fellowship relies on literature sales and group and individual donations to fund its operations. When our staff was allowed to return to the office, literature sales did not resume at pre-COVID levels. Without in-person meetings, groups were not placing orders as they had in the past. Fortunately, we are starting to see literature orders pick up a bit as communities begin to emerge from COVID restrictions. I am thankful for each order placed, as it is these sales that allow us to continue to share our support with others.

In contrast to the sharp drop in sales, we were unable to reduce our expenses at the same level. We saved some money by reviewing each vendor and renegotiating the contracts we could, but the rent for our office space is a significant portion of our costs, and that expense remained fixed through the end of the lease term regardless if we were prohibited from

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SERENITY MESSENGER

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WORD FROM THE BOARD

(CONT'D)

entering the building or if our sales had fallen amidst the pandemic. Thanks in part to responsible financial stewardship during the 50 years of our existence, Families Anonymous was able to weather this past year. Our lease term expired in September, and we recently negotiated a new lease that will save us \$38,000 over the next 5 years. Seeking ways to use our funds wisely is one of the ways in which I strive to be a conscientious steward of the resources entrusted to us as the World Service Board.

Thoughtful donations also made a noteworthy impact this past year. We were blessed to receive very generous gifts from the estates of two members who passed away, and I am grateful that they remembered Families Anonymous in this way. We also found that when groups were unable to contribute donations as they had in the past, individual members of the fellowship stepped up. This has been an unexpected and difficult year for everyone throughout the world, and the support we received from member donations was inspiring. Whether you give back via estate planning, our website, checks mailed, or donations made through Zelle or at local meetings, we appreciate and value each and every gift to Families Anonymous. We have experience, strength and hope to share, and I am thankful to play a role with each of you in making it available.

YOURS IN SERVICE,
CINDY C, TREASURER

—“

No matter who
we are or where
we are, what we
all have in
common is that
we are no longer
alone in our
struggle.

—”



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!

GIVE YOURSELF THE GIFTS OF FA

How an FA member and his family learned to reclaim joy during the festive season



*It's the most wonderful time of the year,
With the kids jingle belling
And everyone telling you be of good cheer.
It's the most wonderful time of the year.*

(From "It's The Most Wonderful Time of the Year," a song by Eddie Pola and George Wyle)

By the time this issue of the *Serenity Messenger* comes out, that song, as well as countless other relentlessly cheerful holiday tunes, will be playing over seemingly every radio station, mall public-address system, and elevator music feed in the United States. I can only assume there's a similar overload of "holiday cheer" being promoted in Europe and elsewhere in anticipation of winter holidays being celebrated throughout the world.

Despite Andy Williams' exhortations, it often doesn't feel like "the hap-happiest season of all" when a loved one is deep in the throes of addiction. Our child was in active addiction for ten years or more, and during that time the holidays in our house were far from happy. Even when we celebrated by putting up decorations and making special meals, or having relatives stop by for a visit, we constantly had hanging over our heads the sickening possibility that our addicted loved one would engage in some horrible behavior and completely ruin the holiday.

"We found ways, even during the holidays, and even while the storm of addiction was raging in our home, to find peace and hope, and to love each other and ourselves."

Would they get in a car and crash while high? Would they get arrested? What drama would they concoct next? Would they overdose or attempt suicide in the bedroom upstairs, or start a big family fight, or simply get high and sit catatonic at yet another strained holiday dinner gathering? Or would they not show up at all, with us left to wonder if and when, and in what condition, they would return home?

"Desperate to do anything to save them, we sleepwalked through many holiday seasons, expecting the worst and feeling only the slightest lessening of dread when the holidays had come and gone without a major disaster."

Needless to say, those circumstances made the holidays particularly stressful. The hustle and bustle of other people shopping for gifts and happily rushing around to parties and visits with friends made our focus on the dark, deadly possibilities presented by our addicted child feel like a ghoulish obsession. Those thoughts of doom and gloom were a poisonous cloud that permeated our lives. And it couldn't be dissipated by pretending that sleigh bells were ringing and everyone was merrily singing carols in the snow, because we were in constant fear for our child's life. Desperate to do anything to save them, we sleepwalked through many holiday seasons expecting the worst and feeling only the slightest lessening of dread when the holidays had come and gone without a major disaster.

