

January 1

To the Newcomer

Welcome to Families Anonymous. We know how you're hurting, because we too were once new in this fellowship. We were confused and in pain, but we found hope in our FA meetings.

We can't tell you what to do. We can only share our experiences with you and tell you how we found the strength to deal with our problems. Your loved one might be in recovery. Perhaps not. Or that person, for whatever reason, might not be physically present in your life. Regardless of your individual situation, all of us are here to welcome and support you.

We've learned that we can live fuller, richer lives by studying and practicing the Twelve Steps of Families Anonymous. The despair that brought us to this program no longer dominates our lives. We have learned that we have rights and deserve to be happy, but it's up to us to create that happiness.

These changes did not come about overnight. They happened because we attended our FA meetings, found sponsors, studied the Steps, made phone calls to other members, and turned to a Power greater than ourselves.

You are no longer alone. Welcome to Families Anonymous.

TODAY I WILL open myself to another so that both of us can be helped.