

SERENITY MESSENGER

The Newsletter of the Families Anonymous Fellowship

*For relatives and friends concerned about another's use of drugs,
alcohol, or related behavioral problems*



EDITOR'S NOTE

Our attachment to our loved ones gives our lives meaning and purpose. But we also suffer because of it when we begin assuming that our relationships with them somehow give us the right to change them (as if we can), or when we allow the turbulence in their lives to shatter our peace. Doing this means we can never be stable unless those around us are stable. We are no longer in control of our own lives.

As a child of a parent suffering from addiction, I grew up with a fear of being alone. I felt more comfortable hiding in the shadow of those whom I thought were stronger and wiser. I sought acceptance from others. Yet I saw many of them—from my addicted loved one to others I looked up to—fall from grace, only for me to realise that I had to depend on myself. I had to let go of my emotional dependence and the illusion that everyone had it together except me.

In the madness of addiction, I had abandoned myself and become obsessed with the recovery of others. I had given away too much of my power. So much so that I imagined my life was at the mercy of those around me, leaving me helpless. If they could not change, I was doomed.

I had to become realistic and truthful. My loved ones mattered, but so did I. I had to shift my focus and trust, almost forcefully, onto myself.

When I came to the FA program, I resonated with these words: "my life had become unmanageable." My efforts to change others had driven me to frustration and despair. This was not my addicted loved one's fault; it was not my fault either. But it was now my responsibility to fix it. No one else could.

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I couldn't fix anyone else either. Trying to meddle only in my own business meant I was finally dealing with something I could handle, someone I could change.

To take serious responsibility for my own life and recovery sometimes feels frightening because I have evaded it for so long. Sometimes I am overcome with regret at the amount of time I have squandered. But thanks to the program, which had found me in time, I am in recovery one day at a time.

Seeing so many FA members who have taken charge of their lives and happiness—rebuilding friendships from scratch, learning new skills, going back to their hobbies, setting healthy boundaries with loved ones, sharing their journeys bravely with others—their light keeps me going.

IN FELLOWSHIP,
ELIZABETH S.



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WORD FROM THE BOARD

Incoming Chair, Greg C. Says We Must Do All We Can to Share the Hope of Recovery

My name is Greg C., and I am honored to serve as the incoming Chair of Families Anonymous World Service Board. My wife, Cindy, and I joined the Roswell, Georgia (#1906) Group of Families Anonymous about eight years ago, after struggling for years with the heartbreaking reality of addiction in our family.

Before finding Families Anonymous, we kept our pain hidden and the secrecy was suffocating. It reminds me now of the scene from Titanic where the designer of Titanic explains how the ship's watertight compartments work. The Titanic had sixteen watertight compartments that could be sealed. Theoretically, the ship could still float when some of the compartments filled with water. However, as the compartments filled, they would spill over the top and fill the next compartment. That was me. My compartments were filling up and I was starting to sink.

Cindy was the first to attend FA and I noticed an interesting change in her. Meanwhile, I was in denial about wanting or needing help. One day, Cindy and I were discussing an important family matter, and she said something that stopped me in my tracks. She said, "You know, 'No' is a complete sentence." It was at that point that I realized that I needed to join her at FA meetings. Cindy was finding strength, wisdom, and peace and I desperately needed all those things.

When I started to attend FA, I found people who truly understood what I was going through—people who didn't judge but instead offered empathy, experience, and hope. Early on, a member shared the panic he felt when his son had gone missing and the relief he felt when he learned his son was alive but "only" in jail. I laughed out loud — a strange reaction to something so painful, yet it was the first time in years that I felt lightness amidst the darkness. At that moment, I realized that I was going to be okay.

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WHAT I WAS GOING THROUGH —
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BUT INSTEAD OFFERED
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WORD FROM THE BOARD
cont'd

Families Anonymous has existed for over 50 years, yet it remains a hidden gem—one that could help so many more people if only they knew where to find us. Therefore, above all, my focus in volunteering to serve FA has been on reaching those who need FA but have never heard of it. There are countless families experiencing the same isolation Cindy and I once felt, unaware that this lifeline exists. That breaks my heart.

When I look back at the person I was before FA, my heart aches for him—overwhelmed, hopeless, sinking. Now, when I meet others in that same place, all I want to do is wrap them in compassion, let them know they are not alone, and help them regain their strength.

