

VOLUME LIX | ISSUE V | SEPT-OCT 2022

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

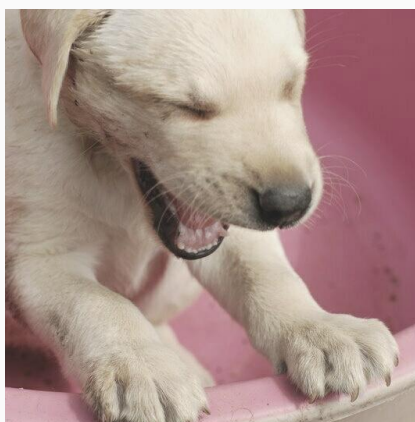
Fourteen years ago, we brought home a new family member: a fluffy, yellow Labrador retriever. She was part of a boisterous pack of lovable pups born to a friend's pet.

Over the years, the pup became an integral part of our family and journeyed through life's ups and downs with us. She was with us through the insanity of addiction, witnessing everything that happened behind closed doors, sometimes barking loudly when tempers flared, licking me or my mum if we were feeling down and trapped, nudging the addict if he had passed out, cuddling with him when he had no memory of the night before.

Like me, she experienced bereavement of those close to her. Well known for her voracious appetite, she was stricken by grief and refused to eat for days after my mum (who used to feed her) passed away five years ago. Earlier this year, I lost my dad. Soon after, my dog fell ill, losing half of her weight and showing an inability to run and play. As the months have passed, her hind legs have given way, and in spite of all our efforts, she has deteriorated further.

I've finally had to muster the courage to make a decision I've been afraid I'd one day have to make: to put her to sleep. In this borrowed time, as I feed her and care for her, I'm often feeling overwhelmed. I go through the mundaneness of everyday activities with an aching heart, knowing that our final good-bye is just around the corner.

This has made me reflect on what letting go can mean sometimes. I am learning how to do it, when it is time and when it is for the best, even though I might not want to. We can be gentle on ourselves and others. We can take the time we need to prepare our hearts for the grief that is coming. We can let go imperfectly. We don't

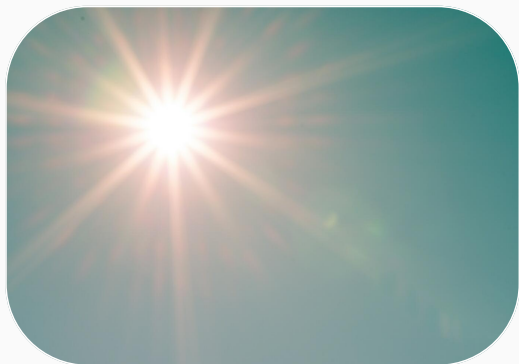


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EDITOR'S NOTE

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have to put on a brave front when we're not feeling strong. Letting go can mean a lot of grieving. When we love much, we grieve more. Letting go of people, relationships and dreams that are important in our lives can be scary.

But we don't have to be torn apart from the pain of it all. FA encourages us to not just let go, but to also 'Let God.' We can surrender to our Higher Power the things we are anxious about—the unmanageable parts, the dark unknowns, the uncertain future.

As the day inches closer, I wake up each morning anxious and sad, but try to make the best of the little time we have, carrying her into the sunshine, giving her the best treats and belly rubs. I know as I let God, I can dwell on all the memories we've made and the love that was given so freely to me.

IN FELLOWSHIP,
ELIZABETH S.

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

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

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

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

Chair

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Michael B. - Lafayette Hill, PA

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Sarah T. - Northern Virginia

Serenity Messenger

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WORD FROM THE BOARD

AFTER HER RETIREMENT, JAN B. JOINED FA'S WORLD SERVICE BOARD AS RECORDING SECRETARY. SHE SHARES ABOUT HER FA JOURNEY SO FAR.

My husband, Shlomo, and I first entered an FA room in August 2010, after dropping off our then 16-year-old daughter at a therapeutic boarding school. I remember feeling a mixture of relief, sadness and extreme anxiety. Were we doing the right thing? Would she ever get any better? Would we be a family again? Shlomo felt that dropping her off was the hardest thing he had ever done.