GIVE YOURSELF THE GIFTS OF FA

(cont'd)

When our child was still using drugs, the possibility of the unthinkable – that the disease would prevail and take their life – was ever-present. We're deeply grateful that, for today, our child has found recovery. But we're also keenly aware that addiction is a lifelong disease, and that our loved one could relapse at any time. We, too, could relapse into our old worrying, enabling ways. We could easily return to the days when we constantly regretted the past, fretted over the future, and entirely forgot about living today.

Our decision to start attending FA and studying the Twelve Steps was life-saving. We took the focus off our drug-addicted child and turned it onto ourselves. We found ways, even during the holidays, and even while the storm of addiction was raging in our home, to find peace and hope, and to love each other and ourselves. We even found ways to express our love for our addicted child without enabling them. We began, quietly but surely, to rely on faith every day instead of being ruled by fear.

“We could easily return to the days when we constantly regretted the past, fretted over the future, and entirely forgot about living today.”



It wasn't an easy process, and it didn't happen overnight. We had a number of uneasy holiday seasons before we learned the lessons of FA well enough to make the times feel festive again. But with persistence, by regularly attending our FA meetings and studying the Steps, and with the guidance of our Higher Power, we returned to our traditions, celebrated the holidays, and once more experienced our own small measure of peace on earth.

We continue to attend our FA meetings regularly and to diligently pursue the program, because it makes our lives better. Today we find fulfillment in reaching out and offering help to those in the fellowship who feel mired in misery, as we once did. This season of light is for all of us – even if our loved ones are not in recovery.

It may be hard to see that light, and to feel that love, but FA can help. Particularly at this time of year, when winter holidays may make us feel isolated and hopeless, it's important that we reach out to our friends in the FA fellowship. Go to a meeting. Make a call. The help you need – the gifts of FA – are right here in front of you.

BOB S., BRADENTON FL

EDUCATION COMMITTEE ANNOUNCEMENT:

ONLINE LITERATURE STUDY - JOIN US TO EXPLORE SETTING BOUNDARIES



The WSB and Education Committee proudly invite you to our literature study meeting on "Setting Boundaries... A Very Loving Thing to Do" which will be held on **December 4th at 1:00 pm (EST)**



All FA members are invited to participate in this interactive meeting. We will be using GoToMeeting so download the app today.

Meeting Link: <https://global.gotomeeting.com/join/636313021>

or

Dial in using your phone: +1 (571) 317-3122, access code 636-313-021

Setting Boundaries: A Very Loving Thing to Do (#1025) will be the featured publication.

(Purchase encouraged, [click here](#))

Members who choose to participate will be invited to read a paragraph and share, following the Suggested Format for Virtual Meetings. Screen sharing will be used.



WE ARE LOOKING FORWARD TO "SEEING" YOU ON DECEMBER 4TH AT 1:00 PM (EST)

PLEASE CONTACT DONNA D (DONNAD@FAMILIESANONYMOUS.ORG)

WITH ANY QUESTIONS.

As of last night, my Dad is home. He has pneumonia and A-fib. After a talk with a compassionate doctor, he is willing, for today, to live alcohol-free, in the hope of preserving the 6 hours of delicate bypass surgery repair performed. He has a long hill to climb and corners to turn, but he is termed "stable."

That word has never been satisfying to me. I have always wanted more. A better adjective, more predictability. Stable is like a quarter, standing on its end. Which way is it leaning? Where will it fall? Heads I win. Tails I don't.

But that's what he is. Stable.

My father-in-law is stable, and free of alcohol, for today, after his brush with death in August.

My son is stable, living drug- and alcohol-free, one day at a time.

My brother is stable, court-ordered to take his medication. His voice and thoughts are coherent. For today.

I've opened my Christmas gifts early. All these men in my life – the topic of my whispered and silent prayers for 45, 30, 10 years. Each one is a gift, wrapped in a year of tremors and heartbreak, and dying and resurrection.

I am stable. Because today I embrace the gift of life, on Life's terms, and have thrown my willful demands to the mulch pile. Because I am bringing Christmas celebration down to a whole new meaning of simple.

Because I see the gifts underneath the wrappings of pain they were swaddled in. If only for this fleeting moment, all have come together from their various corners of the state, and all are stable. And as they wobble like quarters and prepare for their landing, my feet are sure and planted, and my eyes are fixed on the author and finisher of this story.

SHARON, E-MEETING

(REPUBLISHED FROM THE TWELVE STEP RAG, LXI)

“

I am stable. Because today I embrace the gift of life, on Life's terms, and have thrown my willful demands to the mulch pile.

