

VOLUME LX | ISSUE II | MARCH - APRIL 2023

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

As the first few months of the year have gone by and the first financial quarter of the year has come to a close, this seems like just the right time to take stock of our personal situations. With most of the year still looming ahead of us, it's appropriate to look at how we have fared during these first few months: Have we kept our resolutions? Have we been diligent about our recovery? Are the changes we wanted to see in ourselves beginning to show, or have we already run out of steam?

The new way of thinking that we are taught by FA is one of self-evaluation. We unlearn our old destructive patterns, which had entwined us in desperate attempts to exert control over others. We let go of what comes naturally and easily, like obsessing over our addicted loved ones, like pointing our fingers at what is going wrong around us.

Instead, we choose recovery. We look inward. We subject our own selves to meticulous self-scrutiny.

Step Four instructs us to make a searching and fearless inventory of ourselves. We do so with the same earnestness that we previously invested in finding fault with our addicted loved ones. Such an inventory requires courage. It means we go further than being vague about ourselves. This can make us nervous and heartbroken, leaving us feeling vulnerable and exposed.



Contents

- 02 EDITOR'S NOTE
Elizabeth S.
- 04 WORD FROM THE BOARD
Bob S., Cindy C.
- 07 HOW I FOUND MY FA GROUP
JoAnne M.
- 09 UNDERSTANDING ADDICTION
Joe F.
- 10 THEN AND NOW
Bob S.
- 12 LITERATURE SPOTLIGHT
- 14 HAS FA HELPED YOU?
- 15 WHY YOU SHOULD WRITE FOR THE SERENITY MESSENGER
- 17 DONATIONS

EDITOR'S NOTE

(CONT'D)

And then we are to muster even more courage to become open about ourselves. Step Five asks us to admit to God, ourselves and another human being the exact nature of our wrongs. We've become so used to brushing things under the rug, it can be embarrassing to be specific about our mistakes. It means revisiting scary places. It might feel like we will be judged and rejected. But as we move in humility, we will feel freed from the burdens of perfection. Our program teaches us to accept our own humanness and gives us the courage to change what we can, which is ourselves.

**IN FELLOWSHIP,
ELIZABETH S.**



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

For our upcoming issue, the deadline to submit announcements is May 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!

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Serenity Messenger

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

newsletter@familiesanonymous.org

Editorial Team

*Elizabeth S., Bob S., Nicole G.,
Ann P., Chris Y., Marcia C.*

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It is every FA member's commitment to recovery that is at the core of Families Anonymous, write board members Cindy C. and Bob S.

Many of us join Families Anonymous thinking we'll learn how we can change our loved ones who suffer from substance use disorder. We hope and believe that, at last, someone will reveal "the secret" to how we can lead them to find recovery—but we quickly learn that finding recovery this way just isn't possible. It's right there in Step One: We're powerless over drugs and other people's lives.

We're told in FA that if we faithfully work the Steps and follow the program, we'll learn to live serene, productive lives regardless of what our loved ones' choices may be. We're also told that as we gradually stop engaging in our harmful, enabling and codependent behaviors, we'll no longer be obstacles to our loved ones finding recovery. There's no guarantee they'll get better, of course, or that they'll change at all, but at least we can get out of their way. They're on their recovery journey, and we're on ours.

But what exactly is FA, and how does it do all that? What's the secret sauce? Most of us hear about FA from a friend, recovery center or therapist, or perhaps from a member of the clergy, law enforcement, or some other social service. When we join the fellowship, we only know it's the name attached to this weekly group of people we can turn to for solace and support, where we can find a safe place to unpack our feelings and connect with others who understand. What is this reservoir of recovery resources that speaks to us about how to cope with the ravages of a loved one's addictive behaviors?



“What is this reservoir of recovery resources that speaks to us about how to cope with the ravages of a loved one's addictive behaviors?”

FA is all about the weekly meetings, where members of the fellowship gather to share how they're applying the Steps and other FA teachings in their lives. Throughout the US, hundreds of FA groups meet weekly (in-person and virtually). FA groups also gather in more than 14 countries abroad, including Greece, Italy, Portugal, Spain, Russia and the UK.

FA is an anonymous fellowship, with no roster listing everyone's name, so it's impossible to know the exact number of FA members worldwide. But given the volume of meetings held each week, membership is well into the thousands.