**WHEN I LOOK BACK
AT THE PERSON I WAS BEFORE FA,
MY HEART ACHES FOR HIM—
OVERWHELMED, HOPELESS, SINKING.**

Years later, Cindy and I have both taken an active role in Families Anonymous, serving on the World Service Board because we believe in the power of this community. Our mission is to expand FA’s reach and ensure that those struggling in isolation know they are not alone. The FA WSB wants to find ways to let the world know that FA exists and can help change people’s lives. The fifth promise of the twelve promises of Families Anonymous states - No matter what we’ve been through, we will see how our experiences can benefit others.



Let’s work together to ensure that no one must struggle in isolation. Encourage others to join a local in-person meeting or a virtual meeting.

I urge you all to share the word about FA with those who might need it. Together, we can extend our reach and help more families and friends find the strength, wisdom, and peace that FA offers. Let’s work together to ensure that no one must struggle in isolation. Encourage others to join a local in-person meeting or a virtual meeting. You can make a difference in another person’s life by connecting them with FA.

GREG C., CHAIR, WORLD SERVICE BOARD



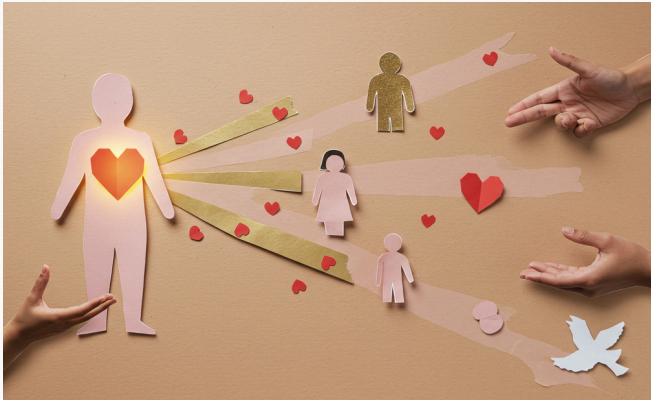
Want to learn more about how your FA group can thrive and grow? Go to familiesanonymous.org, click on "Members" and go to "Group Materials," where you'll find an array of helpful, informative publications concerning group dynamics and management.

Still have questions? Send an email to the Group Outreach Committee at GO@familiesanonymous.org.

Have a great meeting!

HELPING OURSELVES FIRST

Empathy for Our Addicted Loved Ones Doesn't Have to Mean Losing Ourselves, Writes Joanne M.



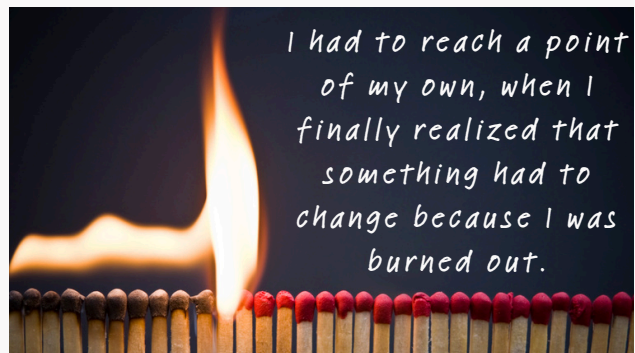
Several years ago, I attended an FA convention as a relative newcomer. One of the workshops was about empathy, and that tweaked my attention. Wasn't I empathetic toward my addicted loved one? Was that a good thing or a bad thing? I have to admit that I can't remember the crux of the workshop, but I can tell you that I've thought a lot about it in the years since.

Our Tradition Five tells us that we have one primary purpose: to help relatives and friends concerned about a loved one's drug use or dependence. This means taking constructive action and treating ourselves and others with compassion and respect. We do this by practicing the Twelve Steps of this program, by encouraging and understanding those affected by this illness, and by welcoming and giving comfort to the families and friends of individuals with a current, suspected, or former drug problem.

I had always been pretty good about handling challenges on my own. I'm not sure whether I didn't want anyone to think I couldn't handle my son's struggles and think me weak, or whether I was

disappointed with him and with myself, but I didn't ask for help for a long time. I had to reach a point of my own, when I finally realized that something had to change because I was burned out.

When I came into FA, I felt the empathy of other members. They did not attempt to fix my problems; they sat with me in my pain, offered a shoulder to lean on, and let me know that I was not alone in my struggles. I felt their kindness, their compassion. Many of them had survived enormous pain, and others were still enduring consistent chaos and crises; yet I could hear strength born from experiencing and prevailing over significant hardships and hurtful relationships. They seemed to "know" my grief that resulted from my loved one's substance use disorder.



As a reading in our Red Book says, "It's hard to accept the pain of a loved one's dependence on chemicals. It takes courage to acknowledge and live through the heartache, hurt and fear. And who, in his or her right mind, seeks out pain? *TODAY I WILL* not avoid pain but will accept it as part of my healing process." How we process pain can make a difference.

