

IT'S TIME FOR YOUR MEETING

We've learned that addiction is a family disease and that we need to work on our own recovery. That can be achieved in a number of ways. One is by attending Families Anonymous meetings. Our group continues to grow because we've learned to trust and count on each other by sharing our experiences. It has helped all of us find that elusive path to serenity again. Our meetings are held every Monday night (7:15-8:30 p.m.) and are accessible via Zoom (info below). **We also are in-person/hybrid on the first Monday of every month at Temple Beth Tikvah in Roswell, 9955 Coleman Road. (see below).** **(Next in-person/hybrid meeting: Feb. 6)**

ACCESSING OUR MEETING ONLINE

Zoom link to join our FA meeting:

<https://us04web.zoom.us/j/289035143?pwd=QWs1MjFEN0hpUEpvK0ZtRnRPbTZuQT09>

Meeting ID: 289 035 143

Passcode: 028809

Video and audio will come through.

- Please mute your audio unless you are sharing.
- Please do not turn off your camera unless absolutely necessary.
- Please be just as "present" during the meeting on Zoom as you would be if you were attending in person.

Our selection of weekly readings will be on the screen during the meeting. If you would like to have hard copies of the readings, you can print some via the free downloads page at FamiliesAnonymous.org/literature/free-downloads. You can also borrow a meeting folder with all of the readings in person.

MEDITATION: "STANDING IN THE WAY"

When I first came to Families Anonymous, I was told, "There is much we can do to avoid standing in the way of his recovery." How could I possibly be standing in the way of my husband's recovery? My constant hope had been that he might conquer his dependency on drugs. I wanted so much to help!

Our Family Week at the rehabilitation center taught me how I had been standing in his way: nagging or crying, clamming up and withholding affection, minimizing and rationalizing, focusing on him instead of myself, taking over his responsibilities and shielding him from consequences, putting up with abusive and unloving behavior. When I reclaimed my power to make constructive choices, I released him to make his own choices. I began learning to express feelings, to give calm and loving feedback about his behavior and its effects on me, to tell him what I needed and wanted, while respecting his choices in the matter. I allowed him to meet his responsibilities and experience normal consequences. These new behaviors helped me get out of his way. My husband's recovery is his business. My recovery is up to me.

TODAY I WILL stop focusing on my loved one and work on my own program, keeping the recovery road wide open to us both."

(From "Today A Better Way")

HYBRID MEETINGS HELD MONTHLY

We have returned to in-person meetings once per month, usually on the first Monday of every month, which traditionally is our Step meeting. **The in-person meeting is held at Temple Beth Tikvah, 9955 Coleman Road, Roswell.** The in-person meeting will be "hybrid," which means it also will be accessible virtually via Zoom. There are advantages to both on-line and in-person meetings. But for those who've never attended an in-person meeting, here a few reasons to go: 1) Personal actual human contact and the ability to chat before and after meetings; 2) We have tables set up with all of our Families Anonymous literature for you to peruse and take. All materials are free except for the "Today A Better Way" (aka the "Red Book) and the 12-Step Workbook.); 3) Snacks!

LEAD A MEETING

If you would like to lead a meeting, please respond to this email or sign up in the CHATROOM on the Zoom call, or in person.

Leading a meeting can be empowering and a tremendous aid to your recovery.

Remember: your "presentation" should not be long. Please keep it to 10 minutes. Keep it simple and relate it to your recovery. The leader's job is merely to start the conversation with any topic related to their own experiences and recovery, then open it up to others.

Stumped? Read a page from the "Red Book." Talk about an issue you're having. Say anything that's on your mind. The group will take it from there.

Thanks to those who've signed up to lead. If you would like to lead a meeting, you can sign up on person or respond to this email or phone or text Jeff (404-213-0604).

UPCOMING SCHEDULE

Date (topic)	Leader
Jan. 16 (core)	Mike
Jan. 23	Cindy
Jan. 30	_____
Feb. 6 (Step 2)	Jeanne

Step meeting: The leader's topic should be somewhat connected to the Step of the corresponding month. (Example: January, Step 1, Powerlessness.)

Core Subject meeting: The leader's topic should focus on their success or struggle with one of FA's central categories: Detachment/Letting Go; Boundaries/Tough Love; Fear/Relapse; Acceptance/Expectations; Enabling/Codependency; Lost/Rebuilding Trust.

The F.A. 12 Steps/corresponding months

1/JANUARY: *We admitted we were powerless over drugs and other people's lives-that our lives had become unmanageable.*

2/FEBRUARY: Came to believe that a Power greater than ourselves could restore us to sanity.

3/MARCH: Made a decision to turn our will and our lives over to the care of God, as we understood Him.

4/APRIL: Made a searching and fearless moral inventory of ourselves.

5/MAY:. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6/JUNE: Were entirely ready to have God remove all these defects of character.

7/JULY:. Humbly asked Him to remove our shortcomings.

8/AUGUST: Made a list of all persons we had harmed and became willing to make amends to them all.

9/SEPTEMBER: Made direct amends to such people whenever possible, except when to do so would injure them or others.

10/OCTOBER Continued to take personal inventory and when we were wrong promptly admitted it.

11/NOVEMBER:. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us, and the power to carry that out.

12/DECEMBER: Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

WORKING STEPS

Would you like to begin working Steps? If somebody would like to begin step work or would like someone to "sponsor" them, we encourage you to bring it up at a meeting or approach another FA member after the meeting. We're fortunate to have a wonderful and supportive community. Anybody can work steps, even if you're new in your recovery. If you want to learn more about Steps, just ask somebody at a meeting. If you need somebody's phone number, you should be able to get it at our meeting in the Zoom "Chat Room" or you can contact me.

GIVING BACK

Those not attending our meetings in person can support F.A. in other ways. One is going to FamiliesAnonymous.org/donate. The other is via a Zelle transfer. Zelle is built into several bank apps, or you can download the Zelle App and send a donation to donate@familiesanonymous.org. *Those wishing to make a donation directly to our group as opposed to the national organization may do so with a Venmo/Zelle transfer directly to Jeff or Marianne. Please contact them first.*

OUR GROUP'S PRIVATE FACEBOOK GROUP

We have a Facebook group that is completely private and open only to those in our Monday FA group. Many have found it helpful when seeking some quick advice between weekly meetings. It's also available for anybody who wishes to share a thought or an item with the group on any recovery-related topic. If you would like to join the group, please let us know.

SERENITY MESSENGER

Here's a [link to the latest Serenity Messenger](#), the official newsletter of FA.