Despite its broad geographic reach, the "recipe" for FA's organization is simple, and the ingredients used to bring about family recovery are notably modest. Families Anonymous, Inc. is a 501(c)(3) not-for-profit corporation, with all its activities coordinated from the World Service Office (WSO) located in Des Plaines, Illinois. Contrary to its grand-sounding title, the WSO is just under a thousand square feet in size, and two part-time workers are the chefs who keep the kitchen running.

WORD FROM THE BOARD

(CONT'D)



The WSO shares its office space with the Chicagoland Intergrroup, a related but separate entity that coordinates the activities of its constituent FA groups in the Chicago area. Supporting the WSO staff are a Chicagoland volunteer and several outside vendors who host and maintain our website and email system.

That's the entire WSO organizational chart and physical facilities in a nutshell: two part-time employees, working out of a small shared office in Illinois, with a dash of assistance with technology.

Serving the fellowship by addressing necessary administrative activities, the World Service Board (WSB) is another ingredient in the FA recipe. **The WSB functions like seasoning, with volunteer board members working behind the scenes to enhance the fellowship's impact.** The WSB does not govern; it is not the main ingredient. It serves a supporting role by evaluating options and choosing those that best enhance the well-being of the fellowship.

In conjunction with the WSB itself, there are various WSB committees that, like a team of chefs, are constantly working up new recipes, and tweaking old ones, to be included in the FA cookbook. These committees, and the broad array of subject matters they cover, will be discussed in detail in other Serenity Messenger articles later this year. The important fact, for this article, is that these committees keep the fellowship alive and thriving solely through the volunteer efforts of WSB and FA members.

So, if the weekly FA meetings are the heart of the program, if the humble WSO and its small staff are integral ingredients, and if the WSB and its committees add value and content, what then is the missing component? What's the secret sauce of Families Anonymous? It's you! When you attend meetings, participate in discussions, work the Steps, volunteer to serve on committees, and take advantage of FA's recovery resources (literature, workshops, conventions, etc.), you can be the key ingredient that helps recovery happen—for your family as well as yourself. Together we learn to live with serenity, in spite of unsolved issues, and we build a community of support and encouragement. We do this *together*.



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WORD FROM THE BOARD

(CONT'D)

Think back to those initial days. How did you feel the first time you suspected that someone you care about had a problem with drugs or alcohol? Shocked, fearful, angry, disbelieving? Did you share your concern with friends and neighbors? Did your family have the answers you sought? Many of us were too embarrassed or ashamed to acknowledge this dark, disheartening discovery. Denial and dread competed for our thoughts.

But then we found FA. Someone shared their story with us, or maybe a professional recommended we attend the meetings. In time, we learned that detachment done well could replace resentment and restore relationships; enabling could be exchanged for empathy and empowerment. We could find the courage to change ourselves, we could improve our situation, and we didn't have to do it alone. No one else should have to struggle in isolation either. **This is where you, the secret sauce, make all the difference.**

Families Anonymous has offered help and hope for more than 50 years, but its existence is not guaranteed without growth. FA needs you; and you, in turn, nurture and strengthen your own recovery when you share FA with others or when you build awareness of the FA program among recovery-industry professionals. Families Anonymous is important and impactful, but it's not invincible. **Your participation in spreading the word and supporting the fellowship is vital.**

Our Traditions call for preserving the anonymity of those we see at FA meetings as well as those in other Twelve Step programs. But our experience with FA



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— ” —

does not have to be a secret. In fact, it's the opposite: **Your personal story can have a real and meaningful impact.** It is our vulnerability that reaches the hearts of desperate parents and opens the door of recovery for them. Someone else's spouse, sibling, friend or grandparent needs to know that Families Anonymous is here. There is no shortage of hurting people in need of help, and **you are holding the secret sauce.** Share it today!

BOB S. AND CINDY C.



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 the Group Outreach Committee at GO@familiesanonymous.org.

Have a great meeting!

HOW I FOUND MY FA GROUP

FA member Linda discovered the program within days of finding out about her daughter's meth addiction. She shares about her journey so far.



“What would have been a fun birthday celebration took a totally unexpected turn when, as we sat together at the kitchen table, she told me, “Congratulations! Your daughter is a meth addict.””

My daughter turned 19 on October 3rd, just six months ago. I had made her a red-velvet layer cake with ice cream filling (because I had asked, “What kind of cake would you like?”). What would have been a fun birthday celebration took a totally unexpected turn when, as we sat together at the kitchen table, she told me, “Congratulations! Your daughter is a meth addict.”

