

VOLUME LX | ISSUE VI | NOV. - DEC. 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

So this is Christmas
And what have you done?
Another year over
And a new one just begun.




That's the opening of a John Lennon song that we hear every holiday season. I think I may have even written about it before in this newsletter, because it always gives me pause: the holidays really do feel like a natural time to take stock of our goals and relationships; of our lives in general. A time to look back at the year gone by and ask what we've accomplished—where we've done well, and where we may have fallen short.

But isn't that a daily part of our FA program? The lyrics could just as easily be



So this is Wednesday
And what have you done?
Another day over
And a new one just begun.



Why wait a whole year to practice the mindful self-examination that the 12 Steps call on us to engage in every single day?

Granted, the process is often uncomfortable, sometimes even painful. How could it be otherwise? We're confronting deeply personal foibles, flaws and fears that we've built up over the years to help us cope with the messy emotional business of living. And because they're so familiar to us, these traits feel comfortable. We blindly accept them because they've faded into the wallpaper of everyday life.

But if we do the work called for in Step 4, closely examining both the good and the bad in ourselves with a critical eye, we discover it's some of those

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very traits that are preventing us from being the best versions of ourselves. And if we follow Step 10 and continue to take personal inventory, we work to keep the bad traits at bay, and maximize the good in ourselves, on an ongoing basis.

Perhaps most importantly, by practicing the 12 Steps, we can learn to accept and grow from the mistakes we'll inevitably continue making as we move forward in life. We can learn to forgive ourselves.

And once we've forgiven ourselves, we can extend that forgiveness to others, including loved ones continuing to suffer from unresolved harmful attachments to drugs or alcohol, and relatives and friends who may have offered well-meaning but unhelpful or downright hurtful advice based on a fundamental misunderstanding of this disease.

It's the season of forgiveness, after all. Again. But let's go beyond that. Thanks to the FA program and the 12 Steps, we can treasure every day of the year as a unique opportunity to start again, and to be better to ourselves and to others.

So this is Wednesday ... and what have you done?

**SINCERELY,
BOB S.**



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

For our upcoming issue, the deadline
to submit announcements is
January 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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THERE ARE NO PERFECT HOLIDAYS

FA Members Share How They Learned to Accept the Holiday Season Their Way

Many of us long for the holiday gatherings of the past, especially once our addicted loved one has entered recovery. The following are some shares by members of the e-meeting on wanting normal back:

The holidays are days marked on a calendar. I have memories of people filling our house; sadly, most of them are gone now. Too many miles separate the rest of us, and no one seems inclined to make long trips (understood). Then there are the toxic, dysfunctional members of the family. If you don't have any of those, you are so lucky!

For years, I hosted a family open house for many great and fun people who loved coming. Then I said, Who's next to host?

End of story. No one.

Today we concentrate on our small group. This works for me. My son is OK, but even if he weren't, I wouldn't care. He can get "irritable"; not my problem. My daughter, who misses larger family gatherings, might invite a friend or distant cousin who has no other place to go.

Whatever it is, I no longer concern myself; it is too exhausting and serves no purpose. Grandkids bring the smiles and hugs now. This is their time for memory making. Their holiday.

I allow myself some tears, missing family, and in my mind I see them all at the table and bustling in the kitchen. As long as we remember them, they are here. My simple thought: Simply enjoy what is.

—Cookie



I have three sons, the son who struggles with addiction, the son who blames his brother for "not getting off his butt and making something of his life," and the son who tries, awkwardly, to connect with both brothers. I have dreaded the holidays since our family's plummet into addiction. My addicted son has been in my home for all of the holidays (except the year he was in rehab), but he remains isolated, withdrawn, and often (in retrospect) high. But despite this behavior, he always says he wants to come, despite the many outs I offer him.

THERE ARE NO PERFECT HOLIDAYS

(CONT'D)

Last year he was newly homeless during the holidays, and in addition to our family, we had guests who did not know his status. That was sort of surreal.

This year's plan for my serenity:

1. Lots of self-talks about letting go of the Norman Rockwell holiday I torture myself into believing that every household is having except me.
2. Focus on my gratitude list, which is quite long.
3. Let love be my strongest emotion.
4. Accept that my sons are doing the best they can. And so am I.