”

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

For our upcoming issue the deadlines to submit articles and announcements is December 15th.

Email us at newsletter@familiesanonymous.org.
We'd love to hear from you!

HAVING A STEP MEETING? INCLUDE A TRADITION, TOO

Join Us Online Starting January 2022

“

“When we first come to FA, our personal problems are so great that we can hardly grasp any of the principles of the program. After a time, though, we become aware that the group is a purposeful and smoothly functioning entity. It dawns on us why the Traditions are read at every meeting and how their guidance affects the health of both the group and the fellowship”

(#5001 The FA Tools of Recovery, “Topic Meetings Using the Traditions,” page 55).

”

Here are five benefits to studying the Traditions:

- It helps members become aware of the vitality and health of their group.
- It points out how a healthy group might add breadth and depth to its meetings.
- It provides a resource for help when a group is faltering and needs a boost in a healthy direction.
- It enriches the lives of group members and expands their awareness of the unity of the entire fellowship.
- It helps newcomers recognize that the Traditions must be important if the group reads them at each meeting and studies them on a regular basis.

This is why the Group Outreach Committee recommends that groups hold “Tradition and Step of the Month” meetings as an important way to keep their groups healthy and growing. Many groups that are already holding monthly Step meetings have begun adding a Tradition to their meeting format.

To demonstrate the value of this combination, the Education Committee will be holding a monthly, online, interactive Tradition and Step meeting starting in January 2022 and continuing throughout the rest of the year.

A Tradition and Step meeting is often a group’s first meeting of the month, with the Tradition and Step number corresponding with the calendar month (e.g., March would be Tradition 3 and Step 3).

The Tradition section of the meeting is typically limited to about ten minutes. The leader would prepare for the meeting, ahead of time, by reading the entire chapter in #5010 The Twelve Traditions in Action that pertains to the Tradition to be discussed at the meeting; this allows the leader to come into the meeting with a detailed understanding of the Tradition. Then, at the meeting itself, the leader would call members’ attention to the Conclusion and Summary portions of that chapter and would read those portions aloud. Some groups choose to also include the “Promise of the Month” (e.g., Promise 3 at the March meeting), excerpted from #2011 The Twelve Promises of FA. At virtual meetings, screen sharing of the #5010 Conclusion and Summary and the #2011 Promises is recommended. After these readings are completed, the leader asks for questions or discussion before moving on.

HAVING A STEP MEETING? INCLUDE A TRADITION, TOO

cont'd

The remainder of the meeting is devoted to the study of the Step of the month. The recommended approach is for groups to read – and screen share, if appropriate – from #1004 The Twelve Steps of FA or from the discussion text of #1019 The Twelve Step Workbook, which has the same readings as #1004. Groups holding in-person (face-to-face) meetings often purchase multiple copies of #1004 and/or #1019 to hand out to members during the meeting and to then collect these copies at the conclusion of the meeting and reuse them each month.

During the Step portion of the meeting, the leader would begin by reading the Step and one or two paragraphs from either #1004 or #1019 and then sharing personal thoughts about the Step and those paragraphs. Other members would continue by reading one or two subsequent paragraphs and then sharing about the Step and any paragraphs that have been read so far. This continues until all the selected paragraphs have been read and everyone has had an opportunity to share.

The monthly Tradition and Step meeting does not replace the need for members to do the workbook exercises, alone or with a sponsor, but it often serves as a reminder to individual members to devote time to this throughout the month.

The Education Committee invites all FA members to attend its monthly, online, interactive Tradition and Step meetings, beginning on January 8, 2022, at 1:00 pm Eastern Time, using the GoToMeeting virtual format (see below). At that meeting, we will study Tradition 1 and Step 1. Throughout the rest of the year, meetings will be held on the first Saturday of each month, except for the July and September meetings, which due to holidays have been rescheduled to the 2nd Saturday of the month.

We hope you'll join us, and that you'll continue this type of combined meeting in your own groups. See you online starting January 8th!

BY DONNA D.

MEMBER OF THE EDUCATION COMMITTEE AND THE GROUP OUTREACH COMMITTEE

TRADITION AND STEP MEETING OF THE MONTH SAT, JAN 8, 2022 1:00 PM - 2:30 PM (EST)

**PLEASE JOIN MY MEETING FROM YOUR COMPUTER, TABLET OR SMARTPHONE.
[HTTPS://GLOBAL.GOTOMEETING.COM/JOIN/705976781](https://global.gotomeeting.com/join/705976781)**

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LEARNING SERENITY

I love love love my FA program!