Meth addicts aren't hungry, and the cake sat in the freezer until it was thrown away.

I knew I needed help. I was panicking inside.

I thought there might be some kind of group in my town, so I started searching online. After reading about various groups, I narrowed my decision to FA.

The FA contact chart that I found listed many FA meetings all over the world. (Even as far away as Moscow, Athens, and Tokyo.) Getting closer to home, I saw a group in a city nearby. I chose this group—now happily “my group”—because it worked best with my schedule at the time.

I'm humbled by and thankful for the experiences shared by group members during our meetings. Where else could I ever find the help that these loving friends offer here—help that is freely available, pretty much round the clock?

So far, I see my FA experience as running hurdles. The “race” is my journey with my addicted loved one, and the “hurdles” are the challenges—predictable as well as unpredictable—that keep popping up in front of me.

I'm one of a number of newcomers in our group who have just begun the race, a race we didn't volunteer for. Scared and uncertain, we rely heavily on our FA group for encouragement, guidance and support to learn how to change ourselves and find serenity in our lives.

There are some in our group who have been attending FA and working the program—running the hurdles—for years. Even as the people who brought them to this program may be continuing to struggle, they have persevered in their own journey of personal growth, improving their lives with the help of their Higher Power and gaining renewed strength from the encouragement of others in the group.

Through them I have learned that my daughter's personal outcome is not only uncertain, it's entirely beyond my control. I can take back my life, and foster my own personal growth, by releasing her to the care of her Higher Power and by following the examples, and heeding the lessons, of these FA mentors.

HOW I FOUND MY FA GROUP

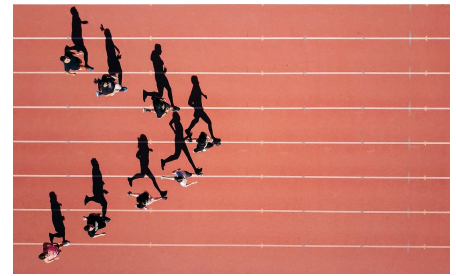
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I'm inspired as I see them, week after week, continuing to grow and improving their lives, even as their loved ones, just like mine, are still suffering from substance use disorder.

I'm amazed that some of our members have been with this group for two decades. Like me, they started out depending on others for support, clarity and guidance. Some of their addicted loved ones have found recovery, while others have not. Yet they keep coming back, year after year, to continue their journey of personal growth.

I'm tempted to think that these longtime members have crossed the finish line, that they've finished the race. But that's not true at all. Their journey of self-improvement continues, and, consistent with the 12th Step, they haven't left the track meet. They've stayed to cheer on the rest of us. What a relief to see there are those who, at least for today, have found peace and serenity through working the program.

As a newcomer, I look toward their faces as I run, and I strain to hear their voices cheering and encouraging me to go on. I've been in this so-called "hurdle race" for only a few months now, and there's one thing I already know: We're in this together. We are not in it alone.



I'm tempted to think that these longtime members have crossed the finish line, that they've finished the race. But that's not true at all. They haven't left the track meet. They've stayed to cheer on the rest of us.



“I'm basically a scaredy-cat, but my need for help was greater than my fear, and I called the number.”



JOANNE M, GROUP #134
MCKINNEY, TX

Since joining this group, I've contacted several members between meetings to visit about this or that and to ask questions. Everyone I have called has had time to speak with me.

I had decided that when making that first phone call to FA, I wanted to be sitting beside my mom. Even though she hadn't been able to respond to us in a long time, I still drew comfort from her presence. Only God knows if she had any understanding of the conversation I was about to have with a stranger.

I'm basically a scaredy-cat, but my need for help was greater than my fear, and I called the number. The man listened closely, and he calmly gave me hope that this group in particular could help me, and that he thought I should give it a few weeks to see for myself. He put me in touch with another member of the group, and that's how I got here. That was four months ago, and I am so thankful for everyone I've met in FA. The December 31 reading in Today A Better Way (TABW) tells us that we cannot recover alone. I can say that I wasn't "alone" in this situation for very long. I thank God that I found y'all within a few days of receiving the news that my daughter was on meth.

UNDERSTANDING ADDICTION

FA member Joe F. reflects on how addiction can disrupt families and how FA put him on the path of recovery

It is my belief that my life's journey encompasses a timeline of experiences, situations and opportunities meant to help enlighten me to life's truth, my truth.