—Susan H



I used to wish for the “normal” holidays but learned quickly that Norman Rockwell holidays are just not possible when addiction is in the picture. Don't set expectations for the day, especially if they're about something you can't control. The holidays are stressful enough as it is!

—Frances/SC

On the subject of insisting that family members gather together for a holiday: Our family members who are in recovery, especially early recovery, must be comfortable within themselves. This is what is meant by these words that tell of the necessity of change: If nothing changes, nothing changes.

It is very important that those in recovery change the people, places, and things that are possible triggers. Forcing people together who are not ready to be together could cause resentments against certain family members. Resentments are the number one offender, according to a classic recovery book. It is easy for people struggling with addictions to feel less-than. They have self-esteem issues, poor coping skills, and are very conscious of their failings.

How important is one day in the grand scheme of things? This is not Kansas anymore, Toto. Addiction changes everything, and so does recovery. They are supposed to.

—Joan



REPUBLICATED FROM THE 12 STEP RAG ARCHIVE

SUSIE SERENITY

We don't get a break from working our Steps during the holiday season, writes Susie

Holidays always present extra stress: emotional stress as well as the pressure of additional activities that are part of holiday celebrations. During the past month I've felt my serenity being threatened—not in a catastrophic way, but in a way that gives me an uneasy feeling.

Even though I've been attending many meetings, I've had a sense that I wasn't using my 12-Step program quite as effectively as I'd like to use it.

Several months ago we bought a new refrigerator. The salesman said he'd recommend a maintenance contract, an agreement that whatever happened to the refrigerator, it would be taken care of.

"I need to take my daily inventory regularly in order to prevent the buildup of resentment, anger, guilt and self-pity."



He said several things that made sense to me. In addition to probably saving us money, we'd have peace of mind. We did opt for the maintenance package. For us, peace of mind and serenity are important parts of our lives.

Now, in examining my shaky serenity, the refrigerator incident has come to mind. Maintenance plays an important role in many situations—for my emotional serenity as well as for refrigerator repair, among other things. Steps Ten and Eleven of my FA program are primarily maintenance Steps. I need to take my daily inventory regularly in order to prevent the buildup of resentment, anger, guilt and self-pity.

These two Steps are vital to my serenity. If I immediately recognize when I am wrong, I can admit it and make amends as necessary. They also provide a time to look for positive actions and reactions; to appreciate myself and others as we are, instead of having unrealistic expectations; and to be thankful for my changing attitudes. And they give me time to evaluate where I am in my program and to honestly recognize the defects of the moment.

One day at a time" is really a maintenance program. It gives me a way of living and coping with the present on a day-to-day basis, without dwelling on the past or projecting the future. Daily prayer and meditation keep me aware of my Higher Power and permit me to continually know that He will guide me and that I can let go and turn things over to Him. It is during that time, set aside for prayer and meditation

"If I immediately recognize when I am wrong, I can admit it and make amends as necessary."

that my spirituality is nourished and can therefore continue to grow and thrive. Quiet introspective prayer and meditation provide a special time to achieve and enjoy my serenity. Without distractions, I can feel and appreciate the calmness and peacefulness resulting from my 12-Step FA program.

I am still going to many meetings. They are important. And since I have put more emphasis on maintenance, I'm feeling more secure in my program and more serene in my life—a good feeling!

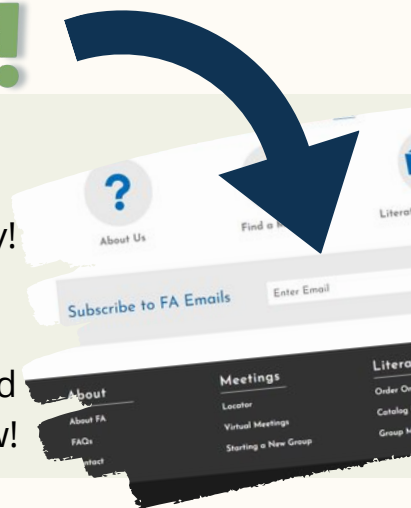
SUSIE
REPUBLISHED FROM THE 12 STEP RAG, VOL. XIV
NOVEMBER /DECEMBER, 1988



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



PATIENCE

A Father Ponders About What Kind of Patience It Really Takes to Let Go

I set my alarm and got into bed. I was taking my son to rehab in the morning and I had to get some rest. As I lay in bed I could hear the clock ticking. Each second seemed like a minute. Each minute seemed like an hour. I had waited a long time for this day. I'd been patient, more than patient.

