

VOLUME LI ISSUE IV JULY AUGUST

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

Addiction cloaks us in shame. In my country, you cannot speak about addiction openly. The family must make all efforts to hide it. If your child is addicted, it means they were not raised well. If you are a woman whose partner or child is addicted, everything must be your fault. My mother was constantly judged and blamed by those around us for my father's addiction. Maybe she wasn't subservient enough, her talking back to him made him drink. Maybe she needed to be stronger and learn to control him, and so on. As children, we were taught to participate in the 'crazymaking' around us. We had to pretend that what was happening was not. I got through my entire school and college years without telling a single friend about my father's addiction. It was just something we didn't talk about. Relatives who came over advised us to pray harder and not dwell on 'negative' things. I couldn't bring it up without feeling embarrassed anyway. Or I would be afraid that it would be perceived as something I was using to gain pity from others.

Stepping into FA after years of collusion of silence was like a breath of fresh air. Here was a place where it was OK to stop pretending everything was OK. I gave myself permission to let go of the shame associated with someone else's addiction. It was not a problem I was responsible for. Hearing others speak openly about what was perceived as 'unacceptable' culturally, and what I had internalized as being shameful, was liberating. It was a validation that my struggles were normal and that feeling stress, anxiety, fears and failures was a natural outcome of addiction. I need not punish myself for not having it all together. FA teaches us to disassociate ourselves from the guilt of doing or not doing enough.

It is a miracle that so many of us are able to understand each other's experiences. The very feelings that isolate us from others in our lives are shared and understood in the fellowship openly and without judgment. We are encouraged to listen to one another for the sake of listening and not to give advice. Our sharings affirm our common humanity and become a tool for relief and healing.

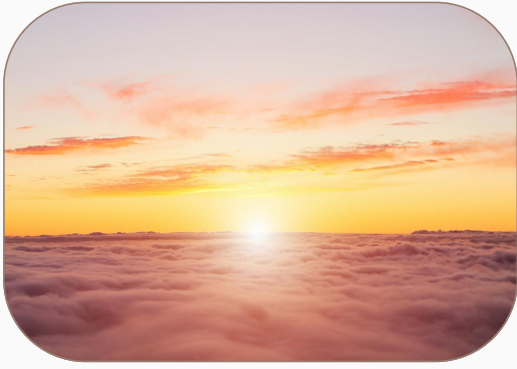
IN FELLOWSHIP,
ELIZABETH S.

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SURVIVAL, HOPE AND A HIGHER POWER

How the Program Helped a Member to Keep Moving Ahead



Before Families Anonymous, I thought enabling was part of my job description. We enabled our sons and daughters to have good, healthy childhoods, a loving home, straightened teeth, good education, cats and dogs, and family vacations. These were all part of the daily routine

of raising our family. Just like yours. But when alcohol and drugs entered the picture, uninvited, we became the “perfect storm.” The word enable took on a whole different meaning.

At my first FA meeting, I discovered there was a dark side to that simple word enabling. It took a while, but I began to figure it out with some help from my FA group. Without a Higher Power, the struggle would have been worse, if that’s possible. We need divine intervention, something we cannot take credit or blame for. We need to get out of the way. If we don’t, we must then accept the blame or take credit ourselves, because we have made all the decisions, good or bad. That’s a heavy, heavy burden. We’ve all had our share of sorrows and times of unhappiness. They weren’t all connected to what brought us to this program. It could have been a broken relationship, job loss, poor health, betrayal, or just having to make some big changes and cutting back. We are constantly in the state of being “reshaped” every single day. Having a Higher Power reminds me there are joys in my life, too, and they are not to be ignored. I can come in out of the dark if I want to.

Going to an FA meeting is a good place to start. The Step meetings enable us to move forward, sometimes at a snail’s pace. This process makes us honest and allows us to keep moving. We don’t always realize how we’ve changed until something happens and we find we don’t react like we did before FA. Ask yourself: If things are so lousy or so lovely, why do you keep coming back? Because it really works! Even when things are going well, we need to be aware of the fellowship and the genuine caring that’s available in that room. We can only get better when we commit ourselves to the program. I will admit I still have moments of great sadness, but I am not tortured as I might very well be without this connection.

“We don’t always realize how we’ve changed until something happens and we find we don’t react like we did before FA.”

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SERENITY MESSENGER

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SURVIVAL, HOPE AND A HIGHER POWER

(CONT'D)

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Having a Higher Power reminds me there are joys in my life, too, and they are not to be ignored. I can come in out of the dark if I want to.

”

My daughter died. My last conversation with her was on Mother's Day five years ago. Neither of us knew it would be the last. It was a good, long phone call. She always checked to make sure I met up with my "Saturday friends." We would run through the Step meeting and she would ask about some of the members by name. She knew their importance to me. Three days later she was gone. When someone like Barbara, who had such a large presence in our lives, suddenly leaves without even saying goodbye, it's so hard to handle. It's painful and disorienting and takes time, but with good family, friends, a Higher

Power and FA, I was able to keep from losing my footing or my mind. Now I'm on a whole new level, but without FA I would still be trying to rejoin the human race. The key here is FA.