The first few weeks of FA meetings are a blur, to tell the truth. I remember crying nonstop, not being able to speak. I came into the room feeling that our situation was the worst possible, that no one could possibly understand how horrible life had been for us. Very quickly, however, the group, in its support, loving-kindness and wisdom, helped me see that there was light at the end of the tunnel.

“

I had retired at the end of 2021, and now had time to give back to FA, the organization that had literally picked me up and helped me have a life again.

”



After some time in the group, which I used as my Higher Power since my connection to spirituality was broken, I joined with two other members to work the 12 Steps. This was a very useful way to work the Steps for me, as I benefited from hearing their experiences and struggles. We sponsored each other through it. And in this process, I was able to reconnect with a sense of spirituality.

In 2014, we attended our first FA convention. We connected with so many wonderfully warm, wise and friendly souls. It was truly uplifting and inspired a few of us from NJ to join our groups together to host the 2015 FA convention. We have since been to several other conventions, including the virtual convention held this past August. It was wonderful to see so many new and old faces! Hopefully this will be the last virtual one we will have, and soon we will be able to go back to in-person conventions, as before.

I joined the WSB as recording secretary in April. I had retired at the end of 2021, and now had time to give back to FA, the organization that had literally picked me up and helped me have a life again. I know that all of you have been through a similar experience and feel the same gratitude that I feel. Please consider volunteering with FA, be it in your home group, for a WSB committee, or on the board. Pay it forward by giving back!

IN GRATITUDE,
JAN B.

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

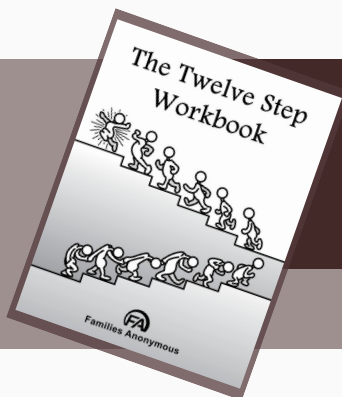
2022 EDUCATION COMMITTEE SESSIONS

Calendar includes Tradition & Step Sessions and Literature Topic Meetings

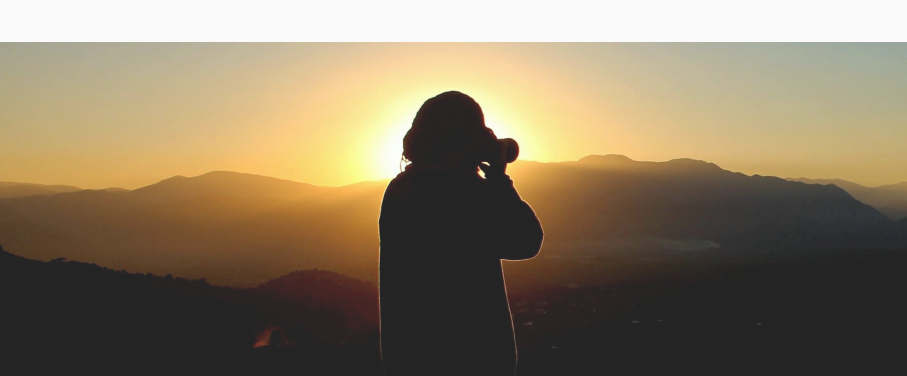
TRADITION & STEP MEETING	Tradition & Step	STEP WORKSHOP USING 12 STEP WORKBOOK #1019	LITERATURE/TOPIC MEETING	TOPIC
1:00-2:30 pm ET		4:00-5:00 pm ET	1:00-2:30 PM ET	Topics will be updated when avail.
Interactive		Independent Work	Interactive	
*January 8	1	*January 8	^January 29	"The Gift of Awareness"
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 1806
Edmond, Oklahoma

MEMBERS OF GROUP 1806, EDMOND, OKLAHOMA, PAY TRIBUTE TO A LONGTIME MEMBER

Recently, Group 1806 in Edmond, Oklahoma, lost longtime member Pat N. to cancer. Pat had been regularly attending the Edmond group for many years, during which time he touched countless lives with his extraordinary compassion, understanding, wisdom and wit. Pat's long and unselfish giving of himself to help others is an inspiration to us all. Following are some of the tributes written by members of the Edmond group to mark Pat's passing.