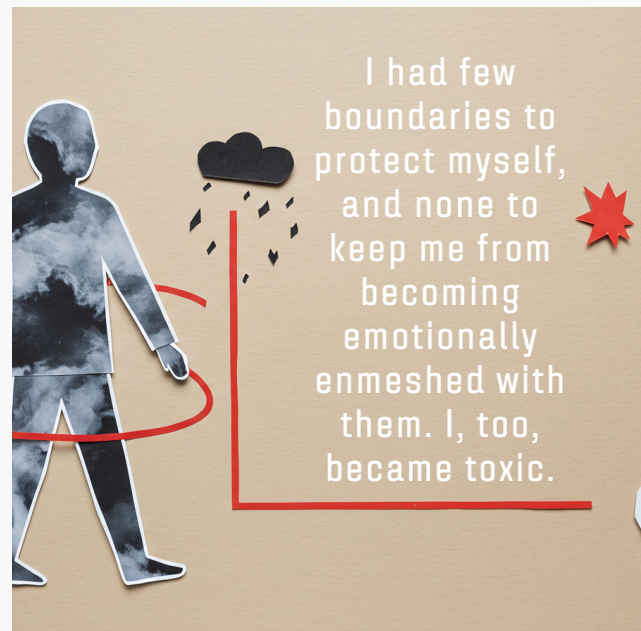
HELPING OURSELVES FIRST *cont'd*

As I began to turn my focus onto myself, I didn't doubt that I'd always been a compassionate person. From an early age, my mother was never surprised if I brought home a "lost" animal (even if it had a leash trailing behind it). Former school friends remember me kindly. My children's friends considered my home to be welcoming, and me to be "a good mom." So it seemed obvious to wonder, "Where did I go wrong with my son?"

I chose a sponsor on the basis of empathy, trust, and mutual agreement. She encouraged me to get in touch with my feelings. At first, my feelings were all about my addicted loved one (at the expense of other family members): grief, anger, resentment and confusion. I felt pity and sorrow for my son's "failure to thrive"; I felt a fair dose of self-pity, too. With time, I realized that my *sympathy* was not what my son needed. Could I replace it with *empathy*? A definition of empathy is the ability to understand and share the feelings of another. At that time, I did not understand much; he and I did not share much in common; and his feelings were his own. A definition of *compassion* is a sympathetic consciousness of others' distress together with a desire to alleviate it.

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With helpful feedback from my sponsor, I worked through my Step Four inventory. What a relief to discover "me," with assorted strengths and weaknesses and imperfections. I began to actively weigh those against my actions and reactions, especially in communication with my son. Lo and behold, I saw the need for change, but now, with my focus on me, the change I needed was in my own thoughts, attitudes, and perspectives and in my actions and reactions.



I had always prided myself on my ability to see things from other people's perspectives and to feel their emotions, hoping to act with compassion and improve their situation. As a wife and mother, I had gradually put myself last, until I broke. I had few boundaries to protect myself, and none to keep me from becoming emotionally enmeshed. I, too, became toxic. With time, I came to learn that empathy shines brightest when it's rooted in self-worth; that I can share

HELPING OURSELVES FIRST
cont'd

WHEN I BEGAN TO STAND FOR MY OWN VALUES, NEEDS AND DESIRES, THOSE WHO DEPENDED ON ME WERE A BIT SHOCKED.



space and set boundaries; that I can be compassionate and protect my energy; and that I can care deeply without carrying what isn't mine. When I began to stand for my own values, needs and desires, those who depended on me were a bit shocked. Today, my example is a much better model for my addicted loved one, who has managed to grow in his own recovery.

Some of us may fail to realize the extent to which our addicted loved ones are suffering. By listening, just listening, we can learn to love the person and hate the disease, to encourage whatever efforts they make to change in whatever time they need. They are powerless over their dependence on drugs or alcohol; we are powerless to change or "fix" them. Hope springs eternal.

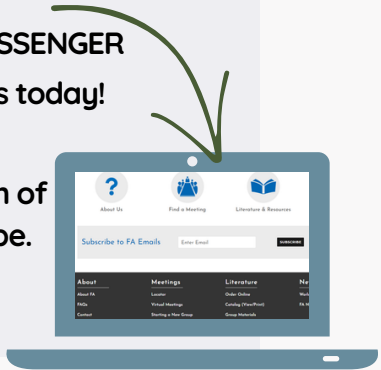
JOANNE M. GROUP #134



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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!



