

VOLUME LXI | ISSUE I | JAN - FEB 2024

# 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

In the United States, February 14 is Valentine's Day, a holiday centered on love and romance. But what does love mean? In the famous Charles Dickens novel *Great Expectations*, the bitter spinster Miss Havisham says she believes that true love means "blind devotion, unquestioning self-humiliation, utter submission, trust and belief against yourself and against the whole world, giving up your whole heart and soul ..." That's obviously a distorted view, but it's surprising how many of us, in dealings with our loved ones suffering from substance use disorder (SUD), have acted as though this definition (or some form of it) were entirely correct.

In this issue, we celebrate Valentine's Day by looking at love from an FA perspective. The article on **page 6**, entitled *All We Need Is Love*, lays out the heartfelt thoughts of nine FA members about what true or unconditional love actually means in the context of loving someone with SUD.



We're all familiar with Tradition Eleven's statement that "our public relations policy is based on attraction rather than promotion," but this doesn't mean we shouldn't be actively spreading the word about FA. Our members are anonymous; but if FA as an organization remains unknown to the general public, our fellowship cannot survive.

You'll also find in this issue an important Word From the Board article about how to conduct outreach to community faith leaders. This is the first in a series of articles called Spreading the Word, in which we'll discuss how your group can reach out to different segments of the public to make them aware of FA and all that we do.

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## EDITOR'S NOTE

(CONT'D)

This first Spreading the Word article, on page 4, summarizes specific actions your group can take to bring awareness of FA to faith leaders. You'll also find handy links to important FA literature supporting that effort. Check it out. And please help us grow the fellowship by reaching out to faith leaders in your community.

Once we start regularly reaching out and bringing awareness of FA to our communities, hopefully we'll be welcoming more newcomers to our meetings (whether virtual or in-person). And although we know that people desperately need the reassurance, help and solace only FA can offer, many FA groups still struggle to both attract and retain these newcomers.

There's an announcement on page 12 about a recent online FA seminar that can help in this endeavor. It's all about attracting and retaining newcomers, and it includes a link to the online video of that presentation. The successful strategies some FA groups are using with newcomers to "keep them coming back" can work for your group, too!

Enjoy this first Serenity Messenger of 2024. Happy belated New Year!

**IN FELLOWSHIP,  
BOB S.**

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

For our upcoming issue, the deadline  
to submit announcements is  
March 23rd.

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

Email us at  
[newsletter@familiesanonymous.org](mailto:newsletter@familiesanonymous.org).  
We'd love to hear from you!

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# WORD FROM THE BOARD

Spreading the Word  
Outreach to Faith Leaders

## These pointers from the FA World Service Board can help you carry the message of FA to faith leaders



[\(click here to be directed to brochure\)](#)

This is the first in a series of Serenity Messenger articles from the World Service Board (WSB) to help FA groups spread the word about FA. In this issue, we'll focus on how to reach out to faith leaders in your community.

There's an epidemic of substance use disorder (SUD) in the U.S. and, it seems, in many countries throughout the world. As the number of persons suffering from SUD grows, so, too, do the multitude of their friends and family who are in crisis as a result of this insidious, deadly disease.

Clearly, FA is needed more than ever. But most people don't even know we exist.

Families Anonymous relies on each individual FA group to make their local communities aware of FA, so that those in need can experience firsthand the benefits offered by this remarkable fellowship.

Family members and friends of persons suffering from SUD will often turn to pastors, rabbis, priests, imams, or other faith leaders for advice about how to deal with this problem. Here are suggestions for how your FA group can raise those faith leaders' awareness of FA:

- Reach out to local faith-based institutions, and volunteer to meet with them to discuss what FA has to offer. Offer to speak or make a presentation to their staff and/or congregation about the benefits of FA for families and friends of those suffering from SUD.
- Leave printed materials explaining the FA program, and provide the date/time/meeting information for your local FA group. Ask if they'll agree to display or distribute FA brochures, such as those listed below; and if they do agree, make sure to check back periodically to ensure they always have a good supply. It's useful to visit often, if possible, to build personal relationships and trust.
- Volunteer to serve as the point of contact for anyone interested in further exploring FA. Make sure to give your contact information to the faith leader, as well as to those on his or her staff who may interact with persons seeking help.

# WORD FROM THE BOARD

(CONT'D)

- Here are links to free material that you may want to distribute to your local faith leaders:

## Electronic Resources

These items can be downloaded and e-mailed or can be printed for distribution.

- [#7010E](#) - FAMILIES ANONYMOUS AND THE PROFESSIONAL COMMUNITY - FAITH LEADERS
- [#7003E](#) - FAMILIES ANONYMOUS FOR ME?
- [#7009E](#) - ARE YOU TORN APART?
- [#6003E](#) - TO THE CONCERNED FAMILY MEMBER OR FRIEND
- [#7014E](#) - ARE YOU AT YOUR WITS' END?
- [#5003-1](#) AN INTRODUCTION TO FAMILIES ANONYMOUS

## Printed Materials

The following two items can be downloaded as editable PDFs and have space for you to add your local meeting information:

- [#7014](#) - ARE YOU AT YOUR WITS' END?
- [#7003](#) - FAMILIES ANONYMOUS FOR ME?