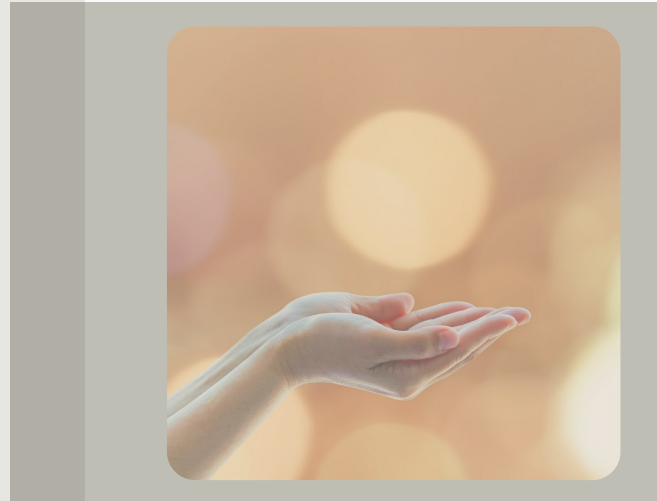
I say the Serenity prayer every time I wash my hands, which is often since we now have COVID-19. I have recently been diagnosed with cancer, stage 4 lymphoma, and need the many tools of FA to practice and to stay positive.

Here is a different (funny?) version of the Serenity prayer that I made up.

My New Serenity Prayer

God grant me the Serenity and the Challenge
To accept the things that I can still do,
Let go of all things that I can no longer do,
And the wisdom to know the difference
Because "THAT'S LIFE."

PATRICIA
WINNIPEG MB.

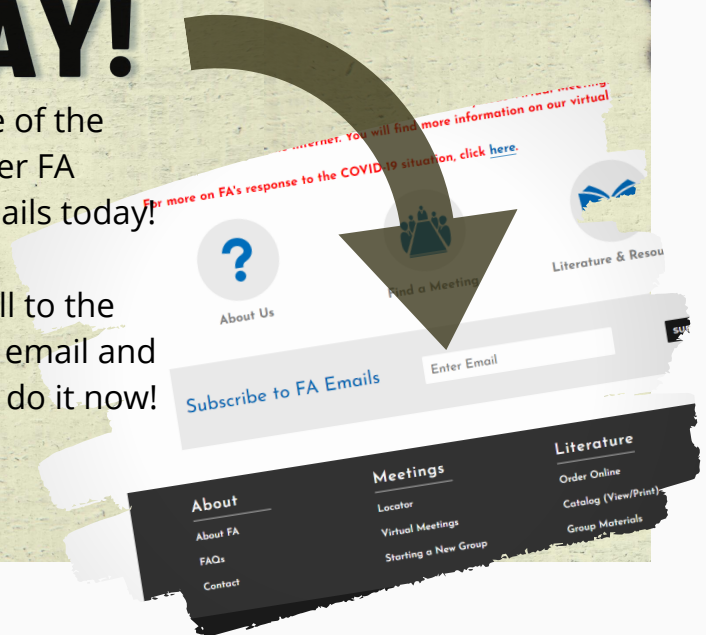


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Visit familiesanonymous.org, scroll to the bottom of the homepage, fill in your email and hit Subscribe. It only takes a minute - do it now!

NEW
SLETTER



DOMINANCE - A PARTICULARLY DESTRUCTIVE FORCE

Why we need to 'Let Go and Let God,' even within the fellowship.

One of the basic readings that we recite before every meeting plainly says that "FA is based on suggestion, exchange of experience, and rotation of leaders. No member should direct, assume authority, or give advice" ("The Four Destructive Forces"). This statement refers to the destructive force called "dominance." There is a good reason why, in particular, questioning or counseling another member who has shared has the potential to "cause dissension and eventually destroy the group."

Whenever someone shares at a meeting, they are showing us a part of themselves. Like many people, they may feel uneasy speaking in front of others at all. What makes it even harder is they may be admitting that they have engaged in enabling or other behavior that they know is counterproductive to their own recovery and which almost certainly runs contrary to the principles of FA. As such, they are particularly vulnerable. This is especially true of those relatively new to the fellowship, who are just starting to learn the tools FA gives us to deal with the difficult problems we face with our addicted loved ones.