Not patient like when you're waiting at a railroad crossing, where you know you could turn around and go another way if you wanted to. Not patient like when the person ahead of you at the toll booth is paying with coins and drops them all over the ground. You know you could probably pull over to the next lane, but you wait, patiently. After all, patience is a virtue.



Patently waiting for my son to recover from his heroin addiction is like patently waiting for the fire department to arrive when your house is burning down.

I think it's easier to be patient when you have a choice. Patently waiting for my son to recover from his heroin addiction is like patently waiting for the fire department to arrive when your house is burning down.

But for now, I just need some sleep. I need to get up early and shower and get dressed, not in a suit or anything, but I want to look clean and neat so that when they look at me, they'll think I'm a good father. And I need to know what I'm going to say if they ask me questions like "When did his using start?" or "Why didn't you stop him?"

But then I think, what if my son changes his mind and doesn't want to go? What if he goes and the treatment doesn't work? What if he recovers but then relapses?

Why am I letting my mind go there? Why am I still awake?

What should we talk about in the car tomorrow on the way to treatment? Should I use that time for one more lecture? Do I remind him of the pain he's caused? I don't want to say anything that will make him change his mind. I don't want to argue.

My mind is racing, that's why I can't sleep. It's my own fault. Everything's my fault. I just need to relax. I just need to be patient.

But patience is what got me into this mess. When I found out my son was smoking weed, I didn't overreact. I thought it was a phase, a phase that would pass if I was patient. But that was a mistake. I've made so many mistakes. His using got worse, and now here we are. His addiction counselor told me that each time he uses heroin could be his last. So how can I be patient?



**So many times, I've had
sleepless nights while he slept
soundly. I was worried about
him. Was he worried about me?**

I wonder if my son is asleep. So many times, I've had sleepless nights while he slept soundly. I was worried about him. Was he worried about me?

I have to remind myself that it's his disease, not him. I have to let it go. I have to be patient. Patience is a virtue.

I read that somewhere, but what's a virtue anyway? If it's not a cure for my son's addiction, then what good is it?

And then there's the ticking of the clock, ticking and ticking and ticking. But I don't have a clock in my room, at least not one that ticks out loud, so what am I hearing? Is it my heart pounding? Is it the next bomb waiting to explode?

And so I pray for strength, for courage, for wisdom, for sleep, and I even pray for patience. Not the patience that keeps you buying a lottery ticket every week even though you never win, but the kind of patience that comes from acceptance and faith and surrender, the kind of patience that reminds us that sometimes we're the captain and sometimes we're the ship.

And finally the sandman takes the wheel, and as everything begins to fade to black, I hear a sound in the distance—music, I think. I head toward it. I reach out my hand, I turn off the alarm, and I sit up in bed.

Finally, the waiting is over. Or perhaps it's just begun?

**And so I pray
for strength,
for courage,
for wisdom, for
sleep, and I
even pray for
patience.**



BOB M., GROUP #853 , PALOS PARK, IL



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!

TWO IMPORTANT QUESTIONS

A Longtime FA Member Shares How the Program Has Shifted Her Focus

In a recent newsletter from a local acting school, I read the following:

"In character class, two of the many questions that come up when developing a character are, 'What are you passionate about?' and 'What is your biggest fear?'"

It struck me that these would be worthwhile questions for someone preparing to do Step 4, which is about looking inward and gaining a better understanding of who we are and what makes us tick.

Early in my recovery journey from codependency, my answers would have been the following:

What are you passionate about? "Doing whatever is needed to fix my addicted daughter."

What is your biggest fear? "That she'll die of an overdose."

Clearly, those answers were the drivers for most of my thoughts and behaviors. I found little time for anything else. The drama created by my daughter's bad choices was like a black cloud that followed me everywhere.

In FA, I learned to turn my focus away from my addicted loved one and onto myself. The program helped me see that if she were to seek recovery, it would have to be her choice and in her own time frame. It wasn't going to happen through my manipulation, bribery, rewarding or cajoling.

Now more than 10 years into my recovery journey, I have very different answers to those two questions:

The program helped me see that if she were to seek recovery, it would have to be her choice and in her own time frame.