**"Family members and friends of persons suffering from SUD will often turn to pastors, rabbis, priests, imams, or other faith leaders for advice about how to deal with this problem."**

You need not do all these things to try raising awareness about FA among faith leaders in your community. But, if you can, make just one call. Have just one conversation. Even small steps move us forward.

It takes only a little time to start the important Twelfth Step work of helping to "carry this message to others," but the WSB and the fellowship will be forever grateful for your help.

**MARIA AND BOB S**  
WSB MEMBERS



Want to learn more about how your FA group can thrive and grow? Go to [familiesanonymous.org](https://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](mailto:GO@familiesanonymous.org).

Have a great meeting!

# ALL WE NEED IS LOVE

February is celebrated as the Month of Love around the world.

Nine FA members reflect on what unconditional love means to them in the midst of addiction.

“

My definition of unconditional love is loving with absolutely no strings attached. Is this easy? Absolutely not. Is it possible? Absolutely yes. However, having said this, I have found that loving unconditionally has more to do with me than with the person I want to love unconditionally. In working the FA program, I have come to truly understand how to change those things in me that have hindered me from loving unconditionally. I work on this daily, because the first person I need to love unconditionally is me. **Unconditional love does not mean that I allow others to take advantage of me. It actually means the opposite.** I do not allow others

to treat me in ways that hurt or harm me. I have the self-love to decide if and how I am being hurt or harmed, and I get to set boundaries to protect myself. In most cases, these boundaries are not to shut out my loved ones, but to continue loving them.

-Frances N

”

**To me, unconditional love has become synonymous with acceptance: accepting my loved ones as they are, not as**

**I want them to be.** My job is not to dream for them or set

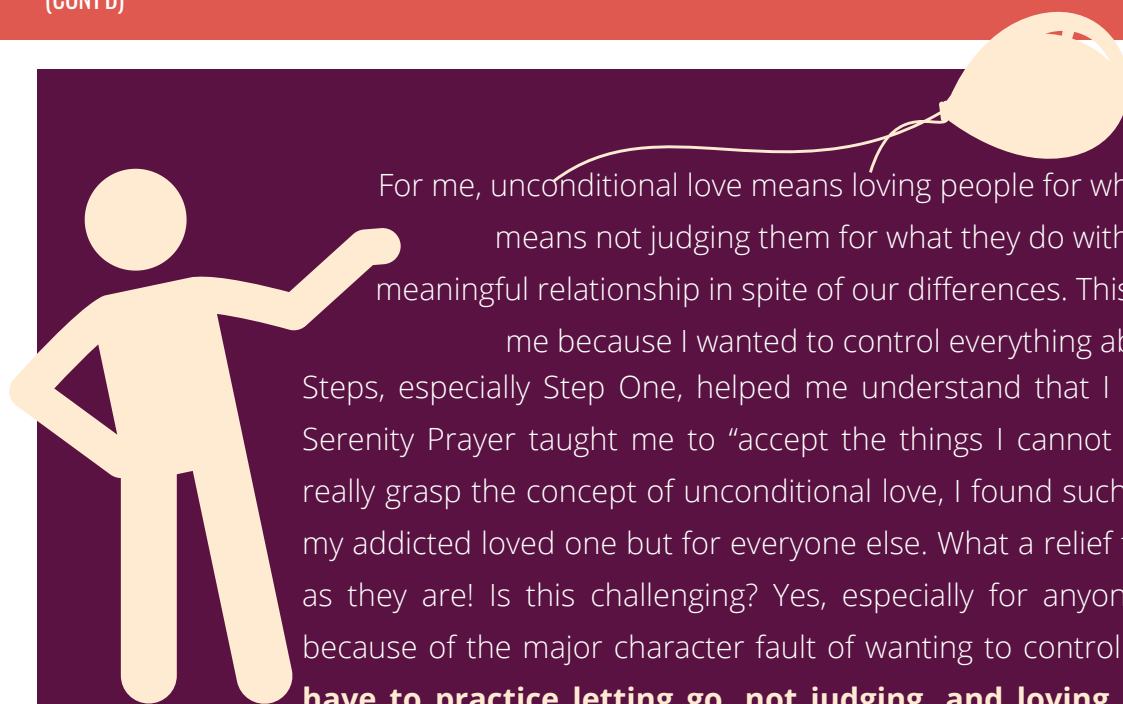
their course. Their sole purpose in life is not to please me; they do not need my approval to live or thrive. Unconditional love is challenging, yes, because my ego gets in the way. As a matter of attraction, I find greater ease and comfort when I am not testing my own tolerance, or having it tested. I have two

children (Cain and Abel); I've learned that I need to respond to them differently. But they are each deserving of my love, and the one who is sick may possibly need it more, along with needing boundaries. It's easy to focus on unconditional love as an act of giving—but, in essence, unconditional love is a gift of receiving. This experience opened my heart to the point where

I stopped condemning myself and others.