But this is how we learn and grow in the program: by admitting our mistakes, analyzing the defects of character in ourselves that perhaps drove us to make those mistakes, and learning from the similar experiences of other FA members. We admit we've fallen into a trap, perhaps for the hundredth time, and as more-senior members of the program relate how they once avoided (or fell into) that particular trap, we see there's a possible solution we can try the next time around. We may not remember to do it the next time, or we may not do it as well as we might have liked, but it helps. We're one step closer to finding the solution. As the slogan goes, it's about progress, not perfection.

“

It's tempting for more experienced FA members to want to help newcomers by offering 'instruction' or 'advice' at meetings because we're all expert enablers.

”



It's best if, in response to that sharing, we don't specifically refer to that member's behavior, or mention them by name, because then the member who has shared is put on the spot. They may reflexively become defensive and feel the need to respond and justify their behavior. They may feel deeply ashamed, diminished, and unable to respond because they perceive they've been publicly called out as deficient.

Such feelings might dissuade that member from sharing in the future or from being completely honest when they do share, because no one wants to subject themselves to public humiliation. They may even stop coming to meetings at all, so as to avoid the pain of being shamed. Clearly, those results are counterproductive.

That's why this form of dominance is especially toxic to a healthy FA group: rather than encouraging further sharing and attendance, it encourages shutting down.

VIRTUAL MEETINGS

Because of the COVID-19 crisis, many FA groups are now meeting online. Go to familiesanonymous.org; then in the [Virtual Meetings](#) section, 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 additions or corrections to Nicole at dmc@familiesanonymous.org, and she'll update the spreadsheet.

Thanks, and stay safe!

DOMINANCE - A PARTICULARLY DESTRUCTIVE FORCE (CONT'D)

Many of us find it hard to watch our addicted loved ones struggle with their disease – with adhering to a medication schedule, with attending meetings, with keeping a job or getting out of bed in the morning, with doing their laundry or cleaning up after themselves in the house, or with carrying out any number of other simple tasks of living. Why? Because it hurts us to see someone we love suffer such pain.

So, to ease our pain at witnessing the ravages of this deadly disease, we step in and tell them what to do, or we do things for them. These interventions don't help our addicted loved ones at all – in fact, the message we are sending them is that they are incapable of helping themselves. Our interventions actually lessen their self-esteem, causing further harm. But those same interventions lessen our pain by making us feel as if we're taking concrete actions to "help" them, rather than standing by, quietly working on ourselves, and hoping our loved ones find recovery and the will to help themselves. Our misguided attempts to help lessen our insecurity and fear of the future are our way of rationalizing that "we did all we could do."

For similar reasons, it's tempting for more experienced FA members to want to help newcomers by offering "instruction" or "advice" at meetings because we're all expert enablers – it's one of the primary reasons we need FA in the first place. But to avoid the destruction that can come from such dominance, we must hold back and be content with the knowledge that if the newer members keep coming back, the old-timers' experiences will eventually ring true and provide them with clear guidance about how to improve their lives.

There's no short-circuiting the process. As with our addicted loved ones, you can't just "tell them the answers" and expect their behaviors to change. They'll change only when they're ready. And as with our addicted loved ones who may find recovery, change that comes about through a process of self-discovery is the only kind that has a chance of enduring, because it's genuine and comes from within.

ANONYMOUS

WSO SNAPSHOT: WHAT IT DOES, HOW IT'S FUNDED, AND HOW YOU CAN HELP

By: The World Service Board

The World Service Office (WSO), with a minuscule staff and modest office space, is the amazing behind-the-scenes engine that helps keep FA alive. The WSO, the volunteer members of the World Service Board (WSB), and many other volunteers from the fellowship ensure that FA remains strong and thriving.

Being a fellowship means that the members of Families Anonymous share a community of interest. FA is not a business enterprise led by a CEO or a team of investors. It's not a political entity led by elected representatives. It is an alliance of many individuals who have chosen to associate with each other for our common good.

Thus, as our Traditions make clear, our leaders are selected not to govern, but to serve – because they are merely a part of this great fellowship. And because the fellowship consists of and is led solely by its members, Families Anonymous can only continue to exist if its members, individually and collectively, make ongoing efforts to ensure its success.

The bottom line: we need every member of the fellowship to support the WSO and Families Anonymous. You can do this by making monetary contributions; by donating your personal time and talent to help do the day-to-day work of keeping FA going forward; and, perhaps most importantly, by making constant efforts to grow the fellowship by spreading the word of FA to those in need.