Because addiction is a family disease, like a finely woven tapestry, our family's experiences, situations and opportunities have been entwined in a parallel journey with that of our addicted loved one. Any negative consequences that our loved one experiences, so do we. Chaos, mistrust and insanity reign supreme. Friends and family are affected by the negative fallout which, like shrapnel, peppers everyone within its proximity, creating behavioral collateral damage. I know that for me, there have been times I've responded to certain situations with irrational, chaotic behavior, bordering on violence.

Our family balance was completely off kilter. Finances were tested; personal relationships were tested; life and everything it encompasses were tested. We were making fear-driven decisions with no true understanding of what we were up against or the enormity of the situation. These experiences of desperation and negative consequences led to financial, mental and emotional distress, ultimately leading to our seeking much-needed professional help.

Our family balance was completely off kilter. Finances were tested; personal relationships were tested; life and everything it encompasses were tested.



Over time, we met with counselors; we attended FA meetings; we worked the Steps. We researched our ancestral family and learned that addiction has been a prevalent part of our history on both sides of the family tree. Addiction was not new, just misunderstood or blindly met with denial.

With the help of the FA family and my Higher Power, I came to a better awareness and understanding of addiction.

The disease of addiction is like an obsessed and jealous lover who will stop at nothing until it has taken control of a person's heart, mind and soul. Ultimately, it wants the person to give up and surrender until there is nothing left but life itself—and it wants that life most of all. The disease of addiction is pure evil; it will drain away anything that has meaning; it will cause financial ruin, eat away at the body, and hijack the brain. It will wreak havoc and chaos on all family and friends to instill discontent, isolation and shame. But most of all, it wants to break the addicted person's spiritual bond with his or her soul, for therein resides the Higher Power. It's through that Higher Power that the journey to recovery can begin.

JOE F., GROUP #1598
EAST COBB

THEN AND NOW

FA member Bob encourages us to live one day at a time, letting go of our preoccupations with the past or the future

One of FA's bedrock lessons is that dwelling on either the past or the future is a waste of our precious time and emotional energy. We only have today. And as the familiar reading says, Living today is the only way to have a life.

You may have heard it expressed in other ways, too:

Yesterday is history and tomorrow is a mystery. Today is the present. Enjoy the gift.

If you have one foot in the past and one foot in the future, you can't walk in the present.

The concept is ancient. Even Buddha advised, "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

All these sayings recognize two dimensions of time—"now" and "then"—with "then" working in two directions, past and future:

"We were so happy back then, when things were different."

"Someday things will change and get better. Just wait until then."

Whether backward- or forward-looking, "then" is solely in our minds. It's pure fantasy.

As a figment of the imagination, "then" is also limitless, taking any form our emotions and fears can cobble together.

We can weave "then" into a fog of regret filled with replays of past missteps, real or otherwise. Or we can look forward, projecting a nightmare future in



“Whether backward- or forward-looking, “then” is solely in our minds. It’s pure fantasy.”

which everything we fear will become reality. If we try to live in either or both imaginary places, “then” gains the terrifying power to devour us and every second of our “now.”

On the other hand, “now” has neither future nor past. Because “now” has no imaginary component, we can only enjoy it by engaging with it and consciously savoring its uniqueness. And through that contemplation we may come to realize that the beauty and uniqueness of this moment exactly reflects our own personal singularity.

It's clichéd, but true: If we allow ourselves to fully experience “now,” we can become one with the moment. We can simply exist.

That sense of being fully alive in the moment is profoundly comforting, if we can achieve it. It's not always possible, because we lose ourselves in the mundane business of living: paying bills, walking

“As with the Twelve Steps and the sharing at our FA meetings, the GPS or online map function will tell you, turn by turn, how to get where you want to go.”

the dog, cleaning the house, cooking our meals. But even those tasks can be meaningful, provided we do them honestly, consciously, and with the intention to be our best. We can never lose sight of the fact that every moment of life is precious and worth living.

That state of being fully present is worth seeking every day, because a single moment of pure “now” can be far more powerful than any fears of the future or regrets over the past generated by our dwelling on useless thoughts about “then.”

My goal every day is to be in the “now” as much as possible, and to keep thoughts of “then”—whether future or past—from dragging me down. It really is the only way to have a life.