-Joanne M

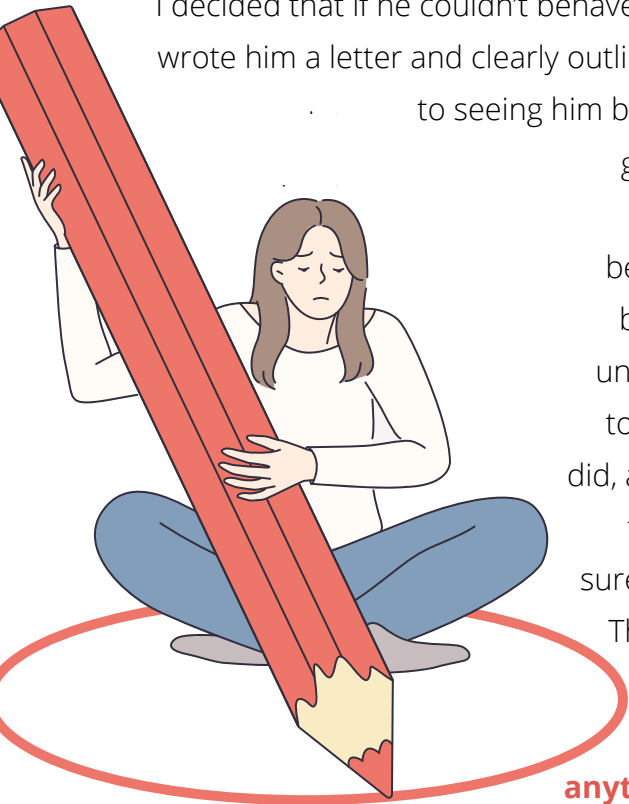




For me, unconditional love means loving people for who they are, just as they are. It means not judging them for what they do with their lives. It means having a meaningful relationship in spite of our differences. This was the hardest concept for me because I wanted to control everything about my children. The Twelve Steps, especially Step One, helped me understand that I can control only myself. The Serenity Prayer taught me to “accept the things I cannot change.” Once I was able to really grasp the concept of unconditional love, I found such peace in my life, not just for my addicted loved one but for everyone else. What a relief to be able to love people just as they are! Is this challenging? Yes, especially for anyone with codependency traits, because of the major character fault of wanting to control everything to suit our way. **I have to practice letting go, not judging, and loving people as they are, every day.** Some people have a misconception that you can’t “love” someone without enabling them. But just because boundaries and consequences are enforced does not mean you do not love that person. **Boundaries are there for us to be able to love unconditionally.**

**-Frances N**

“Unconditional love, for me, means loving someone just the way they are, not because of what they do or don’t do, or what they look like or don’t look like. Simply loving them and accepting them as they are. Is this a challenging practice? Well, yes, it can be at times. Love and relationships are not so simple, and things can often get complicated. The whole “unconditional love” thing got me stuck for a while. I knew I loved my son unconditionally. But loving him unconditionally made me feel like I had to be okay with everything he was doing and to not turn him away or kick him out. I think as a parent and mother, this was the most difficult thing. After all, if I loved him, how could I do anything that would hurt him? In time, as I worked the Steps, I came to realize that I could still love him even as I was creating boundaries. It also helped to know that what I looked at as helping him was, in reality, hurting him. This was a huge leap for me to make. I feared that he would be upset with me and no longer love me. But then I came to realize I could not control how he was going to react to me, nor could I control whether he or anyone else loved me. So I went for it. **I set boundaries and followed through with them; but with them; but always, as we were doing these things, I made sure to tell my son that I loved him.** Interesting enough, he still loved us. Actually, I think in some ways our love was even more apparent to him than it had ever been; so was his love for us. It was almost like love had risen out of all the darkness that was in our lives and was sitting above it all. He knew, and we knew, that no matter what happened, we would still love each other.



I have a beautiful example of this. A little while ago I had a visit with my son in jail. It didn't go so well. I decided that if he couldn't behave better, I would no longer go to see him with his little daughter. I wrote him a letter and clearly outlined my boundary. I told him that I loved him and looked forward to seeing him but not when he was angry and grumpy. I told him that it was not good for my health, that it made me feel anxious, and again I told him that I loved him. He wrote back saying he was sorry for his behavior; he said that he can't promise to always be in high spirits, but that he will really try to have a better attitude. He also said he understands that I need to do what is good for me. In the letter, he told me to go on a certain website and listen to a particular song. I did, and I cried. Despite my setting some boundaries—like not letting this man/boy live with us, not giving him money, etc.—I still make sure he knows that I have always been there for him and always will. That, to me, is unconditional love. Phewwww, tears flowing again! I

**think some of the misconceptions about loving someone unconditionally are that you should always be there to do anything they want or need, or that you should allow them to**

**hurt you, or be mean to you, or take advantage of you, or put their needs before yours.**

We have gone through some very tough times, but reflecting on the whole love thing and realizing how strong it is in our relationship with our son has brought me to a very peaceful place.