In Memory of Pat

I first met Pat when I joined Families Anonymous in 2010. He was the one with a smile on his face and words of wisdom in his heart. I always loved to hear Pat speak. He gave all of us reassurance that we could be OK, even if our children were not. Pat could even joke about times past of the crazy things he pulled trying to get his son sober. I knew he had a better way to live, and I wanted that! Pat lived to help other parents learn to cope, become strong, and actually want to live again! This group will sorely miss Pat and all he has been and done for our recovery community.

-Ellen S

Pat was deeply dedicated to helping people affected by the devastation of addiction. Along the way, Pat became everyone's friend and confidant. Pat's humor, positive outlook and corny jokes endeared him to everyone he met. On most Monday evenings, Pat attended Families Anonymous. Tuesdays, he facilitated a different nonprofit support group geared toward parents to educate those with addicted children. It was within those meetings, and beyond, that Pat lived as a great example of how to find peace and serenity beyond the roller coaster of addiction. Each morning, I open a drawer where I keep my daily readings. In that space is a copy of Pat's "Celebration of Life" which was shared at his funeral, along with a wonderful picture of our dear friend. Pat's smiling face inspires me to attend FA meetings, learn how to deal with addiction, and find serenity. We miss and love Pat, our forever friend.

-Janis G

Pat had so many good qualities, but the quality he had that resonated most with me was the gift he had of making everyone feel like he was their best friend. He would listen to you and you knew he really cared, but at some point, you realized that he had hundreds of "best friends." He genuinely cared about people and was always willing to help those in need. Pat exemplified the 12th Step. I will miss his corny sense of humor. He helped me laugh again when I thought my laughter was lost for good. He will be greatly missed on this earth. I look forward to the day I see him again!

-Mindy

FOCUS: GROUP

(CONT'D)

PAT'S JOKES:

How do you fix a tomato? Tomato paste.

Did you hear about the kidnapping? He woke up.

What do you call a pig that knows karate? A pork chop.

What happens when you don't pay for your exorcism? You get repossessed.

Why was the report card wet? It was below C level.

What do you get when you cross a hamburger and a Cheetah? Fast food.

Why is it that ghosts never lie? You can see right through them.

Why didn't the teddy bear finish his supper? Because he was already stuffed.

I went to the bank the other day and asked the bank teller to check my balance, so he pushed me.

Where did the sheep go on vacation? The Baaaahamas.



GROUP 1806

READ MORE



CLICK HERE TO READ THE EXTENDED TRIBUTE TO PAT N.



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!

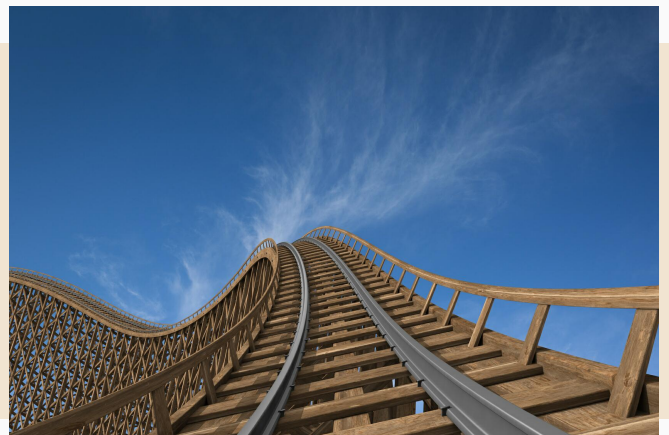
NOTHING CHANGES IF NOTHING CHANGES

FA MEMBER, DEBI H, DISCOVERED THROUGH HER SON'S ADDICTION THAT SHE NEEDED TO CHANGE FOR "THINGS" TO CHANGE

One of my favorite sayings that I picked up along the journey through my son's life with addiction is, "Nothing changes if nothing changes." At first, I identified with the saying because I believed that addiction was my son's battle to fight, and that if he would only change the people, places and things in his life, all would be normal again. What I found was that this was only the tip of the iceberg. The saying is much more complex than I knew. I am sharing my story in the hope that others will benefit from my experience.