In 2021, FA is celebrating 50 years of helping people whose loved ones suffer from the disease of addiction. With your help, we'll reach even more people in our next half-century of service.

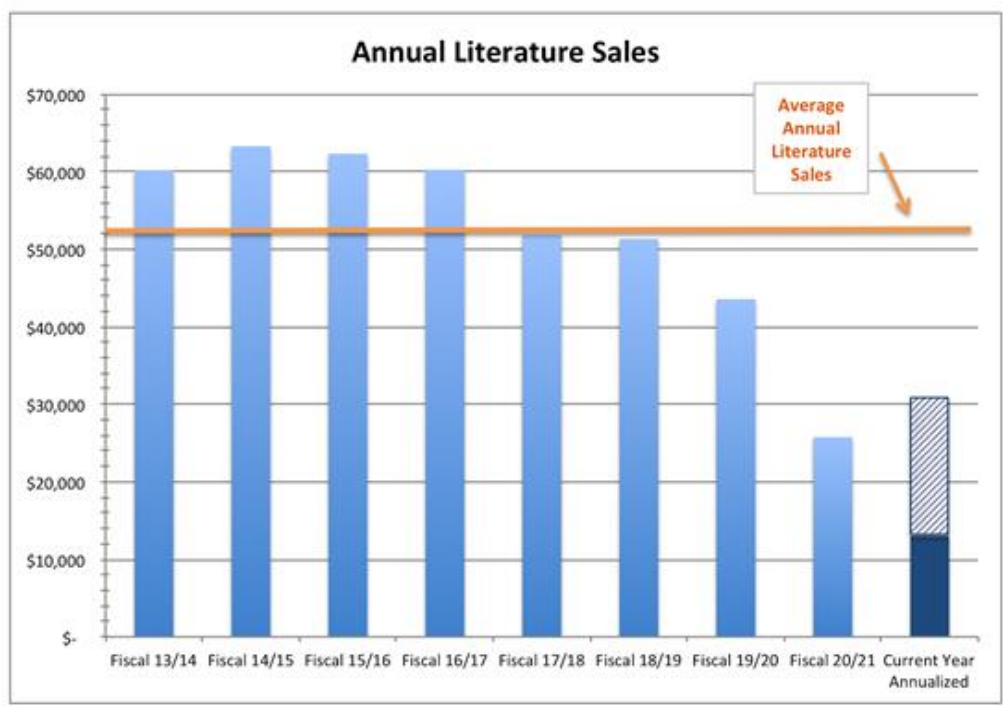
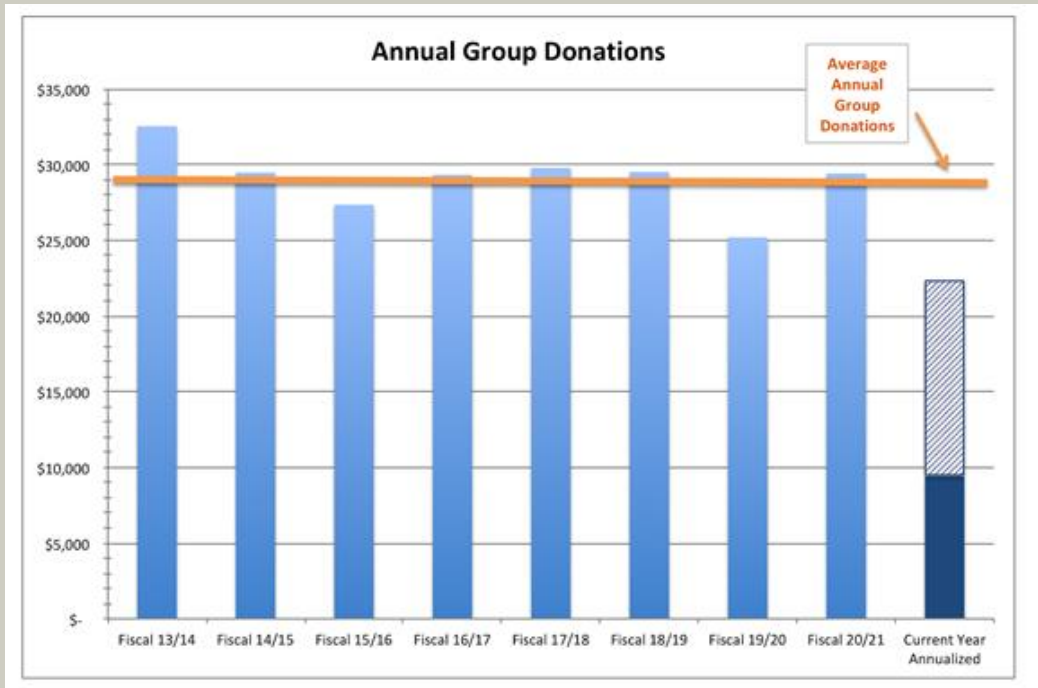
What Does the World Service Office (WSO) Do?