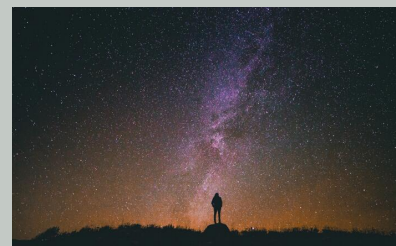
To be a "mensch" is to be a human being in the best sense. To qualify at the highest level, all you need to be is a good and caring person, a person who can empathize, make the world a little better, and make a difference to others. This is exactly what FA does for us when we need it the most. We begin to realize there are others on this earth besides us and beside us. We are no longer the center of the universe. We are part of it and will share the good and the not-so-good with each other. We do become more responsible adults. I don't give advice, but I will now: Stay with the program! Use the phone list. Arrive a little early to visit before the meeting. Stay awhile afterwards, but get there! We need you. You need us. Stay connected.

JOAN G, BLOOMFIELD, CT, GROUP 1187
ORIGINALLY PUBLISHED IN THE TWELVE STEP RAG, 2006

“

We are no longer the center of the universe. We are part of it and will share the good and the not-so-good with each other.

”



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!

EDUCATION COMMITTEE ANNOUNCEMENT:

JOIN US FOR OUR TWO MONTHLY ONLINE TRADITION AND STEP SESSIONS ONLINE!



The WSB and Education Committee invite you to Step UP and join us for the following two monthly sessions:

SESSION ONE: THE TRADITION AND STEP OF THE MONTH

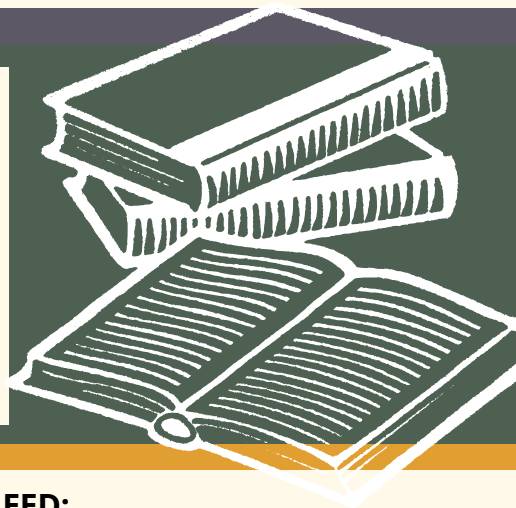


All are welcome to attend this interactive group meeting using the GoToMeeting virtual format (see below). At these meetings, we will study the tradition and step of the month. These will generally be held on the first Saturday of each month from 1:00 pm to 2:30 pm (ET). (For specific dates, please refer to the calendar on the following page.)

We will be using Literature Catalog #1004 *The Twelve Steps of Families Anonymous* and #5010 *The Twelve Traditions in Action*. We hope you'll join us, and that you'll continue this type of combined meeting in your own groups.

SESSION TWO: TWELVE STEP WORKSHOP USING #1019 *THE TWELVE STEP WORKBOOK*

This individualized workshop is a great opportunity for personal growth and recovery. Workshops will be held from 4:00 pm to 5:00 pm (ET) on the same dates as the The Tradition and Step meetings. (For specific dates, please refer to the calendar on the following page).



WHAT YOU WILL NEED:

- *The Twelve Step Workbook* (#1019): The latest edition, published in 2017 includes the text of the Blue Booklet, *The Twelve Steps of Families Anonymous* (#1004)
- Older editions of the workbook can still be used along with the Blue Booklet, *The Twelve Steps of Families Anonymous* (#1004), available for \$4.00
- Notebook or loose-leaf paper and a binder
- Willingness and commitment
- Honesty and Humility

Please refer to the following page for dates/times and login information!