- Connie R

I have been a member of our fellowship for 24 years. I have seen and learned much about addiction, pain, sorrow, recovery, and myself. I believe that to be of help to both my addicted loved one and myself, I had to detach—or specifically, as we say in FA, detach with love. Unfortunately, I was full of hate and anger, and my detachment from my son was bitter and complete. Over the years, I tried to differentiate my son from his addictive disease, and at one point I felt maybe we were beginning to have a relationship. Then, when he relapsed, I felt sorrow and understood why detachment can be so difficult without hatred. I tried detaching with some compassion but found it to be much harder. By that time, I saw the need for both of us to detach from the situation. Although he may never admit or even realize that my detachment was beneficial for us both, I do. By not enabling my son, I have gained freedom from being part of his addiction. By stepping back, I am presenting one less obstacle on his road of recovery. If



things should come to a bad end, I will suffer his loss but not feel the guilt of having been a part of it. This is a harsh reality and one it seems most people aren't willing to talk about. To me, unconditional love is a stumbling block on our road of recovery. **I am not saying it's wrong to love people no matter what is going on in their lives. But what is wrong is allowing that love to prevent us from doing what we know and understand to be the right thing to do.** Allowing loved ones with substance use

disorder to remain in your home while they pursue their addiction, or bailing them out so they cannot realize the consequences of their actions, could be compared to abetting a criminal; this is a form of madness in itself. In all the years I've had the privilege of being part of FA, I have never met a single person

who wasn't seeking help for their codependency. I have met far too many who were unwilling or unable to make the difficult choices that we need to make to recover from this affliction. Detachment and enabling should be a key topic of discussion for all FA groups.

- Don S

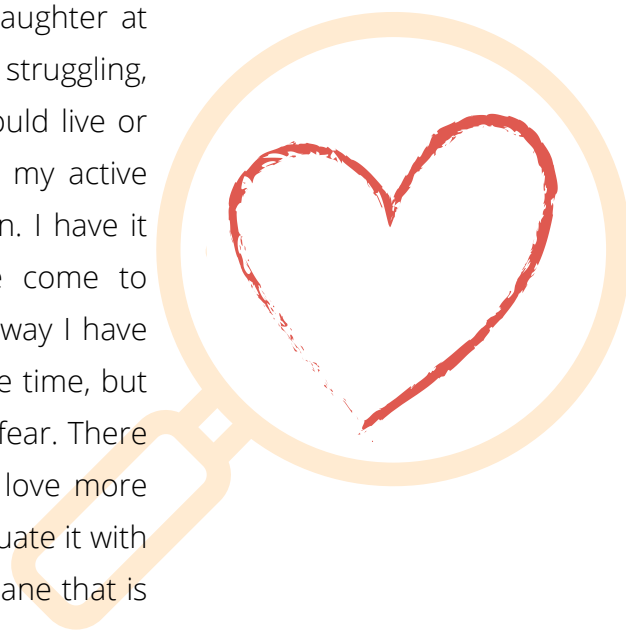


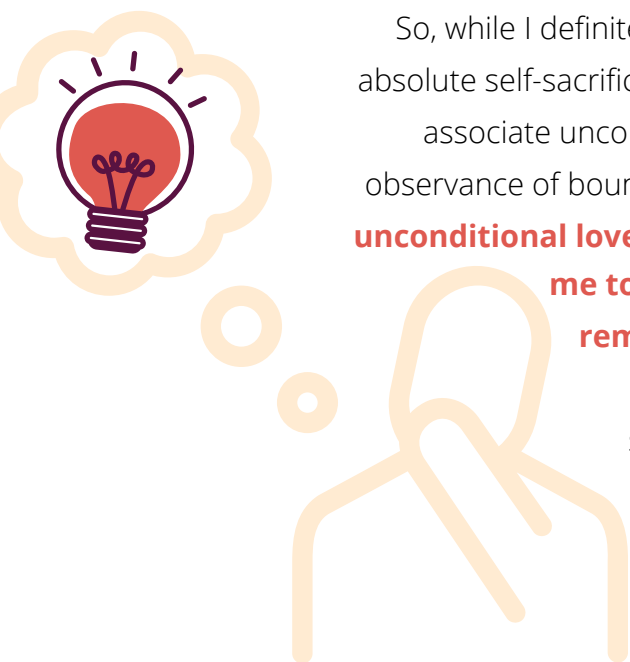
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**I sometimes wonder if the mystery of unconditional love is in being able to recognize it.** I know I've felt it for my daughter at

different times, when she has been well, when she has been struggling, and during those times when I didn't know whether she would live or die. Unconditional love isn't always present or foremost in my active mind or consciousness, but I've never felt it leave or weaken. I have it for my daughter; and, through all these travails, I have come to recognize it in the way I feel toward others, too, and in the way I have felt it directed toward me. Maybe it's there in all of us, all the time, but often obscured or under attack by our anger, exhaustion or fear. There may be exercises that free us to experience unconditional love more often, but I haven't come to a place where I associate it or equate it with any sort of particular conduct, since it seems to exist on a plane that is different from the source of ordinary motivation.