LEARNING TO FLY

Bob M. Writes About the Journey of Pressing Through, Then Letting Go

I inserted the key and the light came on, indicating that the rocket was ready to launch. Standing there I thought about all the hours that went into building that rocket. What started as a few cardboard tubes and some balsa wood was now a full-fledged, ready-to-launch rocket. Maybe it didn't have the best paint job, and maybe it wasn't aerodynamically stable (well, that was still untested), but to me, as a young boy, that rocket standing on the launch pad, pointing toward heaven, was a masterpiece. When I started building it, I had a lot to learn and I did learn a lot, a lot about how rockets work and maybe a little bit about life.

Being the first stage of a rocket can be a glamourless thankless job, a job you sign up for knowing that you will not see the journey through to its end. You are the force that sets the rocket in motion, that lifts it from the launchpad, that starts it on its journey. You provide the energy to push past the forces of gravity that try to hold it back. You keep the rocket on course, moving ever upward towards its destination. Your job is to work as hard as you can for as long as you can. And when you are exhausted, when you have gone as far as you can go, when you have nothing left to give, your job is to let go. To hold on would be selfish. It would only serve to hold the rocket back, to prevent it from realizing its potential. And so, without fanfare, in anonymity, you detach from the rocket so that it can soar.



Your job is to work as hard as you can for as long as you can. And when you are exhausted, when you have gone as far as you can go, when you have nothing left to give, your job is to let go.

HOW COULD I EVER LET GO OF
SOMEONE THAT I LOVED SO MUCH.

I STRUGGLED WITH IT.

I PRAYED ON IT.

I LAID AWAKE AT NIGHT.

I CRIED



As a parent, I tried to prepare my children for life, a life that wouldn't always include me. Like the first stage of a rocket, I tried to work as hard as I could for as long as I could to move them forward, to keep them on course, knowing that I would not be there to see the journey through to its end. I pushed them past the forces of gravity as best I could, but when it came to letting go there was one force that I hadn't considered, one force I couldn't seem to overcome: love. How could I ever let go of someone that I loved so much. I struggled with it. I prayed on it. I laid awake at night. I cried. But in the end, I think I decided that the answer to love was love itself. I could only let go of someone I loved so much because I loved them so much, because to hold on would be selfish, would keep them from realizing their full potential.

LEARNING TO FLY *cont'd*

I think about life, how sometimes my life experiences seem so random and I wonder if there is any rhyme or reason to the day-to-day. I didn't grow up to be an astronaut. So why was I so interested in rockets as a kid? Did I really think I was going to find the secret cure for my son's addiction at a Families Anonymous meeting? Probably not. So why did I bother to come to that first meeting? Sometimes I think that life is just a giant jigsaw puzzle, a puzzle for which the Higher Power has given us all the pieces. And if we can find those pieces and fit them together in just the right way, it will all make sense.

That day, as a boy, standing in that open field, I pressed the button and prayed that all my hard work would pay off, that that rocket would launch. My heart pounded as I saw the engine fire. I drew a deep breath as the rocket began to lift off. As it streaked skyward, I watched and I waited until I saw the first stage detach and begin its journey back to earth. And I couldn't help but smile as I watched the rocket soar.

BOB M. GROUP #853

SOMETIMES I THINK THAT LIFE IS JUST A GIANT JIGSAW PUZZLE, A PUZZLE FOR WHICH THE HIGHER POWER HAS GIVEN US ALL THE PIECES. AND IF WE CAN FIND THOSE PIECES AND FIT THEM TOGETHER IN JUST THE RIGHT WAY, IT WILL ALL MAKE SENSE.



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

For our upcoming issue, the deadline to submit announcements is **November 10th.**

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!



2025 FAMILIES ANONYMOUS WORLD SERVICE CONVENTION

Chris G. Gives Us Impressions From a First-Time Attendee



A year ago, I joined my first Families Anonymous meeting through Zoom. Personally, it was a very challenging time, and I was fortunate to find FA while searching the web.

My daughter had left our home abruptly and moved in with a boyfriend who smokes marijuana frequently. I felt like I had lost my daughter. For a long time I grieved “the child that I raised.” I spent so much time worrying and usually woke up feeling discouraged.

Each week, as I joined the FA call, I started feeling more connected to the attendees. We have slightly different circumstances, but the theme of resetting expectations and centering on our own well-being is the focus.

Since then, FA members and I have formed an unexpected friendship, supporting each other regularly. When I heard that the annual FA World Service Convention was scheduled for July, I marked my calendar.