What are you passionate about? There are so many things that come to mind. Spending time with family and friends ... trying new recipes ... long nature walks ... community service ... my FA program ... and the list goes on. I feel like I have been granted a new life.

What is your biggest fear? That I'll go back to my codependent ways. But I know that fear can be kept at bay with the support of my FA family and the program tools.

FA has helped me become a different person, a different "character." And for that I am eternally grateful.

MARIA S., GROUP 2056



The drama created by my daughter's bad choices was like a black cloud that followed me everywhere.



COMMITTEE CONNECTION

Get to Know the Literature Committee and Think About Joining Us!

People tell us that one of the things that distinguishes Families Anonymous from other 12 Step support groups is our extensive catalog of well-written literature. The Literature Committee (LC) is responsible for creating new literature, as well as for updating and revising the works in our existing catalog to keep them fresh, relevant, and relatable.

It's a big job, and an important one - the proceeds from sales of FA literature make up an important part of FA's operating funds. In the following article LC members share why they joined the LC, and how that decision has helped their recovery.

ANN P. Chair, Literature Committee

A bit more than a dozen years ago, I opened an email from the then-chair of FA's World Service Board encouraging members to get involved. At the time, I had little idea of our organization beyond the group I had been attending for eight years. But having been winding down my own business and looking for a new direction, I decided to volunteer. Little did I realize the changes in my life this would lead to!

As a board member tasked with participating on at least one committee, and with a professional background in writing, editing and publishing, I volunteered for the Literature Committee. Those were still the days when FA literature was prepared on typewriters and printed on printing presses.

I realized we needed to update our procedures and enter the new age. Our committee began converting FA literature to a format that could be printed digitally, since digital printing was and is far more cost-effective than traditional offset printing. And, as we were inputting the pieces into our computers, we couldn't resist editing and updating each of them. That process of editing and updating continues to this day.



Over the years, the Literature Committee has also been busy adding many new offerings to the FA literature catalog and greatly expanding existing ones:

- literature delving into FA's principles (like *The Three Cs x 2* and the *Helping Series* and *The FA Tools of Recovery*)
- literature highlighting the spiritual growth that comes from working the FA program (like *Gifts of the Spirit* and *The Gift of Awareness*)
- literature guiding us through times of loss (like *Through Grief to Growth* and *Bereavement, Healing & Hope*)
- literature for grandparents and those of us who care about them (*Grandparenting in Families with Addiction*)
- literature that answers a newcomer's question, "How can they be laughing?" as it describes the absurd, chaotic, dysfunctional situations in which we unwittingly find ourselves (*A Funny Thing Happened on the Way to Recovery*)

By participating on the World Service Board and the Literature Committee, and by attending World Service Conventions (which hopefully will resume in person in the near future), I've had the privilege of meeting, working closely with, and becoming friends with FA members throughout the U.S. and beyond. Wonderful people I otherwise would never have met. And being immersed in FA's literature on a virtually daily basis has been invaluable to my own recovery.

CRISTINA B.



This is my first time serving FA outside my country and native language. What a challenge! I chose the Literature Committee and the Literature Access Initiative Committee because of my skills as a proofreader with an eye for detail. I also would like to contribute to offering the best experience possible in a piece of reading because FA literature is a toolbox to carry and use daily.

JAN B.

I joined the Literature Committee after I had joined the World Service Board. There I heard that the person who had been writing the Spotlight articles for the Serenity Messenger had stepped down and the LC was looking for someone to take his place. I figured since I enjoy writing, but never know what to write about, that this was a perfect fit for me! And indeed I



enjoy writing the Spotlight articles, but the LC committee work is so much more fulfilling than the Spotlight alone. I appreciate the great teamwork that goes into every single new piece of literature as well as every update or edit. But above all, I cherish the continual contact with FA literature, pieces I have read numerous times, and ones I am reading for the first time. All have had a huge impact on my program and my recovery.

JOANNE M.