QUESTIONS OR TO REQUEST A RECORDING OF PREVIOUS STEPS,
EMAIL DONNA D AT DONNAD@FAMILIESANONYMOUS.ORG

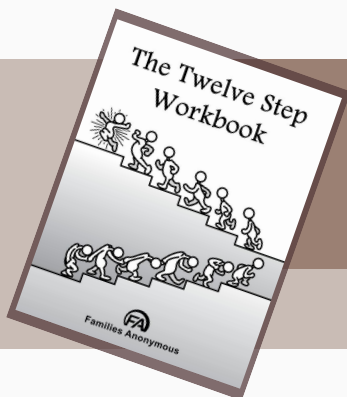
2022 EDUCATION COMMITTEE SESSIONS

Calendar includes Tradition & Step Sessions and Literature Topic Meetings

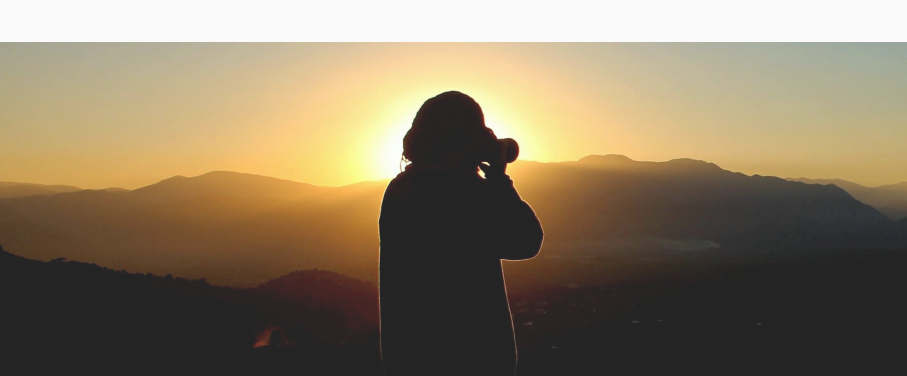
TRADITION & STEP MEETING	Tradition & Step	STEP WORKSHOP USING 12 STEP WORKBOOK #1019	LITERATURE/TOPIC MEETING	TOPIC
1:00-2:30 pm ET		4:00-5:00 pm ET	1:00-2:30 PM ET	Topics will be updated when avail.
Interactive		Independent Work	Interactive	
*January 8	1	*January 8	^January 29	"The Gift of Awareness"
February 5	2	February 5	February 26	"The Helping Collection"
March 5	3	March 5	March 26	"FA and Sponsorship"
April 2	4	April 2	^April 30	"What Do I Say?"
May 7	5	May 7	NONE	NONE
June 4	6	June 4 (Step 6 & 7)	June 25	"Funny Thing...Humor... in FA"
*July 9 only at 1:00 pm	7	NO 4:00 WORKSHOP	^July 30	"Bereavement, Healing, & Hope" PRESENTATION BY WRITERS
August 6	8	August 6	August 27	VIRTUAL CONVENTION
*September 10	9	*September 10	September 24	HYBRID / TECHNOLOGY INFO.
October 1	10	October 1	^October 29	SPREADING THE WORD... GROWING YOUR GROUP
November 5	11	November 5	NONE	NONE
December 3	12	December 3	NONE	NONE
1 st Saturday		1 st Saturday	4 th Saturday	
*2 nd Saturday		*2 nd Saturday	^5 th Saturday	

ALL MEETINGS WILL BE HELD ONLINE USING the newly updated GOTO app
ID# 705-976-781
OR USE THE LINK : <https://meet.goto.com/705976781>

JOIN US!



NEED TO PURCHASE "THE TWELVE STEP WORKBOOK"? CLICK HERE TO ORDER YOUR OWN COPY FROM OUR ESTORE FOR \$12.00 + S&H.



FOCUS: GROUP

GROUP 1735
Ramsey/Mahwah Group

WHAT SUCCESS MEANS TO A FAMILIES ANONYMOUS CHAPTER

THE FELLOWSHIP IS ABOUT BEING DEDICATED TO TWELVE STEP SERVICE, FOLLOWING FA TRADITIONS AND TOOLS OF RECOVERY.

On approaching the Ramsey/Mahwah Chapter meeting, there's a warm light glowing from the windows of the church basement. Signs that read, "FA—Welcome" point the way. The scents of coffee and baked treats waft through the hall. Pre-meeting congeniality (which continues post-meeting) is notable among the members, whether online or in person.

As newcomers, several procedures become clear. There are rules that are expected to be followed. Signs are placed on the table: "No Crosstalk." "What we say here stays here." "No Cell Phones." The meetings have a format, with that week's volunteer leader opening the meeting, then handing off to that week's volunteer readers to go through the readings.

The order of readings is a ritual: Welcome to the Newcomer (when they are present), About Drug Abuse, The Four Destructive Forces, The Families Anonymous Twelve Steps, The Tradition of the Month, Helping, and the daily reading from Today A Better Way (TABW). We alternate open-topic meetings, Step meetings and Tradition meetings. If outside speakers become available, we have them speak on the fifth Wednesday of the month.

— “

We have a multigenerational group, many long-standing members, all willing to meet on a level playing field, regardless of age or status, and share responsibilities.

— ” —

The meeting procedure was developed from The FA Tools of Recovery and other FA resources, and our membership proceeds consistently in this way, week after week.

All this is probably familiar to other FA chapters' experience. But what we're attempting to share here is what makes OUR chapter successful.

As newcomers, it's likely we all come to the fellowship with a desperate need to find out how we can help fix our addicted loved ones. We are quickly but gently disabused of that notion and led into the principles of FA, where we focus on our own recovery.

We believe it all starts here. We are firmly committed to the idea that success is making the principles of Families Anonymous available to those who are concerned with a loved one's addiction.