When I arrived at the convention’s conference room, I was immediately greeted by friendly faces and asked my name. We played a brief icebreaker game that involved reading a statement, deciding if we wanted to keep the statement or trade it for a different one, and sharing how it made us feel or how it applied to our lives. During the game I looked around the room and realized that we all share a unique bond. FA has created the groundwork; we just have to show up and apply the principles.

On Saturday, I met several FA colleagues for breakfast. During the first session of the morning, I learned about a local facility for 18- to 35-year-olds who have completed a treatment program. The founder of the facility shared a powerful message. The patients there have a high likelihood of sustaining a sober lifestyle since a community is cheering them on for an extended period.



2025 FAMILIES ANONYMOUS WORLD SERVICE CONVENTION *cont'd*

During the 3rd session, Julie, the speaker, explained marijuana's evolution and the changes that have impacted the availability of products in local stores nationally. **Some of the world's most respected psychiatrists are studying the effects of marijuana and are speaking out about its impacts on mental health.** Julie highlighted several advocacy groups that are working diligently to educate and support parents.

During the 4th session, Lizz B., a substance abuse counselor, shared what patients and mental health professionals are navigating post-pandemic. **A quote that stuck with me was, "Addiction is a family disease. Recovery is a family healing."** Many parents have no knowledge or understanding of the mental health system or how to navigate it once their loved ones start treatment. Lizz emphasized the desired outcome: recovery, which requires addressing substance abuse and mental health issues concurrently.

During the 5th session, Dale H., former World Service Board president, educated our group on sociopathy, a disorder characterized by narcissistic behaviors and feelings of entitlement. Sadly, sociopathy and addiction are often linked. Dale shared practical advice about recognizing manipulation attempts and responding appropriately in specific scenarios.

Next, Jim R., an A.A. speaker and recovering addict, shared his experiences in a candid and relatable manner. **Jim reminded the audience that people who**



suffer from addiction must be ready to treat their internal problems, not just their substance use. They often carry shame and self-doubt. Their parents need to say, "I'm scared for you," not, "Why can't you change?"

On Saturday evening, we gathered in the conference room for a delicious dinner and entertainment. Music and dancing created a sense of camaraderie and shared joy. What a wonderful end to my first FA convention!

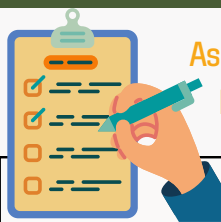
On Sunday I awoke early to catch a flight. I arrived home feeling positive and was reminded that we (as FA members) can share information about FA when the topic of addiction and troubled behaviors occurs. **We have valuable testimony and a consistent process that can help others. I will continue working my program daily and spreading the FA word, with a grateful heart.**

In summary, I am very thankful for the Families Anonymous volunteers who worked diligently to plan such a meaningful convention and who continue working daily behind the scenes.

CHRIS G. (NC)

DO YOU NEED FA?

Additional copies of this checklist can be purchased on the FA website as a bookmark, publication #6004



Ask yourself the following questions, and answer them as honestly as you can.

Fill in each blank with the name of the person who is causing you concern.

	Yes	No
1. Do you lie awake worrying about ____?	_____	_____
2. Do you feel frustrated in your attempts to control ____?	_____	_____
3. Do you disapprove of ____'s lifestyle?	_____	_____
4. Do you argue with ____ about their friends?	_____	_____
5. Do you find it increasingly difficult to communicate with ____?	_____	_____
6. Does ____'s behavior have you "climbing the walls"?	_____	_____
7. Do you often ask, "Where have I failed?"	_____	_____
8. Do you feel it is necessary to protect ____, whom you regard as unusually sensitive?	_____	_____
9. Are you trying to compensate for some family misfortune, divorce, death, illness?	_____	_____
10. Are you embarrassed to discuss your situation with a friend or relative?	_____	_____
11. Do you find yourself lying or covering up for ____?	_____	_____
12. Do you feel resentful or hostile toward ____?	_____	_____
13. Do you find it increasingly difficult to trust ____?	_____	_____
14. Do you worry about ____'s behavior affecting other members of the family?	_____	_____
15. Do you blame others for ____'s problems?	_____	_____
16. Do you blame yourself?	_____	_____
17. Are ____'s problems undermining your marriage or other relationships?	_____	_____
18. Do you find yourself playing detective, fearful of what you will find?	_____	_____
19. Do you go from place to place seeking help for ____?	_____	_____
20. Is concern for ____ giving you headaches, stomachaches, or heartache?	_____	_____

If you have answered YES to any three of these questions, this is an early warning sign.

If you have answered YES to any four of these questions, you can use some help.

If you have answered YES to five or more of these questions, you are definitely in need of help.