BOB S, BRADENTON, FL, GROUP #2056

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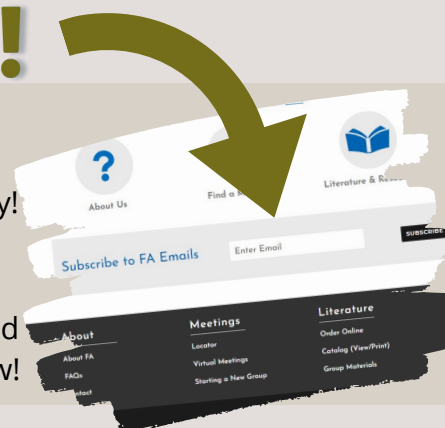
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SIGN UP TODAY!

If you don't want to miss an issue of the SERENITY MESSENGER and other FA announcements, subscribe to FA Emails today!

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!





OUR SON IS IN RECOVERY AND COMING HOME: ONE FAMILY'S STORY (#1013) (formerly **A Recovering Addict Comes Home: One Family's Story**)

As I was reading the updated version of *Our Son Is in Recovery and Coming Home: One Family's Story*, tears welled up in my eyes several times. The story it tells is moving and powerful—not only (at least for me) because of the son's recovery, though that, in and of itself, provides hope. It is because of the parents' growth, change, and ability to use what they have learned in FA to keep moving forward.

"Now, however, with the help of our own program, we were past the enabling and other negative actions that had been part of our lives. By practicing our Twelve Step program, we had survived everything without being destroyed ourselves."

In the months after their son returns home, the parents find themselves experiencing fears and anxieties from the past. But returning to the Steps to bolster what they have learned keeps them from slipping in their own recovery.

"Our own program had taught us to not send messages implying that we thought he couldn't make it on his own. We decided it was time for us to go back and read our first four Steps again in order to reinforce what we had learned about not protecting, not controlling and not anticipating."

No matter where your loved one (child, spouse, parent, sibling, friend...) is in his or her recovery, this pamphlet will speak to you, because it describes first-hand how the FA program can set us free. This revision uses currently accepted terminology as well as wording that is clearer and flows more smoothly.

***Our Son Is in Recovery and Coming Home:
One Family's Story (#1013)***

Yours for the low-low price of just \$.80 per copy

So much wisdom and encouragement in a small package!

Consider buying extra copies to pass along to doctors' offices, rehab centers, places of worship, and other institutions willing to display and make them available to people in need. This is an easy and ideal way of touching people's hearts, introducing FA to your community, and letting your neighbors know that FA exists.



You will be doing your part to spread the word about FA and bring new members to the fellowship, all while bringing hope to others and enhancing your own personal journey.



LITERATURE SPOTLIGHT



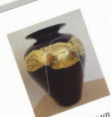
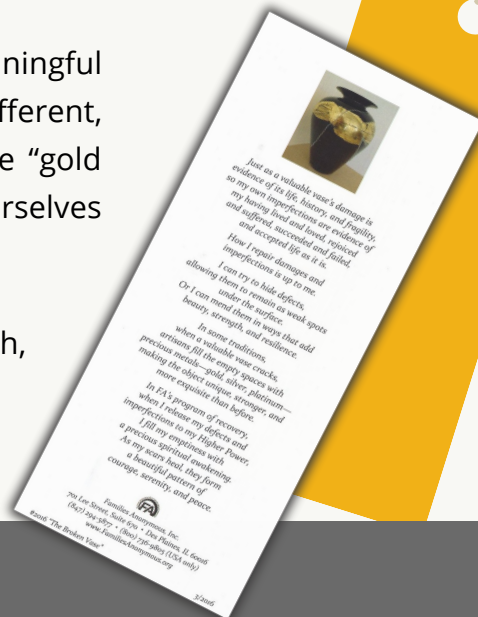
THE BROKEN VASE (#2016/2016S)

In FA, we speak about “progress, not perfection.” Indeed, we all have faults. How (and whether) we choose to repair them and move forward in our lives is up to us.

FA has a beautifully designed piece of literature that provides a unique perspective for looking at our imperfections and for lovingly repairing them in ways that add strength, resilience and serenity to our lives. It is a bookmark titled **The Broken Vase**.

Its message, though short, offers a poetic and meaningful description of how to see ourselves, and our lives, in a different, more positive way. The wisdom we find in FA provides the “gold and silver” with which to mend our broken bits and make ourselves stronger and better than ever.