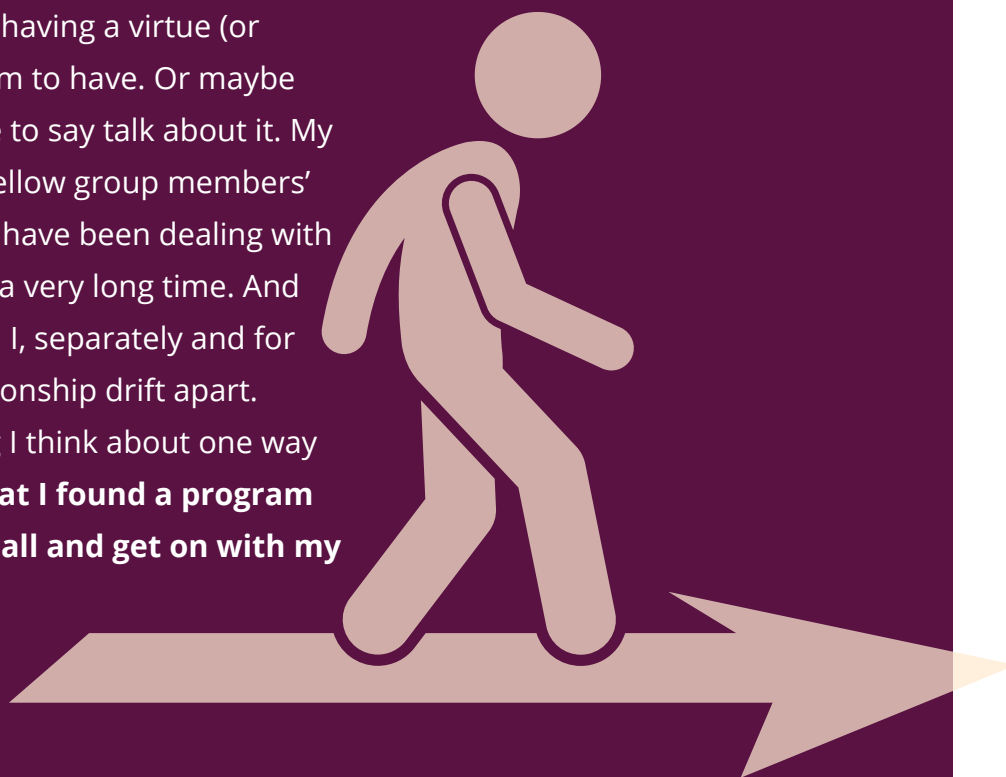
So, while I definitely share the view that unconditional love is not characterized by absolute self-sacrifice or subjugation of ourselves to other people's demands, I don't associate unconditional love with what we sometimes describe as tough love or observance of boundaries. Those are good things in their own right. **When I've felt unconditional love, it has been accompanied by a serenity that has allowed me to act in a clearer fashion, even when the "next right thing" remained uncertain.** For me, many of the Twelve Steps are bound up in unconditional love. I can feel my Higher Power's presence, separate myself from some particular, self-determined course of conduct, and acknowledge my powerlessness and my need to let go. This sometimes seems to be all I really have to offer.

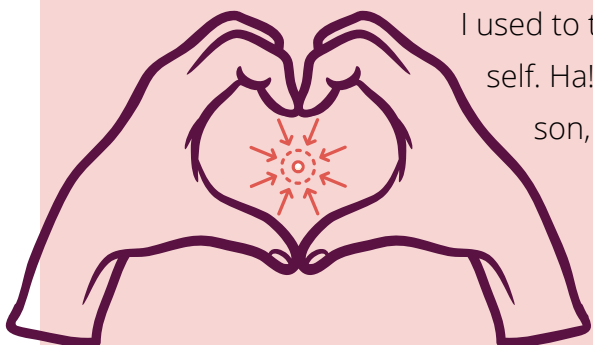
**-Mark McP**

”

Thinking about unconditional love causes me some angst. Perhaps it is unwise to admit to not having a virtue (or feeling) that many other people seem to have. Or maybe only people with something positive to say talk about it. My son is twice the age of most of my fellow group members' addicted loved ones, which means I have been dealing with addiction and related behaviors for a very long time. And it's not getting any better. So he and I, separately and for different reasons, have let our relationship drift apart. Unconditional love is not something I think about one way or the other. **Mostly I am happy that I found a program to help me emotionally survive it all and get on with my life.**

**- Anonymous**





I used to think that loving my child involved molding him into his best possible self. Ha! FA has taught me so much. Loving unconditionally means loving my son, as he is, with all his warts (and I have plenty of them myself!) and his problems. **I love the core of him, which is not his addiction, behavior, anger, or other qualities that I have a hard time loving.** Those I accept (ok, I'm working on acceptance). I think of loving unconditionally as the way my Higher Power loves me.