2025 FAMILIES ANONYMOUS WORLD SERVICE CONVENTION

Cindy C., WSB Convention Liaison

What a WEEKEND!



**A HEARTFELT THANK YOU TO
THE 2025 FAMILIES
ANONYMOUS CONVENTION
COMMITTEE**

If you were lucky enough to attend the **2025 Families Anonymous World Service Convention** in Chicago, you know: **healing happened.**

From the moment we stepped into the convention rooms, welcomed by our warm and enthusiastic host team, it was clear—this weekend would be something special. And thanks to the tireless efforts of the Chicagoland Convention Committee, it was all that and more.



To the Chicagoland Convention Committee:

We appreciate you and we THANK YOU!

*You orchestrated an unforgettable gathering filled with **heart, healing and hope.** Every detail reflected your dedication—from the smooth logistics to the thoughtful programming that spoke to every soul in the room.*

A Meeting That Felt Like Coming Home

The weekend began with a modeled Families Anonymous meeting that instantly grounded us. Whether it was your first convention or your tenth, sitting in that Friday night session felt like finding shelter in a storm with the added hospitality of a cozy blanket of understanding. That special space **reminded us of why we're here—we need each other.** We arrived at the Convention from many different directions, but it was quickly apparent we share the same story and our hearts found connection.

Stories That Stirred Our Souls

The speaker lineup was simply extraordinary. We were moved by treatment center alumni and professionals who offered insight and compassion (along with amusing anecdotes!), and we felt deeply inspired by the personal stories shared during the "Helping" panel. The **honesty, vulnerability and strength** displayed reminded us that we are not alone—and that recovery truly is a family journey.

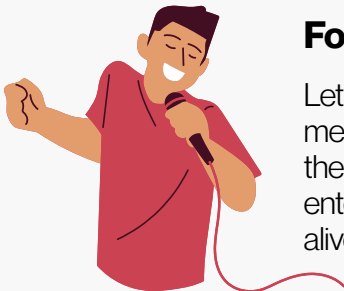


Families Anonymous
WORLD SERVICE *Chicago* 2025
CONVENTION

Another standout feature of this year's convention was the incredible range of breakout sessions offering practical tools and powerful insights. We found opportunities to reflect on **"The Present: A Gift You Give Yourself"** and explore mindfulness practices. Educational workshops deepened our understanding of addiction and mental health challenges. The complexity of the legal system became more navigable with observations from the probation profession, and constructive options to maneuver

2025 FAMILIES ANONYMOUS WORLD SERVICE CONVENTION *cont'd*

complicated family dynamics left us **empowered to try new ideas**. Authors, AA speakers and fellow FA members walking the family recovery path shared their stories. **We heard our story in their story**, and their journeys offered a path forward, no matter where we find ourselves today.



Food, Fun and a Fantastic Evening

Let's not forget the amazing meals and snacks! The kitchen's commitment at every meal was just as genuine as what we encountered in the meeting rooms. And when the sun went down, the energy turned all the way up—thanks to Vito's evening entertainment! From Bon Jovi to Bruno Mars and the Village People, the stage was alive—**smiles wide, hearts full and spirits lifted** with laughter and dancing.

Gratitude That Echoes

One of the most touching moments of the weekend was the closing "Gratitude" session. There were more than a few tears in the room as we reflected on our journeys and the power of connection. It was a beautiful reminder of **how far we've come**—and **how much strength we have together**.

A Place to Heal and Belong

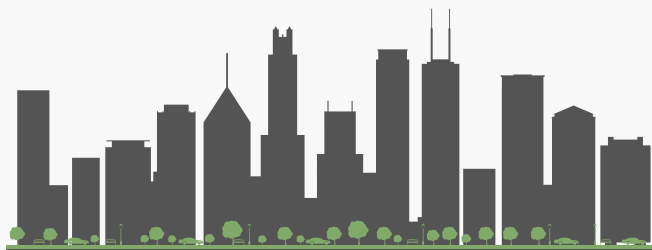
The convention hotel located in the Chicago suburb of Oak Brook, Illinois, was the perfect home base: comfortable, convenient and filled with the buzz of conversation, laughter and spontaneous hugs. Connection flowed freely—in hallways, over coffee, between sessions. **Friendships were formed. Hope was renewed.**



If you missed this convention—make sure you don't miss the next one.

This wasn't just a weekend event. It was a lifeline. A celebration. A reminder that **recovery is real, love is powerful** and **no one has to walk this path alone**

CINDY C., WSB CONVENTION LIASON



So again—thank you, Chicagoland Convention Committee. You gave us a weekend to remember and a reason to look forward.