Addiction is a disease that affects the whole family. Each family member is affected dramatically by a loved one having this disease. Each family member has a choice to work a program of recovery, just as our addicted loved ones have a choice to work their program of recovery.

My life had become unmanageable, and I had to separate his success with sobriety from my success with serenity. My roller coaster of periods of anxiety alternating with periods of peace was completely tied to where he was in his recovery. It affected every aspect of my life. I realized that I had to begin making my change. The meaning of "Nothing changes if nothing changes" applied to me. It has been a very long journey but with some amazing consequences that I am grateful for.



— “ —
Each family member has a choice to work a program of recovery, just as our addicted loved ones have a choice to work their program of recovery.
— ” —

I started out optimistic that the course of treatment we had chosen for our son would work and that we would be back to normal life as we knew it. I was not afraid of doing the hard work and was sure he was not afraid of it either. As it became evident that even though he complied with the rules and treatment of each program he attended, the road for us was going to be much longer and more difficult than I had ever imagined. He had periods of sobriety and life was less chaotic, but we also had periods of relapse that sent our world upside down.

February 2011 was a pivotal time for me. I had reached a point of chaos that forced me to my knees. I had a feeling of peace as I poured out my worries to my Higher Power. I made a commitment to myself and to Him that I would continue to pray every morning before I started my day, and I have kept that promise. Some days were easier than others. Some days, I wondered if my Higher Power was listening, but I prayed and continued my commitment.

“ My life had become unmanageable, and I had to separate his success with sobriety from my success with serenity. My roller coaster of periods of anxiety alternating with periods of peace was completely tied to where he was in his recovery. ”

NOTHING CHANGES IF NOTHING CHANGES

CONT'D

September 2013 I was still praying, but our son had relapsed and returned to treatment. I was invited by a friend to join Families Anonymous and found support that only others who have experienced life with addicted loved ones can give. I remain involved in FA and know that it will always be a part of my life.

“He had periods of sobriety and relapse that sometimes caused me to take a step backwards, but I kept doing my prayer time and Step work.”

Families Anonymous follows the traditional 12 Step program. I could see how longtime members of our group handled struggles, anxiety and frustrations differently, and I wanted to work to get to that point. I made the commitment to start working the 12 Step program and did so for months, going through the Steps one by one. I am sure that the first time I worked them, I used what can be called a hybrid system. I did a lot of soul searching and again found that I needed to change for “things” to change. I can’t say that our son changed because of my work during this time, but I began to change. He had periods of sobriety and relapse that sometimes caused me to take a step backwards, but I kept doing my prayer time and Step work. Some days were hard, some days were easier. I started doing a few things for myself, like yoga and walking. I started a gratitude jar that I keep on my desk. It helps me look at life through a lens of gratitude for the small and large things I was taking for granted. I read everything I could get my hands on that would help me understand addiction. When I was looking for answers about my son’s addiction in one of my favorite books, I found answers about me. It showed me that the mind is an amazing tool. It motivated me to use my mind as a tool to get through the tough times.

I continue to work the 12 Steps, especially concentrating on Steps 6 and 7, recognizing our defects of character and asking God to remove them, and on Step 12. Step 12, in my opinion, is where the real healing starts. Paraphrased, it says that we have had a spiritual awakening as a result of working the Steps and that we are committed to sharing this message with others. The Steps have become part of my life. They have helped me deal with all kinds of hurdles and to see those hurdles as opportunities and even blessings at times.

Doing the math, you can see that I have been a work in progress for 10+ years, but what I have learned is that there are many blessings every day that come and go, and that I have the choice to take notice and be grateful. As the years have gone by, I continue to grow my recovery tool kit. The path that we and our addicted loved ones walk requires commitment. Success comes from continuing the journey through working the program.

“I started a gratitude jar that I keep on my desk. It helps me look at life through a lens of gratitude for the small and large things that I was taking for granted.”



DEBI H.
GROUP 1847, SNELLVILLE, GA

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

The Habit of Gratitude

I am savoring a big, bright, glorious bowl of gratitude today. Gratitude for the peace and presence that steadily grows to fill my mind and disposition, after so many lost days of fear, anxiety and despair.

Gratitude for my loving husband who has stayed beside me—especially because my son is not his son—when addiction came into our lives like a tsunami.