FOCUS: GROUP

(CONT'D)

We have some members who are dedicated to seeing that this group will exist and persist according to the principles of the Twelve Step service. We have a multigenerational group, many long-standing members, all willing to meet on a level playing field, regardless of age or status, and share responsibilities.

When we share, it's all about listening to each other, setting judgments aside. We don't interrupt, or engage in crosstalk (and kindly but firmly stop it if it arises in a meeting), or try to help, or allow egos to clash. We adhere to the tradition of "principles above personalities."

It is key that we abstain from giving advice, in accordance with TABW, October 15, page 289. Outside of the context of the meeting, we certainly answer questions and offer experiences and resources, but not in the meeting.

Many problems and reactions can occur when offering unsolicited opinions or advice. It can feel like criticism, especially to a member who is insecure and or unsure that their actions are justified. It can be seen as judgmental, setting off defensiveness, resentment, offense, and shutting down honest sharing.



“ We choose to allow members to be where they are in their recovery process, always thanking them for sharing. ”

We strive to remember this: what goes for our addicted loved ones goes for us. So we choose, above all possible arguments to the contrary, to listen to each other and then thank each other for sharing. We are certain that "What we say here, stays here."

We choose to be nonjudgmental. We choose honesty. We choose principles over personality. We choose to allow members to be where they are in their own recovery process, always thanking them for sharing. We invite each other, especially the newcomers, to keep coming back. We have a large membership, with 15 to 20 people attending each meeting.

We close the meeting according to the 7th Tradition. We pass the basket to in-person members, and we ask virtual members to donate via PayPal, Venmo or Zelle. Members can give whatever they choose.

But the donations don't stop there. It's clear, if we're being honest, that Ramsey/Mahwah is one of the most affluent communities in Bergen County, NJ, which is one of the most affluent counties in the United States. Given, again if we're being honest, the call for the undertaking of Twelfth Step work, we experience a condition whereby many members are more willing to open their wallets than commit to showing up for service.

FOCUS: GROUP (CONT'D)

As they ask in software programming: "Is that a bug or a feature?" We'll suspend judgment.

But that's not all.

Many long-term members, who haven't actively participated for years, remain humbly grateful for the spiritual awakening they've experienced in FA and continue to donate generously so others can be helped.

The COVID-19 pandemic accelerated online meeting technology, making it possible to erase geographic obstacles to attending our meetings. We've experimented with online only, hybrid in-person/online, and all in-person meetings. Each has its strengths and weaknesses, yet the overarching intention remains: to be open and available to those who are desperately concerned with a loved one's addiction. And we always have work to do on our group, issues for which we are guided by FA's Traditions and tools of recovery.

Does it all help? There's no evidence. Only a lot of anecdotal testimony. What is success? It could simply be that which keeps us coming back.

SANTI B., DAN A., RICHARD S.

BACKING OUT FROM ENABLING

What Visiting an Enabling Garden Reminded an FA Member of

During a recent visit to a local botanical garden, I was reminded of the early days of my recovery journey when I would find myself wandering through my "enabling garden." How enticing it was to enter my enabling garden when my addicted loved one was asking for something. How the "aroma" of "helping" tricked me into providing assistance that I would come to realize was not a good idea.

It took several years of the FA program, many months of meetings, a Twelve Step journey with a sponsor, and the Red Book to teach me that my enabling garden actually had some not-so-healthy plants that could bring havoc to my serenity. What appeared to be a brilliant red rose really had a very thorny and painful stem attached to it.

FA taught me to gradually back out of my enabling garden. Some of my well-intended behaviors were shielding my addicted loved one from the consequences of his actions and not giving him the chance to learn and hopefully grow in recovery.

There are still times I find myself indulging in the aroma of the flowers in my enabling garden. There are certain things, like help with a dental bill or providing a cell phone, that I am comfortable with; there are other things that I'm not.

Thanks to FA, I can serenely walk in gardens again.

BUD V.

“Some of my well-intended behaviors were shielding my addicted loved one from the consequences of his actions and not giving him the chance to learn and hopefully grow in recovery.”



THE RIGHT TO NOT RECOVER

Accepting the Difficult Choices Our Loved Ones Make is Never Easy

I remember the feeling of my life being put on hold because of my addicted loved one's stuff. I remember feeling disappointed by his choices to drop out of school, blow all his money, waste his talents. Even after I was able to let go of trying to fix him, I continued to shake my head in judgment at his decisions.

Many slogans and ideas I have learned in recovery circles have helped me. The Serenity Prayer; The Three Cs; Let Go, Let God—all these have brought me some level of peace and started me on the way to living my own life. But there was one statement that stopped me in my tracks: "People have the right to not recover."

Over the years, I have come up with reasons why my brother used: anxiety, low self-esteem, the wrong friends. But the real reason why he used was, he liked it. And why not, since the road to not recovering was paved so smoothly for him. He lived at home with food, phone, cable and shower, all at the low low price of sitting through a couple of nag sessions.