As a bonus, one side of this bookmark has the text in English, the other side en Español. It makes a lovely and thoughtful gift for yourself and others in your life.



Así como el dardo en un jarro
es evidencia de su vida, historia y fragilidad,
mis imperfecciones son también evidencia
de que he vivido, amado, gozado y sufrido,
he fracasado y he sido exitoso,
y he aceptado la vida tal y como es.
La forma como reparo mis daños e
imperfecciones sólo depende de mí.
Puedo trazar de ocultar mis defectos,
permitiendo que se vuelvan puntos
debajo de la superficie.
O puedo repararlos en maneras que
serán bellas, fortalezas y resiliencia.
En algunas tradiciones,
cuando un jarro valioso sufre un daño,
los artesanos hacen sus grietas con
metales preciosos—oro, plata, platino—
haciéndolo único, más fuerte
y más precioso que antes.
En el programa de recuperación de FA,
cuando entrego mis imperfecciones
y defectos a mi Poder Superior,
puedo despertar espiritualmente
a una vida que me trae paz y serenidad.
A medida que me convierto en un
sereno, sereno y en paz.

Order this laminated bookmark today!

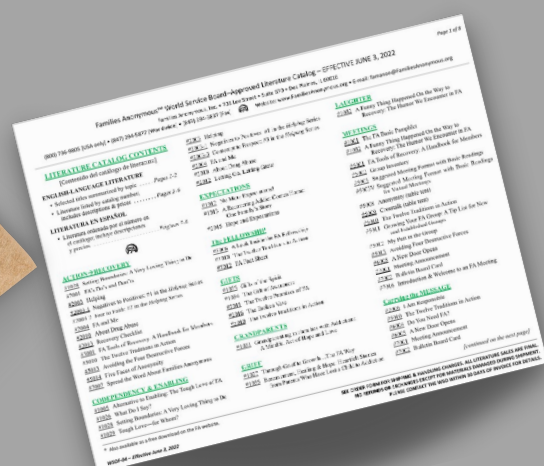
#2016 / 2016S

The Broken Vase / El jarrón dañado

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HAS FA HELPED YOU?

Please consider stepping up to give back to the fellowship. A few ideas are listed below, but if you think of something else that speaks to you or features a skill or talent you possess, we're open to all ideas for paying it forward and making an impact on the future of Families Anonymous.

Raise Awareness - Share Your Story

- Share FA at rehab family sessions or therapy groups
- Invite people to your local meeting
- Refer people to the FA website for resources like meeting dates/times, recovery literature and workshop recording
- Let counselors know how FA helps you
- Inform professionals who could refer people to FA



Writer - Graphic Designer - Content Creator

- Help the Literature Committee with one-time or longer projects
- Submit an article for the Serenity Messenger newsletter
- Prepare social media posts
- Participate in a new video project underway - editing, pre- or post-production work, interviews, etc.
- Host an online workshop session

Experience and Wisdom to Offer

- Mentor new group leaders
- Host or co-host a convention or take on a smaller role
- Join the WSB team - spots are available - share your ideas and contribute to the future of FA
- Participate on a working sub-committee - examples include Public Information, Group Outreach, Educational Workshops, Literature Access Initiative (electronic)



Financial Support

- Donations are always gratefully appreciated and needed
- Recurring donations are available at familiesanonymous.org/donate
- Partner with FA to fund a matching campaign
- Estate donations have provided vital support to the fellowship. Please consider FA in your financial planning.

Ready to give back?

Have questions or need more information?
Please email wsb_chair@familiesanonymous.org

Wish to donate? [CLICK HERE:](#)