Gratitude for my son, who has navigated his way out of homelessness and unemployment, with a new job today and a safe place to live. All of which he accomplished on his own, because he had to, and because he wants to live.

Gratitude for my health, now 18 years cancer free. I am grateful for each day that I awake feeling well, strong and free to live without fear of dying.

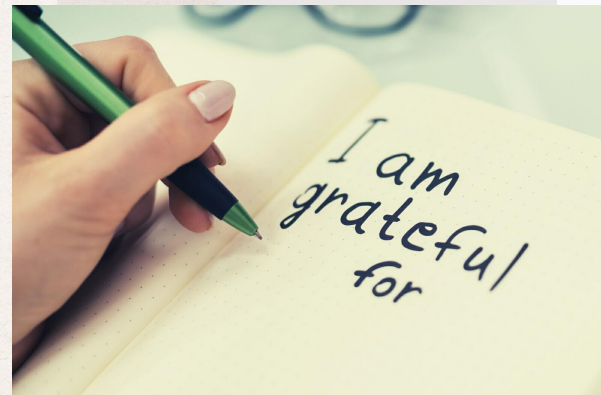
Gratitude for the simple eloquence of the Serenity Prayer, whose words have comforted me in the darkest of nights and pulled me back up when I have fallen off my path to recovery.

Gratitude for the unquantifiable power to affirm, support and care that is alive in this FA fellowship.

To the new members tormented, crushed and weary, to the practiced members reaching down from the 12th Step to extend a hand of compassion, "Follow me, there is a better way." I extend my heartfelt gratitude for making this a place of experience, hope and strength.

Serenity Seeker

(Republished from The Twelve Step Rag, Sep-Oct, 2013)



THE DAY I FOUND FA

JUDITH H SHARES HOW, IN REACHING OUT TO A STRANGER, SHE FOUND THE HELP THAT HAD BEEN THERE ALL ALONG



“

I can laugh about it now, remembering how I took my phone into the laundry room to pour my heart out to this stranger from the newspaper story, talking quietly so as to not stir any more tension

”

For many years I worked as publications secretary at a large church. One of my duties was to type out the weekly church calendar. Each Thursday there was an entry about a Families Anonymous group meeting in one of our rooms in the evening. I didn't know much about the group except the description we were given: "A support group for parents and others concerned about the use of alcohol and drugs in a child or other loved one." In my mind, I pictured teenagers, and my situation was certainly beyond that, my son being 25 to 35 years old during those years. Though his situation wasn't good, it wasn't as bad as it was going to get (although I had no way of knowing that then).

Fast forward 10 years. I had retired from that job, and my son's situation had become much worse. Chickens had come home to roost, so to speak. I was reading the newspaper one day and saw an interview with a local woman discussing her daughter's problems with mental illness and addiction (a dual diagnosis). She concluded the interview by saying that the Families Anonymous program had helped her deal with these problems more than anything else had. I noted her daughter was an adult like my son. Maybe I should give her a call and find out more about this support group. Things had deteriorated on the home front to the point where my husband and I couldn't discuss my son's situation without it turning into an argument. I can laugh about it now, remembering how I took my phone into the laundry room to pour my heart out to this stranger from the newspaper story, talking quietly so as to not stir any more tension.

And so I gathered my courage to attend my first FA meeting. Much to my surprise, the woman on the phone and I didn't hit it off too well initially. She was very blunt, and when I explained I had to send money to my son because he was starving and homeless, she said, "He's probably using the money for drugs." I hasten to say the rest of the group was very supportive, and I developed a good relationship with my original contact. She has since moved away, but I remember her fondly as the one who facilitated me finding FA. I had some questions after that first meeting and contacted someone on the FA website. It was there I noticed that the e-meeting was available. I'm so glad I checked it out because in those early days I needed support every day.

Though my son's situation hasn't appreciably improved, his problems no longer dominate my life and my emotions. I have my life back thanks to FA. And the irony is that help was there all along, right under my nose. A chance newspaper story and perhaps a nudge from the HP brought me to it.

JUDITH H.

(REPUBLISHED FROM THE TWELVE STEP RAG, MAY-JUNE, 2011)

THE DAY I FOUND FA - SHARE YOUR STORIES WITH US!