The rest of us in the house played the victim, choosing to disempower ourselves by insisting we had no control over our own lives. We, too, chose to not recover. Being a victim is not about what happens to you; it's about what you do with what happens to you. If I give my power away to the chaos of codependency, then I get to experience the chaos of codependency. The day came—at different times for each of us—that we did choose recovery. Even my brother, who lived on the streets for many years holding on to his right to live his life on his terms, came to a place of recovery in his own time. Each of us in our own time.

DEB C.

REPUBLISHED FROM THE TWELVE STEP RAG, JULY–AUG 2014



“ If I give my power away to the chaos of codependency, then I get to experience the chaos of codependency.”

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

For our upcoming issue the deadlines to submit announcements is August 23rd.

We gladly accept submissions of articles, letters, poetry, or artwork at any time!

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

GOD AND GENDER IN FA LITERATURE

A Note From the Literature Committee

During the past few years, the Literature Committee has been spending much time and effort updating FA's existing literature. One of our challenges has been to balance the traditional terminology used for decades in the FA program with our modern era's preference for gender-neutral and higher-power-neutral wording.

Here we'd like to share with you some important FA history, because understanding FA's roots is key to understanding how we've evolved to where we are now.

All of us are aware that FA is a spiritual program, and definitely not a religious program. As we say in every meeting: "Our program is open to all, regardless of our various beliefs—or lack of belief. A member's acceptance of a 'Power greater than ourselves' is strictly a personal, private choice."

All of today's "anonymous" groups derive from Alcoholics Anonymous, which was conceived almost a hundred years ago, in 1935, by Bill W. and Dr. Bob, members of the Oxford group, a Christian organization. From the outset, AA used masculine terminology and referred to God and *God as we understand Him* in its Twelve Steps, Twelve Traditions, and Blue Book. It continues to do so today.

— “ —

We belong to more than 400 groups that meet in countries all over the world, on every continent except Antarctica. As such, there's no single "higher power" noun or pronoun that could encompass all our beliefs, or lack of belief.

— ” —

A half century ago, when FA's founders adapted AA's Steps and Traditions (with AA's permission), they decided to modify only what was necessary to make the Steps and Traditions appropriate to FA. In doing so, they chose to stay with AA's use of masculine terminology and references to *God* and *God as we understand Him*.



Today, we're much more aware of diversity and gender issues. Some FA'ers would like to see the noun *God* and the pronoun *Him* changed to some other "higher power" noun and a gender-neutral pronoun. But many other FA'ers, especially those with deep, longtime roots in the fellowship, are profoundly uncomfortable with moving away from the historical words of our Steps and Traditions that have guided and supported them in their recovery.

Today's FA members come from all walks of life. We are people of immensely diverse cultures, languages, and faith traditions. We belong to more than 400 groups that meet in countries all over the world, on every continent except Antarctica. As such, there's no single "higher power" noun or pronoun that could encompass all our beliefs, or lack of belief.

GOD AND GENDER IN FA LITERATURE (CONT'D)

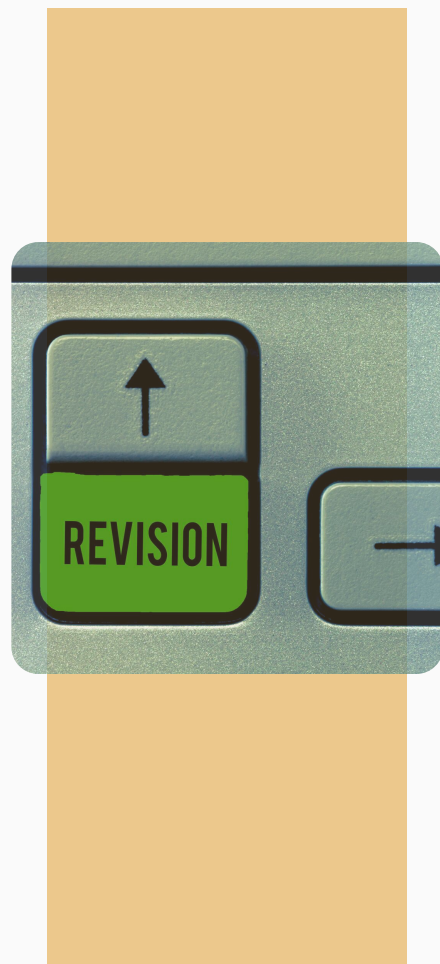
The Literature Committee and the World Service Board have discussed these issues in great depth, and we've agreed on the following common-ground approach that stays true to FA's historical roots while acknowledging the modern diversity of our membership.