- Lori D

I loved my son before I ever held him. My love was as natural as breathing. It was an organic response to this child I carried, nursed, rocked, and smothered in kisses. "No matter what, I will always love you." I have said and written these words many times to him. **Addiction is an acid test of unconditional love.**

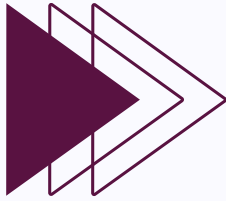
In my depths of despair and exhaustion, I have felt that his life and mine would be at peace if he were to die. Is this unconditional love? I have channeled all my resources, thoughts and emotions toward a focused effort to control and change his response to alcohol and drugs. Is this unconditional love? I have been pushed to a state of intense rage in response to his manipulative actions and deceit. Is this unconditional love? Have I ever stopped loving my son? No, never, not for even one second. But my unconditional love as my adult son's caretaker has been blemished with ugly warts. Not always have I loved my son purely, without expectations. In my recovery, I have learned and experienced the peace that comes from letting go. In the bountiful fields of acceptance, gratitude grows. Lately, when I do see my son, I find I want to hug him hard, first when I greet him and again when I say goodbye. I listen without planning my response. I am reminded of his talent for resourcefulness, quick humor, and kindness. I say "I love you" because I feel it; I expect nothing in return for those words. **Unconditional love is the true heartfelt acceptance of other people as they are. Nothing more.**

- Susan, WA



(REPUBLISHED FROM THE RAG, JAN-FEB, 2013)

# EDUCATIONAL COMMITTEE ANNOUNCEMENT



Catch the recording of our newest Educational Committee Recording!



## Attracting & Retaining Newcomers

- Do you struggle to attract new members?
- Do newcomers stop attending after only a few meetings?
- Would you like resources to help “Spread the Word”?



**RECORDING**

**CLICK HERE**

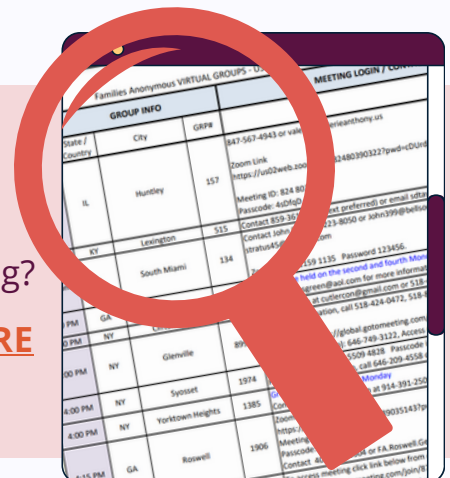
**Attracting & Retaining Newcomers** - three experienced panelists share **best practices** from some of our most successful groups. Discover **free resources** available to you. Learn **ideas and insights** to help your group become the best it can be!

## 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.





# DO WE STILL NEED FA?

Parents Katie and Gary H. reflect on FA in their lives after their son's recovery.

Four and a half years ago, when our son was taking drugs, coming home drunk, cutting school, and one night even pointing a glass at his father, we knew we needed FA.

But by our attending meetings, applying the principles of FA, and trying (ever so slowly, at times) to change our attitudes and reactions, a miracle happened: Our son changed, too.

He's now 28 years old, is in the 82nd Airborne Division of the Army, is in the college program, has been promoted in one year's time, has not only found his Higher Power but has a very strong relationship with God, and has turned his life around. He feels good about himself, something he just couldn't do four years ago. When he came home on leave that first time, he was somewhat cocky, but we didn't mind at all. It was wonderful to see him have pride and confidence in himself once again.

When he left for basic training, the question came up: Do we still need FA? After all, the "problem" was now out of the house and 3,000 miles away. The answer came quickly: a definite yes! To us, FA had become a program for life, not just something to help us deal with the problem with our son.

Naturally, at first, our reason for going to FA was to find out how we could get our son to stop his destructive behavior. But as time went by, we instead began to focus on ourselves. We discovered that the Twelve Steps, the FA slogans, and the principles of FA could and should be applied to all aspects of our lives.



**"But as time went by, we instead began to focus on ourselves. We discovered that the Twelve Steps, the FA slogans, and the principles of FA could and should be applied to all aspects of our lives."**

We could use the program in our relationship with each other and in all our other relationships. We found there were amends to be made, that we still had to continue taking personal inventory, continue our prayer and meditation and good old Step One, that we were powerless over other people's lives! This meant co-workers, neighbors, friends, relatives, and each other, not just our son.

So, for us, even though our son is doing well and is 3,000 miles away, we still need our Twelve Step program and our meetings. We are trying, one day at a time, to practice the FA principles "in all our affairs."