MEMBERS CAN LOOK BACK, WITH GRATITUDE, TO HOW THEY FOUND FA AND THEIR PATH TO RECOVERY. EMAIL YOUR SUBMISSIONS TO NEWSLETTER@FAMILIESANONYMOUS.ORG

SPOTLIGHT ON LITERATURE

TABW – Today A Better Way (Printed & eBook Versions)

FA's "RED BOOK" – TODAY A BETTER WAY (TABW) IN ENGLISH; HOY UN MEJOR CAMINO EN ESPAÑOL – IS THE SIGNATURE PUBLICATION OF FAMILIES ANONYMOUS. IT IS "THE ANCHOR" TO OUR MANY OTHER WONDERFUL AND HELPFUL FA PUBLICATIONS.

iTunes Review ★★★★★
Great book to pick up daily for inspiring thoughts. Gives families of drug-addicted children and family members guidance to make it through the day!

Amazon Review ★★★★★
I would recommend this book to anyone who is looking for some comfort in almost any capacity in their life. It's a great reference to turn to

Amazon Review ★★★★★
Inspirational read. I would recommend this book to anyone who needs some inspirational brain feed. After reading the daily short reads, they always make me see and feel differently in a positive way.

All the readings in this book, one for each day of the year, were written by FA members. Their heartfelt messages provide invaluable insights into the FA program, into the challenges they faced on their path of recovery, and into the higher levels of serenity they searched for and often found.

Some of us still enjoy holding a printed book in our hands.

Some of us prefer the convenience and portability of ebooks (especially in today's virtual-meeting environment).

Some of us opt for the advantages of both!

We invite you to choose any (or all) of the following formats, depending on your language and reading preferences.



In English (Today A Better Way):

- **the hardcover book** (#1015) @ \$13
- **the ebook** (#1015-EK for Kindle; #1015-EP for iPad, iPhone, iPod and Nook) @ \$9.99



En Español (Hoy un mejor camino):

- **il libro de tapa dura** (#1015S) @ \$15
- **il libro electrónico** (#1015S-EK para Kindle; #1015S-EP para iPad, iPhone, iPod o Nook) @ \$9.99

SPOTLIGHT ON LITERATURE - TABW

CONT'D

Amazon Review ★★★★★

Great 12 step material on my phone and tablet. It is great to have 12 step material on my phone and tablet to read anytime, anywhere. It helps me to get my mind focused on applying a spiritual way of living.

iTunes Review ★★★★★

This book kept my hope alive for my addicted child. It taught me acceptance and understanding. It brought me closer to the God of my understanding.

We're proud and thrilled to share with you some of the glowing reviews we've received from people who have purchased TABW. (While the reviews pertain to the electronic version of Today A Better Way, the contents of both formats are the same, and the Spanish translations are true to the original English.)

Amazon Review ★★★★★

Awesome book. Wonderful book. Gives you strength for each day. Such wonderful meaning each day you read it. I just love it.

Amazon Review ★★★★★

Good pairing for anyone needing guidance with a troubled relative. Companion book for Families Anonymous.

Amazon Review ★★★★★

'Never give up, don't ever give up.' That quote has recently been attributed to Jimmy Valvano, the NC State basketball coach who was stricken with and died from cancer. This book is a similar inspiration to anyone who has a family member or friend who has the disease of addiction. You cannot deal with this alone! FA and similar programs exist to help you...do not forsake your need for support and recovery. You already have the pain; this program and its readings will help you constructively deal with that pain. Not only will you be helped, you will have the privilege of helping others. Do not wait any longer, get started on a new journey TODAY!

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?