FIRST: We continue adhering to the original wording (God and Him), as set forth by our founders, when quoting a Step or a Tradition or when directly referencing some other basic FA reading (such as the Serenity Prayer). So, in Step Five: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." And, in the Serenity Prayer: "God, grant me the serenity to"

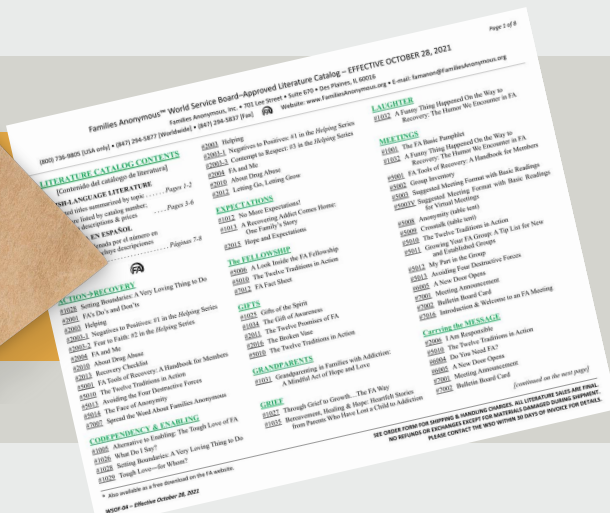
SECOND: However, in all other instances, such as when discussing or expanding upon a Step or a Tradition or a reading, we do not repeat the original wording. Instead, we use gender-neutral and higher-power-neutral terminology.

We have been revising all our literature to be consistent with this approach and are doing the same as we create new literature pieces.

ANN P.
GROUP 1301, SYRACUSE, NY
CHAIR, FA LITERATURE COMMITTEE



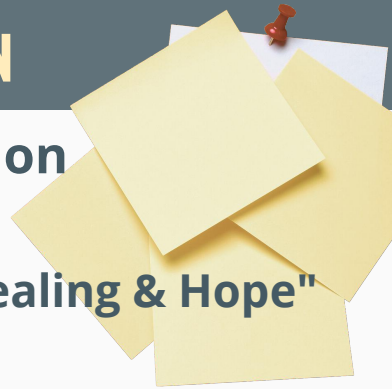
Interested in our full literature catalog? Download your own copy [here](#), or check out our [eStore online!](#)



EDUCATION COMMITTEE PRESENTATION

Special Readings by FA Contributors on
July 30, 2022. 1:00 pm-2:30 pm ET

Join us as we read and hear #1035 "Bereavement, Healing & Hope"



JOIN US TO HEAR THESE HEARTFELT STORIES WRITTEN & READ BY FA PARENTS WHO HAVE LOST A CHILD TO ADDICTION. THEY SHARE THEIR LIFE-CHANGING STORIES OF PERSONAL STRUGGLE, PROFOUND LOSS, AND SELF-HEALING THROUGH THE FA PROGRAM, SHARING THEIR EXPERIENCE, STRENGTH & HOPE.

The World Service Board and Education Committee invite you to our **special literature presentation** which will be held on **Saturday, July 30, 2022** from 1:00 pm-2:30 pm ET using the GoToMeeting virtual format (see below)

MEETING OBJECTIVES:

- To honor our FA heroes who have shared their ultimate grief
- To explore how this literature can enrich our recovery journey



FEATURED PUBLICATIONS:

#1035 "Bereavement, Healing & Hope"
(Purchase encouraged, [click here](#))

and "Serenity Messenger" Article
by Harry K. featured 3X



PLEASE JOIN THE MEETING FROM YOUR COMPUTER, TABLET, OR SMARTPHONE.

[HTTPS://MEET.GOTO.COM/705976781](https://meet.goto.com/705976781)

NEW TO GOTO? GET THE APP NOW AND BE READY WHEN YOUR FIRST MEETING STARTS: [HTTPS://MEET.GOTO.COM/INSTALL](https://meet.goto.com/install)

MEETING TIME/DATE:

SATURDAY, JULY 30, 2022, 1:00 PM - 2:30 PM (ET)

QUESTIONS? EMAIL DONNA D AT DONNAD@FAMILIESANONYMOUS.ORG

MEET VIRTUALLY IN SPANISH!

LA JUNTA DE SERVICIO MUNDIAL DE FAMILIAS ANÓNIMAS SE
COMPLACE EN ANUNCIAR LA FORMACIÓN DE UN GRUPO VIRTUAL EN
ESPAÑOL.

NOMBRE: UN DIA A LA VEZ
FECHA DE INICIO: JULY 5TH, 2022
VIRTUAL ÚNICAMENTE, USANDO LA PLATAFORMA DE ZOOM
DÍA/HORA: TUESDAYS AT 6:00 PM EST

PARA DETALLES DE CÓMO CONECTARSE A LA REUNIÓN, FAVOR
CONTACTAR A LA SECRETARIA DEL GRUPO AL:
FAGRUPOUNDIAALAVEZ@GMAIL.COM



THE FAMILIES ANONYMOUS WORLD SERVICE BOARD IS PLEASED TO
ANNOUNCE THE FORMATION OF A SPANISH-SPEAKING VIRTUAL
MEETING GROUP.

