

**Families Anonymous  
Minutes of the Meeting of the Board of Directors  
July 20, 2024**

**INTRODUCTION**

**1. Call to Order:** 12:00 pm EDT, by Maria S, Chair

**2. Roll Call:** by Jan B

<u>Name</u>	<u>WSB Role</u>	<u>Attendance</u>	<u>Monthly Report</u>
Maria S	Chair	P	W
Chris Y	Vice Chair	P	W
Cindy C	Treasurer	P	W
Jan B	Secretary	P	W
Greg C	BMAL	E	W
Bob S	BMAL	P	W
Chris Z	BMAL	E	W
Guy B	BMAL	P	W
Helen L	BMAL	A	N
Lori H	BMAL	E	E
Cristina B	BMAL	A	N

Attendance Key: P=Present, A=Absent, E=Excused, LOA=Leave of Absence

Monthly Report Key: W= Submitted by deadline, L=Submitted after deadline, N=No report submitted, E=Excused for extenuating circumstances, LOA = Leave of Absence

**3. Acceptance of Published Agenda:**

- Maria moved to accept the Agenda, Cindy seconded, voted on and accepted.

**4. Tradition One:**

- Read by Jan: *“Our common welfare should come first; personal progress for the greatest number depends on unity.*

**5. Approval of June 2024 WSB Minutes: Jan**

- Jan moved to accept the June WSB Minutes, Bob S seconded, voted on and approved. Jan to distribute.

**6. Chair's Report: Maria S**

\*\*Maria reminded all board members that that we are required to submit a board report by the Wednesday before the WSB meeting as both a PDF and a Word Doc and to send it to Nicole in the WSO as well as the rest of the board as she files the reports.

- There were no other comments or questions concerning the Chair's Report.

**7. Treasurer's Report: Cindy C**

- Cindy provided the monthly financial reports for June 2024 as part of her monthly report.
- There were no other comments or questions concerning the Treasurer's Report.

**STANDING COMMITTEE REPORTS**

**Committee**

SC-1 Public Information  
SC-2 WSO  
SC-3 Literature  
SC-4 Serenity Messenger Newsletter  
SC-5 Bylaws, Parliamentary  
SC-6 International Groups  
SC-7 Budget Committee  
SC-8 Sponsorship  
SC-9 Group Outreach  
SC-10 Financial Oversight

**Chair**

TBD  
Maria S  
Maria S  
Robert S  
Maria S (ad interim)  
Helen L  
Cindy C  
Helen L  
Chris Z  
Chris Z

SC-11 Technology  
SC-12 Long Range Planning

Chris Y  
Greg C

## **AD-HOC COMMITTEE REPORTS**

<b><u>Committee</u></b>	<b><u>Chair</u></b>
AH-1 Convention Liaison	Cindy C
AH-2 Intergroup Support & Development	TBD
AH-3 Document Review	TBD
AH-4 Education	Maria S
AH-5 Literature Access Initiative	Maria S

Chris Y reminded board members who receive phishing or suspicious emails, to NOT open them and to delete them.

- There were no other comments or questions regarding the committee reports.

## **UNFINISHED BUSINESS: NONE**

## **TABLED ITEMS: NONE**

## **NEW BUSINESS:**

### **1. Review of the Dashboard (Cindy C)**

- **Fellowship Growth:**

There were no new groups started this month.

One Starter Kit was sent out.

One group in Greece closed down this month.

- **Awareness & Outreach:**

Social media is moving along, seems to have triggered some literature sales. Sales of *Letting Go* tripled (sales were not high in the first place) after running some posts on that topic. Cindy hopes that the posts are generating the sales.

Vignettes: Sarah has 4 volunteers for the Member Stories, but would like more. Please consider volunteering yourself, and pass along the this information to your groups.

- **Literature and Events:**

*Humility: An Essential Key to Our Recovery*, #1038 in the catalogue, launched on July 3rd and as of today, 27 copies have been sold.

The Serenity Messenger came out on July 11th and has had 42 views up till now. The Spotlight article on #5001 *FA Tools of Recovery* generated one sale so far.

Convention: Chicago will be holding a regional convention in November this year and a World Service Convention in 2025.

Education: The recording of the Boundaries session was posted on the website on June 1st and a notification went out to the Fellowship.