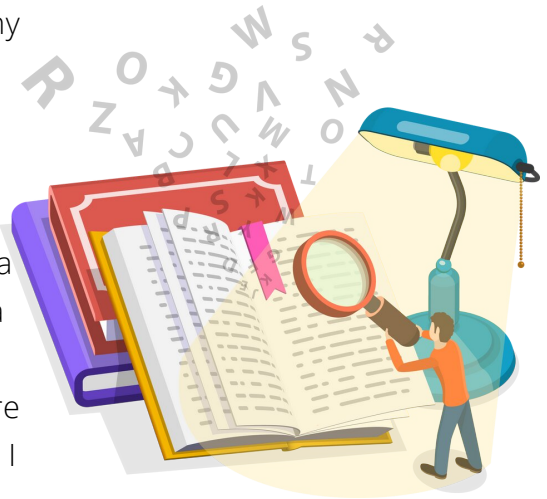
Our program tells us that we keep what we give away, and that has been my experience by serving on a World Service Board committee. I attended my first in-person FA meeting locally in 2008; because I was frantic for recovery and looking for "more," I found the E-meeting to be a good addition. Soon thereafter, some of those members were talking about a "retreat," so I did what I had told my children never to do—I drove 800 miles, alone, to meet up with 15 strangers (all members of FA).

A couple people in attendance served on the World Service Board and spoke of the intent to digitalize existing literature due to increased printing costs; they needed people to type materials already in print. I volunteered. That service has meant that I read every pre-existing piece of literature. In the years hence, it's been a privilege and service to help in the updates of existing and the creation of new literature. Such service has not only benefitted the membership, but has also been instrumental in keeping my own program alive and well while also planting seeds to keep growing personally.



SYLVIA S.

I have been guided and inspired in my recovery by the many wonderful pieces of Families Anonymous literature. After being in the fellowship for many years, I felt the need to express my gratitude by contributing at a deeper level. I decided to join the FA Literature Committee, even though I'm not an editor or writer by profession. I was looking for a way to help out; I found that and so much more. There is a need, I learned, for updating literature and creating new pieces. I discovered that the members of this committee are committed to keeping FA literature fresh and relevant, and I am happy to be a part of this ongoing effort.



JEANNE M.

Families Anonymous has helped me recover from over-responsibility, what many would call codependency. Working FA's 12 Steps and following the program principles enhances my life significantly.

When I retired from full-time employment several years ago, I looked for an opportunity to give back, or even more so, to pay forward the benefits I'd reaped from reading program literature, attending meetings and forming supportive relationships. I'd had professional experience in publishing, editing and proofreading, so I felt glad to see an announcement in the Serenity Messenger for an opening on the FA Literature Committee. I emailed the address shown in the newsletter and shortly afterward talked with the Committee Chair, who welcomed me to join.

Contributing my time and talent to the Literature Committee has proved mutually helpful to both my program peers and myself. My own road to recovery has advanced mightily as a result of our reviewing in depth the FA books, bookmarks, pamphlets and other media forms, updating them in alignment with FA principles, clear language and fresh presentation. Rereading our collective words of wisdom has strengthened my own personal practice.

As I attempt to share the life-giving concepts of Families Anonymous through volunteering, gratitude fills me for the Literature Committee, which consistently repays my efforts with camaraderie, hope and practice.

You Have to Give It Away to Keep It

JULEY S.

When I entered the doors of FA, I wanted to learn everything I could about what we now call substance use disorder. My son was very sick with this disease. Therefore, I looked at the Families Anonymous literature table. I was surprised that there were only four or five pieces there – that was all that was available—period! I yearned for more and searched through the library and read magazine and newspaper articles.

When I retired from the work that I had loved all my adult life, I had thoughts about supervision and guidance in that same field, but I had mixed feelings, because there was something I felt that FA needed – more literature. In those early times before the publication of Today a Better Way, we used a book from another 12-step program.

I kept thinking about what I should do in my retirement and asking my Higher Power for help in making this decision. FA came back again and again into my mind until finally, I realized I had had the answer all along! I offered my time, my experience, and my expertise to the FA Literature Committee and was welcomed in. It was the best decision I could have made for my retirement years. I have loved this work, and still do, with all the enthusiasm and pleasure that I had for my previous job. I waited for the right answer and got it!



Saturday Phone Meeting Group #2076

Are you out of town or on vacation and need to connect with a meeting?
Do you need a one-hour meeting on the weekend?
All you need is your **phone!**

We cover the basic FA readings, enjoy lively discussions, and keep it short.