In addition to the administrative responsibilities required of a non-profit organization, **the WSO, along with volunteers serving on the WSB committees, offers you:**

- **FREE WORKSHOPS** covering topics like the **12-Step Workbook** and **Setting Boundaries**.
- **LITERATURE** to help you understand the disease of addiction and its related behavioral problems and to guide you in what you can do for yourself when you're not at a meeting. There are **100+ titles** available on the website, in both English and Spanish.
- **RESOURCES TO FIND MEETINGS** – Our website lists U.S. and international meetings, many of which are offered virtually. You can now take advantage of the days/times that are convenient for you, regardless of where you are.
- **SOCIAL MEDIA CONNECTIONS** where you'll find you're not alone – other people on our **Facebook** page share similar situations and feelings.
- **SUPPORT FOR LOCAL GROUPS** to answer questions **and** share helpful ideas from seasoned groups and members.

How Is the WSO Funded?

Families Anonymous is a self-supporting organization. Our only sources of revenue are **literature sales** and **donations** from members and local groups. Our thanks to everyone who has supported FA's operations in the past and is continuing to do so now and in the future. **FA needs each and every one of you!**



How Does the WSO Use the Funds?

The annual budget is broken down into the following categories:

FISCAL 2021-22 ANNUAL BUDGET	
WSO Staff (1.2 Full-Time Equivalent Employees)	\$ 52,000
WSO Rent/Utilities/Insurance (989 sq ft)	27,000
Literature Shipments	8,000
Website & E-Commerce	6,000
Office Supplies	2,500
Professional Services (CPA)	2,000
All Other	1,500
TOTAL:	\$ 99,000

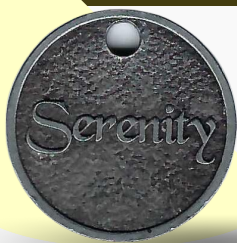
How Can You Give Back to Families Anonymous?

Please consider these options so that we may continue to offer help and support:

- **AWARENESS** – Spread the word! We need to grow. Let other people know we are here to help by sharing our presence with treatment providers, counselors, schools, law enforcement, clergy, etc.
- **DONATE** – Every donation of any amount is valuable to us. One-time and recurring donation options are available on our website - [click here](#), or go to <https://www.familiesanonymous.org/donate/>
- **PURCHASE LITERATURE** – Each sale helps fund the programs we offer. Visit our website at <https://www.familiesanonymous.org/shop/> or [click here](#)
- **VOLUNTEER** – Consider joining the World Service Board (WSB) and sharing your interests and skills. In particular, the WSB is urgently in need of a person to serve as **Recording Secretary** and people with technology backgrounds to serve on our **Technology Committee**. If you're interested, please contact the WSB Chair at wsb_chair@familiesanonymous.org.
- **STAY CONNECTED** – Sign up for the latest news and announcements about FA and for the bimonthly Serenity Messenger as soon as it's published. Visit www.familiesanonymous.org, scroll to the bottom of the homepage, fill in your email, and hit Subscribe. It only takes a minute – please do it now!

SPOTLIGHT ON LITERATURE

SERENITY MEDALLION



Looking for that “perfect present” for someone who’s marking a milestone in their recovery? ... or for a memorable gift to give your recovering loved ones during the upcoming holiday season? ... or for a daily reminder to yourself of the insightful, calming, encouraging message of the SERENITY Prayer?