Future Topic Ideas: Spread the Word, Social Media, New Groups and Sponsorship.

- **Strategic Goals for Fiscal Year 2024-25: These are highlights of the strategic planning that Greg sent out in his Power Point.**

- **Awareness and Outreach:**

Continue with Social Media and the Vignettes Projects.

Service Provider Outreach: A couple years ago, WSB tried to send out emails to Industry Professional such as Rehabs and counselors, but our current email provider would not let us send out mass emails like that. So Greg is looking for another way to reach out to Service Providers to let them know about FA. More to come.

- **Group Support:**

Newer Groups: LAI revising New Group Starter Kit and Spread the Word and then will hold virtual trainings on these topics and for groups looking for help.

Facilitate new groups such as niche groups (sibling, teen, etc) and identify potential new group leaders.

All groups: Virtual training on Spread the Word and Using Social Media. Offering speakers to join meetings. Zoom rollout to Hybrid and Virtual Groups. Greg suggested using the Zoom rollout as a good way to reach out to secretaries or whoever in the group deals with tech, instead of the check-in/cold calls to

secretaries. This way we have something concrete to offer them. Chris Y asked where we stand with the Zoom rollout and stopping to use GoToMeeting. Cindy explained that after today's meeting, we will start with Zoom and let GoTo lapse. Maria noted that the LC and at least one regular group use GoToMeeting and so they need to be notified of the switch. Cindy said the Zoom subscription will include 250 accounts which will be plenty for us. We discussed creative ways to announce the Zoom rollout, possibly as an alternative to the calls to Group Secretaries, but yet still need to keep in touch with those who like the contact. Can brainstorm separately other ideas. Guy stated that in the UK they send out WhatsApp messages to all secretaries that are to be read out at meetings every week. Maybe need to be more directive. Maria suggested to add to the LC revision of the Suggested Meeting Format, when ask for Announcements from the Secretary, ask also for announcements from the WSB. Can also send out weekly WSB announcements to be read at each meeting.

- **New Revenue Sources:**

Key Concepts of FA book with Member Stories. More on this next meeting when Greg is in attendance.

**2. Motion: Move that the Families Anonymous World Service Board Treasurer reinvest \$25,000.00 in an FDIC-insured 3-Month Certificate of Deposit (CD) with Chase Bank. (Cindy)**

**Cindy made the motion, Guy seconded, voted on and approved unanimously.**

**3. Members' Stories Books - Status Update (Maria, Jan, Bob):**

Maria asked first to acknowledge Ann for her input that has helped to get the committee started by putting all the literature into buckets.

**WSB Status Update of Members' Stories Book**

- The individuals currently working on this project are:
  - Jan B, representing the Literature Committee (LC)
  - Bob S, representing the Serenity Messenger (SM)
  - Maria S, representing the Literature Access Initiative (LAI)

Cristina B volunteered to help as well. She will let us know how she would like to contribute.

- The LC had suggested the following four volume themes / categories based on our current literature:
  - #1: FA's Gifts to Us
  - #2: Sponsorship
  - #3: Helping - The FA Way
  - #4: Opting for Tough Love & Boundaries in Place of Enabling.
- The contents of each volume will consist of:
  - a) an introductory section describing the contents of the volume;
  - b) members' stories (previously published in our newsletters) introducing each of the "selected FA literature" items in "c);"
  - c) selected FA literature pertaining to the volume's theme, consisting of literature excerpts and/or entire literature pieces;
  - d) TABW readings pertaining to the volume's theme and/or the literature in "c);"
  - e) FA slogans and sayings pertaining to the volume's theme and/or the literature in "c);,"and
  - f) a list of other literature items pertaining to the volume's theme but not included in the volume.
- After reviewing the LC's 4 suggestions, we decided to start with #4 because we felt it would be the most attractive to a broader audience, both inside and outside of FA. We agreed to change the title of #4 to: Setting Boundaries - The FA Way. This will serve as a pilot.
- The literature to be included in this pilot volume are:
  - Relevant **FA Literature 60 pages**
    - #1028 Setting Boundaries [38 pages]
    - #1013 Our Son Is in Recovery and Coming Home [2 pages]
    - #1026 What Do I Say? [3 pages]
    - #1029 Tough Love—For Whom? [10 pages]
    - #2017 Practicing Tough Love [bookmark; 2 pages]
    - #1037 Keeping What's Mine and Letting Go of What's Not [3 pages]
    - #2012 Letting Go, Letting Grow [bookmark; 2 pages]
  - Relevant **TABW Readings 6 pages**
    - On Saying No – April 26
    - The Frets – June 22
    - The Serenity of Boundaries – October 18
    - Taking Care of Me – October 29
    - Silence – November 6
    - Codependency – November 10
  - FA **slogans** pertaining to the topic (such as "Boundaries are for us") **1 page**
  - A **list of other** FA literature related to this topic **1 page**