Join us Saturdays at 3 PM EST

Login Info: (605)313-5141 access code 164804#

Contact: SusanL@familiesanonymous.org





LITERATURE SPOTLIGHT



A Funny Thing Happened on the Way to Recovery: The Humor We Encounter in Families Anonymous (#1032)

"Cleopatra would never go to a Twelve Step group because she was Queen of de Nile!"

This is just one of the many quips you will find in the booklet *A Funny Thing Happened on the Way to Recovery*.

"Question: Why does a codependent buy two copies of every self-help book?"

"Answer: One to read, and one to pass on to someone who really needs it."

The humor we encounter in FA is mostly reality related. All of us have spent so much time and energy feeling distraught, destroyed and demoralized before walking through FA's door. Once we attend enough meetings and begin working our program, however, we are able to laugh at our own behaviors and even, sometimes, at the crazy things our loved ones do.

"My son, while living in a crack house, called to beg me for help. 'There's a warrant out for my arrest, and my drug dealer is looking to kill me because I stole some drugs from him.' This was the first time I had the courage to say what FA had been teaching me: 'I love you but I cannot help you.' There was an unusual pause, then he said, 'Are you still going to that cult group?' 'Yup,' I replied. 'I sure am!'"



We find humor in situations that once caused anxiety, trepidation or tears. Laughter is a healthy response. It is an emotional release, a letting-go of built-up tensions—and laughing, well, just plain feels good. As it is said, "Laughter is the best medicine." We all need repeated doses of it!



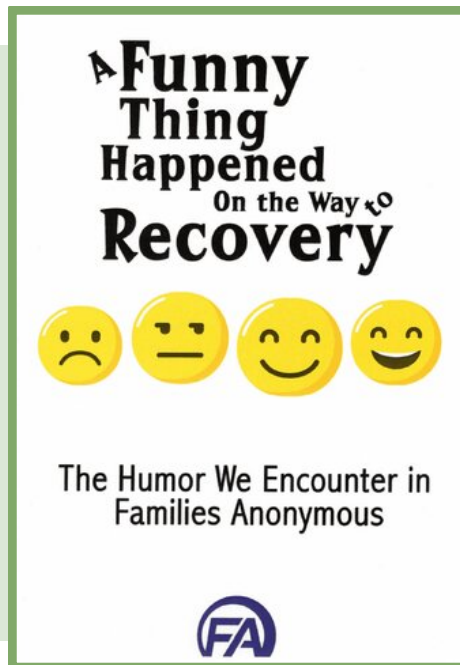
Being able to share with our FA family the humor we find when looking back at the lengths to which we went when we enabled or spied on our children, for example, is healthy. This booklet reminds us of the craze we went through, and how funny it is to look back now through a clear eye and an FA lens.



"Laughter delights and heals us. One FA member suggested adding one more promise to 'The Twelve Promises of Families Anonymous': 13. *We will learn how to laugh again.*"

A Funny Thing Happened on the Way to Recovery even includes ideas for using humorous stories as topics for meeting discussions. What better way to lead a meeting than with laughter!

Get your copy today, and sprinkle laughter along your path of recovery!



***A Funny Thing Happened on the Way to Recovery:
The Humor We Encounter in
Families Anonymous (#1032)***

Just \$4.00 to brighten your day.

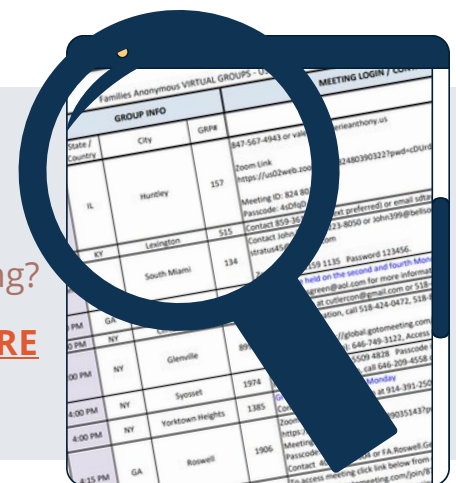
***"It's never too late for recovery.
It's never too early for laughter."***

Looking for a Meeting?!

New to Families Anonymous and looking to join a meeting?

Interested in checking out either a new Virtual or In Person meeting?

Find all our Meetings Directories on our website, by clicking [HERE](#) or under the "Meetings" > "Find a Meeting" tab.