**KATIE AND GARY H., OH**  
(REPUBLISHED FROM THE TWELVE STEP RAG,  
JANUARY/FEBRUARY 1986)





## *Spotlight on GUILT*

Guilt is a useless emotion: useless for those of us feeling it, and useless for anyone toward whom it is directed (as in a guilt trip). And yet, we spend so much of our time and energy on guilty feelings—sending them and receiving them—that they often drag us down to the depths of depression, create unnecessary angst and anxiety, and divert us from a path where we could be better focused on positive and productive feelings and actions.

There are ways, though, to work through our feelings of guilt—and to let go of them once and for all. This new publication, *Understanding and Releasing GUILT* (#1036), helps us do just that.

Whether you grew up in a family where guilt was served together with the family dinner, or first encountered it when your substance-abusing loved ones started blaming you for their troubles, none of us is immune to the powerful impact of guilt. But now, with the publication of *Understanding and Releasing GUILT*, you can have a clear and concise guide to saying goodbye to this emotion forever.

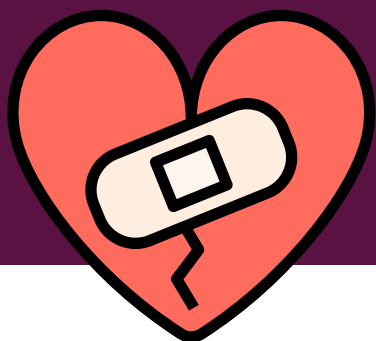
*Understanding and Releasing GUILT* starts with an in-depth discussion of guilt. It explains how guilt, in the context of a family's struggle with substance use disorder, often arises from our own patterns of mistaken or unproductive thinking. It describes these patterns in detail, delineating how each of us can be both the source of guilt and the object of it.



**"Guilt is one of the most painful and destructive of emotional responses. It can arise when logic gets lost to emotion. If not confronted, guilt can persist far into the future, tainting relationships and having dire consequences for everyone involved."**

The second and main section of this booklet contains ideas for rethinking and coping with feelings of guilt to prevent them from strangling our positive growth. Leading into each of these ideas is a familiar phrase or slogan from Twelve Step recovery programs in general and FA in particular. Slogans such as "Let go and let grow" and "Don't 'should' on yourself or others" are familiar to all of us and relate clearly to the topic. Others, like "Boundaries are for us" and "Love the person, hate the disease," less obviously pertain to guilt but nevertheless lead to insightful messages and thought-provoking ideas.

"If we are to get well,  
guilt is an emotion  
we absolutely need to  
address and resolve."



Finally, all the wisdom found in this booklet is connected, by footnotes, to 18 suggested activities listed in the concluding section. Many of these activities make use of other resources in FA's extensive collection of recovery literature. In this way, they push us to dig deeper into areas we find especially problematic—and give us the tools for doing so.

*Understanding and Releasing GUILT* is for you—whether you are a newcomer or an old-timer; whether you are working Step 4 for the first time or revisiting it for the umpteenth go-round; and whether you do or do not think guilt has ever gotten in the way of your recovery (Just note: It probably has!).

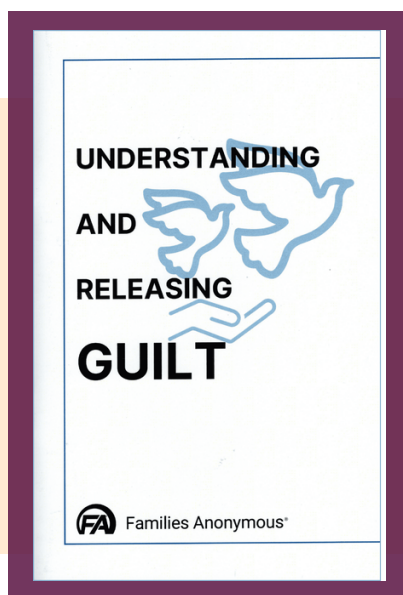
**IT'S NEVER TOO EARLY—OR TOO LATE—TO  
START RELEASING GUILT AND EMBARKING  
ON A SANER AND HEALTHIER FUTURE!**

**START TODAY!**

**UNDERSTANDING AND RELEASING GUILT**

**(#1036)**

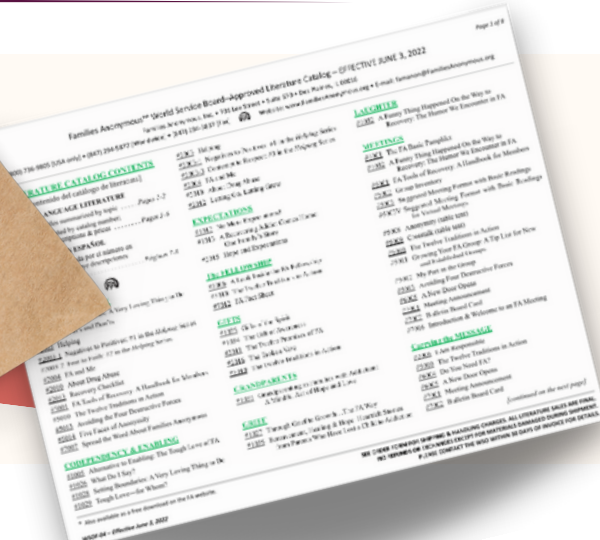
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# THANK YOU!