- There are 10 years' worth of newsletter articles (i.e., stories) on the FA website. Jan started reviewing them from the most current and worked backwards. Bob started with the oldest and worked towards the most current ones. They are being categorized based on the volume themes (1 through 4 above, plus "other"). To date, ~25 articles have been found related to the theme of setting boundaries. These articles range from requiring no editing, to requiring substantial editing. Total word count for these unedited 25 articles is ~13,000. Assuming an average of 250 words per e-book page, this represents **~52 pages** worth of material.
- Related literature (including TABW readings) will be interspersed among the stories. Relevant slogans can be displayed in a box by the stories. Book marks could be used as visual interest, interspersed throughout the book. Active links could be placed in the e-book (to the website, meeting list, etc).
- \$9.99 has been and continues to be the cut-off price for publishing on Amazon; anything more than that and our profit is diminished. The total price (if sold separately) of the 7 Literature Pieces to be included in the pilot book is \$12.30. Therefore, \$9.99 seems like a reasonable charge for the book.
- We are able to sell an e-book on Amazon, even if there is no hard-copy version. Amazon has a publishing service which we can explore in the future if needed.

Cindy, with Greg's Key Concepts book in mind, asked that the committee think big, always be broad enough, because this might be the thing that saves the Fellowship. Each volume could well end up being a chapter in the FA Big Book. There are different ways of breaking even on Amazon, so might be able to consider other options, other than the \$9.99 option. Make sure we are not using up all the meaty content up on the first volume, and that we have left for the next 3. Also, for instance, instead of calling one of the volumes Sponsorship, maybe call it, Making a Difference - The FA Way, then it can include service and giving back. Finding Serenity - The FA Way. Idea to call the book The FA Way. Jeff S is interested in helping with the writing of intros and segues. Cindy will help with Canva. Chris Y asked to think about how to brand FA on Amazon and in web searches so that our literature and FA in general pops up to the top. Would be ideal if at rehabs the families are given the FA Big Book for family recovery just like the SUD folks are given the Big Book of AA. Family Recovery - The FA Way, with the subtitle dealing with the individual volume. Bob asked how to mine these current stories. Maria will ask Jeff to share current stories on Tough Love and Boundaries. We can all ask in our groups of stories too. Guy searched FA on Amazon UK and a bunch of non-FA material came up. Greg also offered to work on this. No one is opposed to the committee moving forward with this pilot piece.

#### **4. Long-Range Planning: Next steps. (Maria on behalf of Greg C):**

Please read over Greg's report and be prepared to discuss at next month's meeting. If anyone has any questions or thoughts, please contact Greg before the next meeting. Also, committee chairs need to make sure their committee is supporting the initiatives listed in the long-range planning.

#### **5. Board Members speaking at group meetings - Suggestion by Jeff S (Maria):**

Jeff S. got a request to speak at a FA meeting and is suggesting that we as a board offer to send board members to speak at meetings to make you more aware of what the board does. Cindy said we can treat it like a group secretary call, build a connection. Chris Y. suggested that we should have a format or an agenda with key points to cover before we send out an offer. Bob: agenda will be a moving target, so check in with board when get a request. Cindy and Chris will put together a draft. Jan suggested that since the group had asked for help, asked Jeff to speak, we find a way to phrase offer in a way that groups ask for it, instead of offering, by announcing that Jeff did this.

### **CLOSING**

- 1. Announcements/items forgotten to mention:** none
- 2. Adjournment:** Bob moved to adjourn, Jan seconded, voted on and approved.  
Adjourned at 1:10 pm ET.
- 3. Close with Serenity Prayer**