LITERATURE SPOTLIGHT



The Serenity Medallion

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

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

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

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



(keychain not included)

You can purchase these great-looking medallions online, from FA’s website, 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.

Order your SERENITY Medallions today [HERE!](#)

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



MEET VIRTUALLY IN SPANISH!

AL ATRAVESAR LAS DIFICULTADES CON NUESTROS SERES QUERIDOS, ES MÁS FÁCIL SI PODEMOS HABLAR EN NUESTRA LENGUA MATERNA, POR LO QUE EN MIAMI ESTAMOS LLEVANDO A CABO REUNIONES SEMANALES DE ZOOM EN ESPAÑOL TODOS LOS MARTES DE 6:00 A 7:30 PM.

¡TODOS SON BIENVENIDO'S!

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WHEN GOING THROUGH LIFE'S DIFFICULTIES WITH OUR LOVED ONES, IT IS EASIER WHEN WE SPEAK IN OUR NATIVE LANGUAGE, WHICH IS WHY IN MIAMI WE ARE HOLDING WEEKLY ZOOM MEETINGS IN SPANISH EVERY TUESDAY FROM 6:00 TO 7:30 PM.

ALL ARE WELCOME!

ZOOM.COM: ENTRY CODE 856 9972 3733

PASSWORD 838550

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

YEAR END MATCH 2023



Matching Gift Opportunity



Thinking of making a **tax-deductible donation** to Families Anonymous? Has the fellowship been helpful to you this year? Are you looking to give back so others may also find resources and support?

Would you like your gift to Families Anonymous to be doubled?

A group of donors from within the fellowship have offered to **match up to \$2,600** of contributions made now through December 31st of this year. If you have not yet participated in this opportunity, please consider a tax-deductible donation to Families Anonymous before the **deadline of December 31, 2023**.

Our 7th tradition restricts us from participating in most donation matching programs, but this is a unique situation falling within our traditions. Please take advantage of this special opportunity where your important gift, an investment in Families Anonymous, may have **twice the impact**.

Thank you to those of you who have already made donations - your support will bring hope and encouragement to other friends and families just like you.

CLICK HERE TO DONATE



FamiliesAnonymous.org/Donate

Thank You

*Viewing a printed copy of the newsletter?
Scan the QR Code to Donate.*



Families Anonymous, Inc. is a tax-deductible 501(c)(3) non-profit charitable organization.

DONATIONS

COMMEMORATIVE DONATIONS

- In memory of Eric (Bud) D., on behalf of Valerie B.
- In memory of Robert H., on behalf of Group 1806
- In memory of Harry K., beloved FA friend, on behalf of Group 1996
- In memory of Kyle P., a life taken before it's time, on behalf of Valerie B.
- In memory of Noray S., father of Debbie. Thank you for your continued dedication to FA, on behalf of Group 1615
- In memory of Harry, a long time member of Fort Meyers, Florida Group 1996
- In memory of our loved ones who have gone before us, on behalf of Group 1614
- In memory of Shelby, Eric and Kyle; may their memory be a blessing to all of us. On behalf of Cathy, Val, Russ, Judy, Ted, Debbie, Fabrizia and Ruth, your friends in Group 1615



GROUP DONATIONS: September & October 2023

Over \$500

- GR1958 GA, Marietta
- GR2056 FL, Bradenton

\$101 to \$500

- GR0134 FL, South Miami
- GR0173 IL, Park Ridge
- GR0494 IL, Winnetka
- GR0746 IN, Evansville
- GR0976 NJ, Colts Neck
- GR1301 NY, Syracuse
- GR1348 IL, Peoria

\$101 to \$500

- GR1382 IL, Schaumburg
- GR1522 IL, Chicago
- GR1972 NJ, Voorhees
- GR1974 NY, Syosset
- GR2105 PA, Lafayette Hills
- GR2153 Un Dia a La Vez
- GR3001 IL, Chicagoland

Up to \$100

- GR0554 NJ, Rockaway
- GR1345 NJ, Cherry Hill
- GR1416 NY, Baldwinsville
- GR1531 AZ, Scottsdale
- GR1561 VA, Charlottesville
- GR1821 MO, Jefferson City
- GR1979 CA, Ridgecrest

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