NAME: UN DIA A LA VEZ (ONE DAY AT A TIME).
STARTING DATE: JULY 5TH, 2022,
VIRTUAL ONLY, USING THE ZOOM PLATFORM.
DAY/TIME: TUESDAYS AT 6:00 PM EST

FOR DETAILS ON HOW TO LOG INTO THE MEETING, PLEASE CONTACT
THE GROUP SECRETARY AT FAGRUPOUNDIAALAVEZ@GMAIL.COM

SPOTLIGHT ON LITERATURE

BOOKMARK COLLECTIONS

CONSTANTLY LOOKING FOR YOUR MISPLACED BOOKMARK?

ALWAYS HAVE AN EYE OPEN FOR A CHANCE TO SAVE A FEW DOLLARS?

IF YOUR ANSWER TO THESE TWO QUESTIONS IS “YES,”
PLEASE TAKE A LOOK AT THE BARGAINS BELOW,
BECAUSE FAMILIES ANONYMOUS NOW OFFERS A SOLUTION FOR YOU.

Here is a new opportunity to pick up meaningful bookmarks to support your recovery, while saving yourself a few dollars.

FA bookmarks contain brief but powerful messages about the FA principles of recovery that are worth reading over and over again. Each bookmark, placed in a magazine or book, or tucked handily into a pocket or purse, may be just what you need to give you a lift during challenging moments.

The bookmarks in the new Bookmark Collections are grouped by theme.

By purchasing any (or all) of the four collections, you will receive a 20% discount off the individual bookmark prices.

You can choose from three themes in English: **Basic Fundamentals**, **Changing Ourselves**, and **Recovery & Maintenance**. And for our Spanish-speaking members, we offer **Colección de marcadores de libro en Español** containing all our Spanish-language bookmarks.

Please consider treating yourself today, while also saving yourself some money. There could be just the bookmark in the collection you purchase that will make a difference in your day! All collections are available from the FA website, with the product numbers and pricing noted below.

(If you choose not to order a collection, or you choose to order additional copies of particular bookmarks, they are still available separately at regular, individual prices.)

THE BOOKMARK COLLECTIONS:

BASIC FUNDAMENTALS Bookmark Collection (#2000BC-1)

\$2.80 [individual retail value: \$3.50]

#2001 Do's and Don'ts	\$.50
#2003 Helping	1.00
#2004 FA and Me	.50
#2007 An Open Letter to My Family	.50
#2010 About Drug Abuse	.50
#2018 One Day at a Time	.50

\$3.50 @ 20% discount = \$2.80

CHANGING OURSELVES Bookmark Collection (#2000BC-2)

\$3.60 [individual retail value: \$4.50]

#2012 Letting Go, Letting Grow	\$ 1.00
#2014 12 Steps and 12 Traditions	.50
#2015 Hope and Expectations	1.00
#2016 The Broken Vase	1.00
#2017 Practicing Tough Love	.50
#2019 Prayer to a Higher Power	.50

\$4.50 @ 20% discount = \$3.60

RECOVERY & MAINTENANCE Bookmark Collection (#2000BC-3)

\$3.60 [individual retail value: \$4.50]

#2002 Just for Today	\$.50
#2006 I Am Responsible	.50
#2008 Serenity Prayer (pack of 10 cards)	2.50
#2011 12 Promises of FA	.50
#2013 Recovery Checklist	.50

\$4.50 @ 20% discount = \$3.60

Colección de marcadores de libro en ESPAÑOL (#2000BCS)

\$5.60 [individual retail value: \$7.00]

#2001S Qué hacer y qué no hacer	\$.50
#2002S Solo por hoy	.50
#2003S Cómo ayudar	.50
#2004S FA y yo	.50
#2007S Una carta abierta a mi familia	.50
#2008S Oración de la serenidad (10 tarjetas)	2.50
#2011S Las doce promesas de FA	.50
#2012S Desprenderse, dejar crecer	.50
#2016S El jarrón dañado	1.00

\$7.00 @ 20% discount = \$5.60

click here!

CLICK HERE
to shop our
bookmark
collections!