Thank You  
to our 2023 donors!

*Families Anonymous would like to offer a special thank you to the groups and individuals who participated in our year-end matching campaign.*



## Year-End Matching Gift Campaign



We would also like to take this opportunity to express our gratitude to the following **individuals who donated directly to the World Service Office of Families Anonymous in 2023**. Your support of the fellowship allows us to offer helpful recovery resources to people who reach out to us and makes it possible for them to find online or in-person groups to attend and workshops to further their own recovery. We would also like to thank those of you who give back to your local groups. **We couldn't do what we do without you - thank you!**

Alan M	Carol D	Figen E	John S	Madelyn M	Sarah T
Amanda Z	Carolyn J	George F	Joyce M	Margie B	Scott N
Amy D	Catherine G	Gerald W	Judith S	Maria S	Shannon K
Andrew E	Cathy R	Gina E	Judith T	Marianne S	Shawn D
Anibal M	Chela D	Giovanni N	Judy G	Marlyce J	Sheldon S
Ann P	Chris Y	Greg C	Judy K	Martha C	Sheri H
Annette G	Cindy C	Harry L	Julia C	Mary B	Shiela G
Anonymous	Dan R	Hector R	Juliette M	Mary Jane P	Sue T
Antoinette B	Deb S	Hollis P	Karen B	Michael B	Susan F
Aretha M	Deborah M	Howard P	Katharine A	Michele M	Susan S
Attila B	Deborah S	Ina G	Kathy S	Michelle S	Susan T
Audrey D	Debra A	Iyanna S	Katy P	Nancy M	Susanne M
Bahram Y	Delores C	Jake S	Kenneth S	Patricia S	Suzanna S
Baiping X	Diane G	James B	Kenny G	Paul H	Terri T
Barbara S	Diane S	Jane H	Kiara C	Paul R	Tracy L
Barbara Y	Donna D	Jane P	Kim F	Priscilla H	Trey F
Bernie B	Doreen R	Janet B	Laura W	Ralson D	Val L
Blanca G	Eileen L	Janet E	Leigh Y	Renee S	Valerie B
Bob S	Eileen L	Jeanne S	Letha G	Robert G	Valerie D
Bonnie R	Eileen M	Jeff H	Linda D	Robert M	Victor T
Brandon G	Elizabeth H	Jeff S	Lisa G	Robert W	Victoria S
Brian B	Erin M	JoAnne B	Lisa M	Ruthanne O	William M
Carla K	Eva N	John D	Lizette P	Sara B	

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# DONATIONS

## COMMEMORATIVE DONATIONS

- In memory of Randy H., on behalf of Park Ridge Group 173
- In memory of John H., member of Group Evansville Group 746, on behalf of Group 746
- In memory of Jason R., on behalf of Group 1318
- In memory of Jason R., on behalf of Ina G.
- In memory of Jason R., on behalf of Mary S.
- In memory of Jason R., beloved son of members of FA Group 1318, on behalf of Margaret W.
- In memory of your father Noray (when 99 years isn't enough) who loved each day, hugs from Val (Group 1615)
- In memory of Noray S., loving and dear father of Debbie S. on behalf of your friend, Ruth O.



## GROUP DONATIONS: November & December 2023

### Over \$500

- GR0494 IL, Winnetka
- GR1318 FL, Boca Raton
- GR1391 TX, McKinney
- GR1735 NJ, Ramsey/Mahwah
- GR1974 NY, Syosset
- GR2056 FL, Bradenton
- GR5001 UK NSB
- GR5004 Spain NSB

### \$101 to \$500

- GR0134 FL, South Miami
- GR0173 IL, Park Ridge
- GR0279 NY, Amityville
- GR0641 CA, Redlands
- GR0888 MI, Essexville
- GR0976 NJ, Colts Neck
- GR1531 AZ, Scottsdale
- GR1614 NY, Elmira
- GR1615 MI, Birmingham
- GR1651 E-Meeting
- GR1849 TX, Plano
- GR1906 GA, Roswell
- GR1978 VA, Richmond
- GR1996 FL, Fort Myers
- GR5005 Italy NSB

### Up to \$100

- GR0171 IL, Arlington Heights
- GR0177 IL, Gurnee
- GR0478 IL, Glenview
- GR0590 NY, Islip Terrace
- GR0746 IN, Evansville
- GR0777 IL, Chicago
- GR1096 VA, Richmond
- GR1097 KS, Shawnee Mission

### Up to \$100

- GR1187 CT, Bloomfield
- GR1522 IL, Chicago
- GR1802 MI, Livonia
- GR1806 OK, Oklahoma City
- GR1840 OH, Willoughby
- GR1869 NY, Sayville
- GR1994 IL, Zion
- GR2105 PA, Lafayette Hills
- GR2160 GA, Loganville

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](http://www.familiesanonymous.org) and click **DONATE!**

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

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