We can't wait to see everyone at the next Families Anonymous World Service Convention.

Until then ...

**Keep coming back.
It works if you work it!**



COME AS YOU ARE

FA Member Cheryl K. Writes That There Is Never a Bad Time to Come to FA

A member of our FA group was struggling with her son's substance use disorder. She was downhearted and told us she did not want to continue attending our meetings because she had nothing positive to say. I wanted to shout out, "This is the exact time you want to attend an FA meeting!"

I have been attending FA since 2012, and there were many meetings I went to where all I could do was just sit there, trying not to cry about my situation with our son. Words were not always expressed by our members, but I felt compassion and non-judgment in that room. I also knew that my walk with the awful disease of addiction in my family was never a solitary journey, due to my FA group always being there for me.

I ALSO KNEW THAT MY WALK WITH THE AWFUL DISEASE OF ADDICTION IN MY FAMILY WAS NEVER A SOLITARY JOURNEY, DUE TO MY FA GROUP ALWAYS BEING THERE FOR ME.

There will be many times you will come to a meeting, thinking that you have nothing positive to contribute. Here is the good news, though! Our FA meetings allow us to share what is going on in our lives, after we hear a lead about a 12 Step reading, a topic, or an FA literature piece. When you share your story, it is not to inspire others or make them laugh; it is to speak honestly about what is in your heart. What a benefit your group can be to you, as your fellow members listen without judgment or advice!

We attend FA meetings for many reasons: to just vent about our situation; or to sit quietly and listen, praying that someone's sharing will resonate with us; or to get some ideas about how to handle our own home life.

Remember, your fellow FA members have walked in your shoes. We are all social creatures and need human connectedness in our lives. All of us contribute something in our meetings! We are here for one another, to support each other, and to always listen. Many of us continue attending FA meetings as a way of working our 12th Step so we can help carry the FA message that changed our lives, for the better, many years ago.

You are worth it, and your story is important. Keep coming back!

CHERYL K. GROUP #173, PARK RIDGE, IL



REMEMBER, YOUR FELLOW FA MEMBERS HAVE WALKED IN YOUR SHOES. WE ARE ALL SOCIAL CREATURES AND NEED HUMAN CONNECTEDNESS IN OUR LIVES.



FA NEWS: EXCITING NEWS FLASH!

HOLA!

Hi!

All these new and updated translations are or will be available as free downloads. We will keep you posted as they come online, but for now, [check out the FA website](#), where you can find a list of free Spanish downloads, as well as FA's literature catalog showing all our Spanish-language materials

Our Spanish translators are hard at work expanding our library of Spanish-language literature—to be made available as free downloads on the FA website.

More than a dozen prior translations have already been replaced by new translations. These include:

- #5003S *Suggested Meeting Format with Basic Readings*
- #1012S *No More Expectations*
- #8004S *Starting a New FA Group*

All of them are listed in the FA literature catalog, where some have also been highlighted in “Spotlight” boxes.

[Click here to access them on the website.](#)

Now we're looking forward to the next batch of Spanish-language literature. These are pieces being translated from English for the first time. The new translations will include:

- #1037 *Keeping What's Mine and Letting Go of What's Not*
 - #5011 *Growing Your FA Group: A Tip List for New and Established Groups*
 - #7016 *Introduction & Welcome to an FA Meeting*
- and many others





NOTICIAS DE LA FA: ¡NOTICIA EMOCIONANTE!

HOLA!

Hi!

Todas estas traducciones, nuevas y actualizadas, están o estarán disponibles como descargas gratuitas. Los mantendremos informados a medida que estén disponibles en línea, pero por ahora, puede visitar el sitio web de FA donde encontrará una lista de descargas gratuitas en español, al igual que el catálogo de literatura de FA que contiene todos los materiales disponibles en español.

Nuestros traductores al español están trabajando arduamente para ampliar nuestra biblioteca de literatura en español, la cual estará disponible para descargar de forma gratuita en el sitio web de FA.

Más de una docena de traducciones anteriores han sido remplazadas por nuevas, incluyendo:

- #5003S *Formato sugerido para la reunión con las lecturas básicas incluidas*
 - #1012S *No más expectativas*
 - #8004S *Comenzando un nuevo grupo de FA*
- Todas ellas están en la lista del catálogo de literatura de FA, donde algunas también han sido resaltadas en los cuadros de "Destacado".

HAGA CLIC AQUÍ!