FA's DO's AND DON'Ts

DO Focus on your own reactions and attitudes

DO Allow other people to accept their own responsibilities

DO Manage your anxieties one day at a time

DO Invest time reading helpful literature

DO Learn to be open and honest

DO Involve yourself in Families Anonymous

DO Encourage all attempts to seek help

DO Seek the good in others and in yourself

DON'T Accept guilt for another person's acts

DON'T Nag, argue, lecture, or recall past mistakes

DON'T Overprotect, cover up, or rescue from consequences

DON'T Neglect yourself or be a doormat

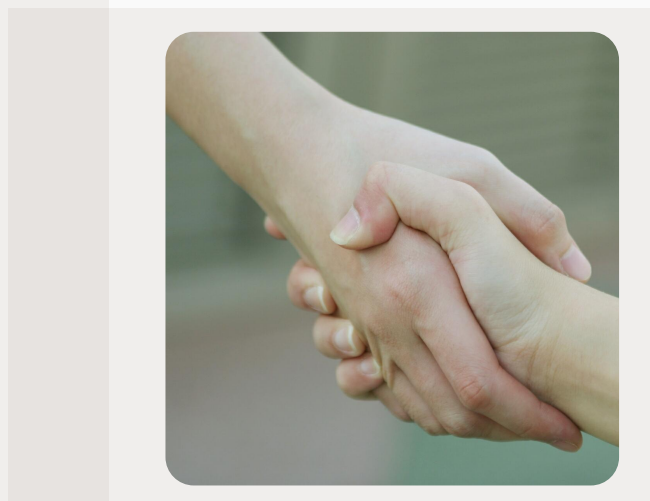
DON'T Yearn for perfection

DON'T Manipulate or make idle threats

DON'T Overlook the growth opportunities of a crisis

DON'T Underestimate the importance of "release with love"

DON'T Sit at home feeling depressed when you could be attending an FA meeting and helping yourself and others



2022 FAMILIES ANONYMOUS VIRTUAL CONVENTION - JOIN US!

Saturday, August 27, 2022
10am - 4pm EDT
FREE Online via Zoom



- Engaging Speakers
- Encouragement
- Connection



Hope Aldred
Amber Hollingsworth

More Info and
FREE Registration at:
FamiliesAnonymous.org/Events

Sign
Up
Here



CONVENTION PRIZE RAFFLE

Anyone can win!

You do not need to
attend the Convention

Diamond Necklace



Apple Watch



3 Ways to Buy Raffle Tickets:

- 1 Visit: Go.RallyUp.com/faconvention22
- 2 Text: **FAconvention22** to **855-202-2100**
- 3 QR Code:



Thank You for Supporting
Families Anonymous
We couldn't do it without you!

**REGISTER
NOW**



Trivia Contest

Gratitude Session

Breakout Discussions

Fun Prizes



DONATIONS

COMMEMORATIVE DONATIONS

- In memory of John B., on behalf of Valarie D.
- In memory of John B., son of Richard and Anita B., on behalf of Mary Ann Y.
- In memory of Steve E., on behalf of Group 1844
- In memory of John B., on behalf of Wilma S.
- In memory of John B., son of Anita and Richard B (members of Group 1191), on behalf of Nancy B.
- In memory of John B., son of Anita and Richard B (members of Group 1191), on behalf Group 1191
- In memory of Mark H., son of Linda and Jerry H. (members of Group 1096), on behalf of Group 1096



GROUP DONATIONS - April & May 2022

OVER \$500

- GR1318 FL, Boca Raton

\$101 TO \$500

- GR0134 FL, So Miami
- GR0162 IL, Des Plaines
- GR0494 IL, Winnetka
- GR0631 TX, Dallas
- GR1424 TX, Dallas
- GR1522 IL, Chicago
- GR1531 AZ, Scottsdale
- GR1811 MI, Clinton Township
- GR3001 IL, Chicagoland
- GR5003 Portugal NSB

UP TO \$100

- GR0121 CA, Torrance
- GR0171 IL, Arlington Heights
- GR0279 NY, Amityville
- GR0288 OH, Pepper Pike
- GR0478 IL, Glenview
- GR1301 NY, Syracuse
- GR1348 IL, Peoria
- GR1812 IA, Dubuque
- GR1833 Canada, Winnipeg
- GR1844 WI, Mequon
- GR1972 NJ, Voorhees
- GR2030 NC, Shallotte
- GR2076 Phone Meeting

As per the Seventh Tradition, each group should be self-supporting. Your donations also help support the activities of the World Service Office. For more information on how to donate, please [click here](#) or visit www.familiesanonymous.org and click **DONATE!**

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

Your contribution is tax-deductible.

DONATE



THANK YOU to the following members of the fellowship who are supporting Families Anonymous through our Recurring Donation program. Every donation is important to us, and your consistent monthly investment in Families Anonymous allows us to continue to share our program – thank you!

t h a n k y o u

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We offer several ways to set up a Recurring Donation to FA:



- **Credit Card:** Donate via our website at <https://www.familiesanonymous.org/donate/> and check the “Make this donation monthly” box.



- **Zelle** – Automatic withdrawals from a bank account are also available. From your online banking website or app, set up Families Anonymous as a recipient using donate@familiesanonymous.org as the email to which funds will be sent. Set the “Repeating payment” option to the on position.



- **PayPal** – Scroll to the bottom of the donation page (see link above) and click the PayPal button. You will then have an option to check the “Make this a monthly donation” box

If you have benefited from Families Anonymous, we hope you will consider giving back so that we may carry our message to others for years to come. Your support is valuable to us, and we are grateful for your generosity.

QUESTIONS? PLEASE EMAIL: TREASURER@FAMILIESANONYMOUS.ORG