WHY YOU SHOULD WRITE FOR THE SERENITY MESSENGER

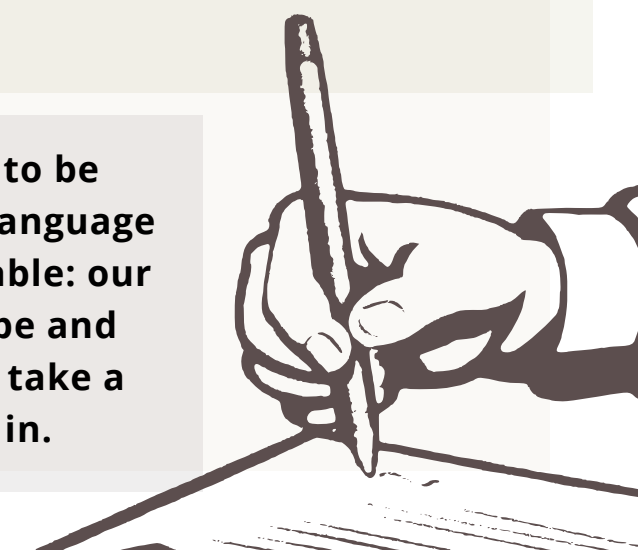
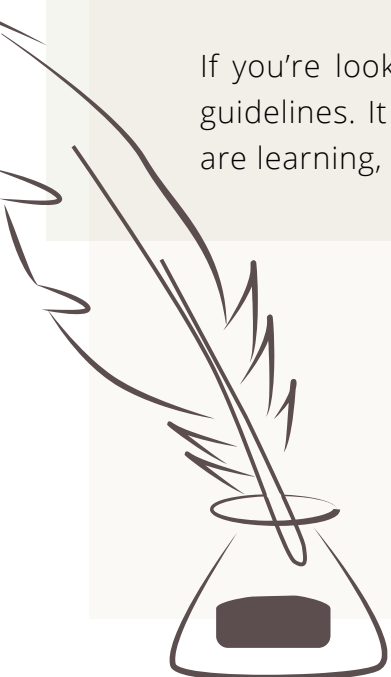


Many of you may have experienced the relief and healing that comes with sharing your stories. Sometimes it's just talking to friends; at other times, when you sit down and write something in a journal, you feel as if a load has been taken off you. The thoughts you did not know you could articulate make their way on their own. All you need to do is just sit down and write.

Sharing our stories is an integral part of being in the fellowship. We do it each week when we have our meetings. Our newsletter is an extension of this sense of community. It provides a platform for being heard in a safe space. When we share our stories and learnings with one another through the newsletter, we are encouraging other people in ways we might not have thought possible. Our stories impart valuable insights and words of wisdom that others can learn from for years to come.

In recent years, as the submissions to the newsletter have dipped, we have republished some very old stories from the archives. Our readers are finding that these stories, regardless of when they were written, still resonate deeply within the fellowship.

If you're looking for what to write about and how, we have some pointers in our guidelines. It could be what brought you to the fellowship, what you have learnt or are learning, your thoughts on stepwork, etc.



Your story doesn't have to be perfect. Nobody's is. Your language doesn't have to be impeccable: our editors will help you shape and fine-tune your ideas. Just take a deep breath and dive in.

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!

DONATIONS

COMMEMORATIVE DONATIONS

- In memory of Michael L, on behalf of Group 337 (Chattanooga, TN)
- In memory of Max L., on behalf of Group 1301 (Syracuse, NY)



GROUP DONATIONS: December 2022 - February 2023

Over \$500

- GR0494 IL, Winnetka
- GR1152 NJ, Englewood
- GR1735 NJ, Ramsey/Mahwah

\$101 to \$500

- GR0134 FL, So Miami
- GR0173 IL, Park Ridge
- GR0177 IL, Gurnee
- GR0278 NY, Amityville
- GR0337 TN, Chattanooga
- GR0641 CA, Redlands
- GR0976 NJ, Colts Neck
- GR1301 NY, Syracuse
- GR1318 FL, Boca Raton
- GR1522 IL, Chicago
- GR1561 VA, Charlottesville
- GR1802 MI, Livonia
- GR1906 GA, Roswell
- GR2056 FL, Bradenton
- GR3001 IL, Chicagoland
- GR5003 Portugal NSB

Up to \$100

- GR0171 IL, Arlington Heights
- GR0279 NY, Amityville
- GR0288 OH, Pepper Pike
- GR0478 IL, Glenview
- GR0554 NJ, Rockaway
- GR0590 NY, Sayville
- GR0746 IN, Evansville
- GR0831 IL, Skokie
- GR0853 IL, Palos Heights
- GR1096 VA, Richmond
- GR1187 CT, Bloomfield
- GR1191 CA, Culver City
- GR1345 NJ, Cherry Hill
- GR1382 IL, Schaumburg
- GR1416 NY, Baldwinsville
- GR1639 GA, Atlanta

Up to \$100

- GR1773 WI, Madison
- GR1833 Canada, Winnipeg
- GR1949 VT, Morrisville
- GR1958 SC, Columbia
- GR2030 NC, Shallotte
- GR2136 CO, Fort Collins

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