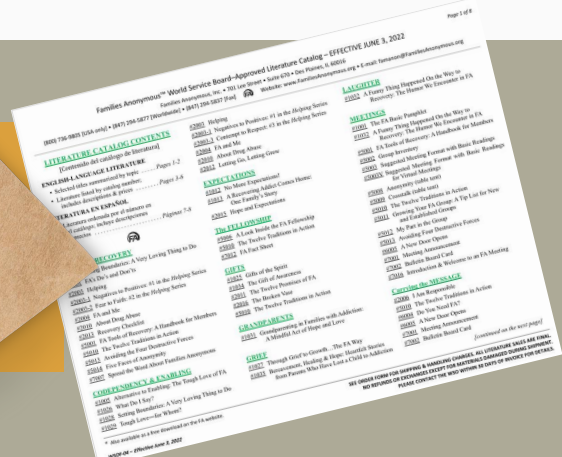
If so, then consider the gift of a Serenity Medallion (#3051-A) for all those special people in your life (one of whom, of course, is you!). What a thoughtful, meaningful way to celebrate special days, holidays, or just about any day!

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.

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!](#)



DONATIONS

COMMEMORATIVE DONATIONS

- In memory of Kay, a beloved member of Group 1676 (Salt Lake City, UT), on behalf of Group 1676
- In memory of Sue K., on behalf of Group 746
- In memory of Mark W., on behalf of Group 746
- In memory of Caleb S., on behalf of Group 2038
- In memory of Caleb S. The years were too few, but the love was great. We are sorry beyond words at the loss of your son and brother Caleb. On behalf of Bloomfield Zoom FA Family (Group 1187)
- In memory of Pat N., group founder of Group 1806, on behalf of Group 1806
- In memory of Brandon D., son of group member, on behalf of Group 1806



GROUP DONATIONS - June & July 2022

Over \$500

- GR0494 IL, Winnetka
- GR1651 E-Meeting
- GR1676 UT, Salt Lake City

\$101 to \$500

- GR0134 FL, So Miami
- GR0173 IL, Park Ridge
- GR0337 TN, Chattanooga
- GR0976 NJ, Colts Neck
- GR1096 VA, Richmond
- GR1345 NJ, Cherry Hill
- GR1348 IL, Peoria
- GR1522 IL, Chicago
- GR3001 IL, Chicagoland

Up to \$100

- GR0171 IL, Arlington Heights
- GR0252 NJ, Summit
- GR0279 NY, Amityville
- GR0288 OH, Pepper Pike
- GR0478 IL, Glenview
- GR0590 NY, Islip Terrace
- GR1191 CA, Culver City
- GR1614 NY, Elmira
- GR1615 MI, Birmingham
- GR1833 Canada, Winnipeg
- GR1996 FL, Fort Myers

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



HOW TO SUBMIT ARTICLES TO THE SERENITY MESSENGER

Original articles, poems, photographs or artwork can be emailed to the Serenity Messenger at newsletter@familiesanonymous.org.

Even if you don't think so, your story and experiences are unique and important and can help someone else in ways you can't imagine. Write down your thoughts in whatever way you can, and send them to us. Our editor will work with you to help you tell your story!

Below are some of the formats that we usually publish. You can also read older issues of the Serenity Messenger on our [website](#) to know what kinds of stories we publish.

Cover stories: Personal essays between 700 and 800 words. If you have a story idea in mind and want to work with our editor while you write it, feel free to send a few lines explaining what your essay will be about.

Articles: Shorter articles between 300 and 450 words. These can be on any subject of interest to FA members. Some of the themes we often include are –

- Reflections on the 12 Steps
- How you came to FA
- How FA has impacted your life
- Your relationship with your addicted loved one
- Reflections on self-awareness
- Gratitude



Think of something you may have shared at a meeting that you felt seemed particularly enlightening or interesting, and explain that in a few simple paragraphs. If you need ideas to awaken your creativity, open and browse through some past issues of our Newsletter under the archived section of that page.

Focus:Group: This section gives a different FA group in each issue the opportunity to tell the fellowship what's special about its approach to meetings and/or the 12 Steps. If you'd like to volunteer your group, or if you know of a group you think would like to write a Focus:Group article, please let us know.

We welcome your poems, too.

SUBMISSION SPECIFICATIONS

- Articles must be typed in Word.doc (preferably in the font Times New Roman, size 12 pt, single-line spacing) and attached to your email.
- Mention your group if you're comfortable.
- Scanned artwork and photographs (originals only!) must be attached to your email. They should be in .jpg or .png format and no greater than 5 mb in size.
- Include a line or two in your email explaining the context of your submission, and mention your group if you're comfortable.

We encourage you to think about answering this call TODAY!