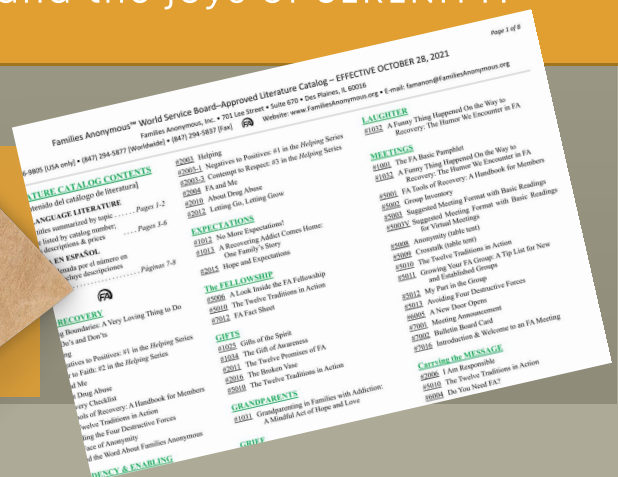
If so, then consider the gift of a Serenity Medallion (#3051) for all those special people in your life (one of whom, of course, is you!). What a thoughtful, meaningful way to celebrate special days, holidays, or just about any day!

These beautifully crafted medallions are pre-drilled so they can be placed on a key-chain, worn as a pendant, or just kept in a pocket (handy for rubbing like a “worry stone”). They can serve as a loving reminder of how successful anyone’s recovery—yours, your loved one’s, and that of others in your life—can be.

These medallions have also proven to be popular by FA convention organizers, who have utilized the medallions as gifts to those attending the convention.

You can purchase these great-looking medallions online, from FA’s website ([click here](#)), for just \$7.95 each. It's a small price to pay for such loving reminders of the blessings of recovery and the joys of SERENITY.

Interested in our full literature catalog? Download your own copy [here](#), or check out our [eStore online](#)!



SPOTLIGHT ON LITERATURE

A FUNNY THING HAPPENED...

Is there a place in FA for humor? While at first this question might sound strange or even out of place, the answer to it is a definitive Yes. Not only can humor be helpful; at times, it can be downright needed.

If you have experienced an FA meeting, chances are humor has been part of it. Humorous moments during a meeting can bring a smile to any number of faces—when a smile may be just what’s needed.

With this premise in mind, FA created #1032 ***A Funny Thing Happened on the Way to Recovery: The Humor We Encounter in Families Anonymous***. This booklet captures “real-life” stories and witticisms as shared by your fellow FA members. Many of their stories and anecdotes will surely “hit home” with you.

Are many of our family situations absurd? They certainly are! So let’s make just a bit of lemonade out of our many lemons! *A Funny Thing Happened...* invites you to share a chuckle—to laugh at the ridiculous circumstances in which we find ourselves, the ludicrous ways we try to cope, and the lessons FA teaches us as we trek along our path of recovery.

This very helpful and quite useful booklet can be purchased from the FA website for only \$3.75. Even the cover of the booklet may bring a smile to your face! And if it does, your day is off to a good start.

But don’t stop with yourself and your day. As we come into this holiday season, why not also think about giving a gift of laughter to your fellow FA members and to other friends and family?

Everyone can use a dose of good cheer. Laughter lightens our mood, eases our pain, and helps us feel better, more positive, and upbeat.

We invite you to order a copy of
A Funny Thing Happened on the Way to Recovery (#1032)
for yourself—
and to order two, three, four, or even more copies
to spread FA humor to others!

Act today, and beat the holiday rush!

A Funny Thing Happened on the Way to Recovery—
Lots of FA humor for just \$3.75!

[Click here to purchase your copy today!](#)



DONATIONS

COMMEMORATIVE DONATIONS

- In memory of Janette W, you will be truly missed. By your FA friends in Group 2027
- In memory of Donald S., from Jane R. of Group 1318
- In memory of Donald S., from Beth F. of Group 1318
- In memory of Donald S., from Ina G. of Group 1318
- In memory of Donald S., from April S. of Group 1318
- In memory of Donald S., from Marie C. of Group 1318
- In memory of Donald S., from Victor and Caroline T. of Group 1318
- In memory of Mark S., son of Richard and Barbara S. from Group 1735, on the anniversary of his death. From Carol and Chip S.



Group Donations

- | | | |
|--------------------------------|--------------------------|---------------------------|
| • GR0171 IL, Arlington Heights | • GR0494 IL, Winnetka | • GR1348 IL, Peoria |
| • GR0173 IL, Park Ridge | • GR0976 NJ, Freehold | • GR1391 TX, McKinney |
| • GR0270 NY, Massapequa | • GR1096 VA, Richmond | • GR1522 IL, Chicago |
| • GR0278 NY, Amityville | • GR1318 FL, Boca Raton | • GR1820 IL, Westmont |
| • GR0279 NY, Amityville | • GR1345 NJ, Cherry Hill | • GR1833 Canada, Winnipeg |

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.