Ahora estamos entusiasmados a la espera de la próxima tanda de literatura en español. Estas son piezas que están siendo traducidas del inglés por primera vez, las cuales incluirán:

- #1037 *Conservando lo que es mío y soltando lo que no lo es*
 - #5011 *Creciendo su grupo de FA: Una lista de sugerencias para los grupos nuevos y los ya establecidos*
 - #7016 *Introducción y bienvenida a una reunión de FA*
- y muchos más.





FA NEWS: A NEW PRINTING OF *TABW*

(#1015 in the Literature Catalog)

Today *A Better Way (TABW)*, FA's highly regarded daily-thought book, was first published in 1991. Since then, more than 100,000 copies have been printed and sold. The most current edition is the 22nd printing, hot off the press. Fresh copies are in the World Service Office now, ready to be shipped to you.

People the world over have found the daily readings meaningful and helpful in maintaining and promoting their recovery. Written by FA members, the readings remain as relevant today as they originally were more than three decades ago.

In those intervening years, much has been learned about the family disease of addiction: science has advanced, behavioral therapies have improved, societal norms have become more accepting, and families have found camaraderie with others suffering the effects of a loved one's substance use disorder. Our loved ones are no longer defined as their disease; instead, they have a disease.

While the crux of *TABW* has remained intact throughout the years, periodic edits have reflected these very important changes. Recent significant updates have made *TABW* ever more pertinent in our lives.

Have you never owned a copy of *TABW*? There has never been a better time than now to purchase it, be it in hardcover or digital format.

Do you have an old edition of *TABW*—with highlights, folded-back pages, and writing in the margins? By all means, keep it. It holds precious personal thoughts and insights.

But consider also purchasing a current hardcover edition. What you read may challenge you to think about issues in a fresh light. And in another 10, 20 or 30 years, your new book might end up just as marked up as your old one.

Finally, if you enjoy reading on your laptop, phone, or e-reader, think about supplementing your hardcover copy with a digital edition, in your choice of formats, so you can have access to *TABW* at a moment's notice, wherever you are.



[CLICK HERE](#)
FOR
[HARDCOVER](#)
[EDITION](#)



Today A Better Way (TABW) (#1015) is still available at the low low price of **\$13.00** for the hardcover edition and **\$9.99** for the digital editions. So much wisdom in this little package. Get your copies **now!**

ALSO AVAILABLE
ON KINDLE,
ITUNES & NOOK
STORES





SPOTLIGHT ON LITERATURE:
Changing Our Attitudes, Changing Ourselves

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.

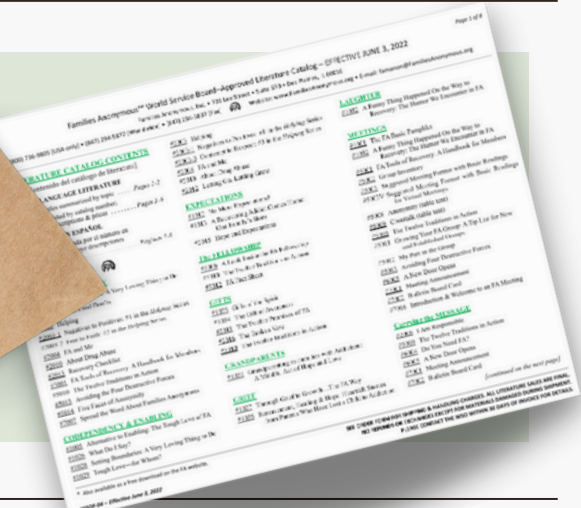


(keychain not included)

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!](#)

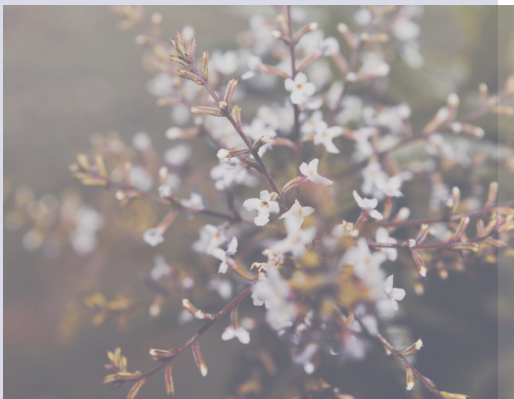
Interested in our full literature catalog? Download your own copy here, or check out our eStore online!



DONATIONS

COMMEMORATIVE DONATIONS

- In memory of Patricia J., on behalf of Sheryl P.
- In memory of Fred W., on behalf of Group 162, Des Plaines, IL
- In memory of Fred W., on behalf of Trudy H.
- In memory of Ethan C., on behalf of Marcy M.
- In memory of Patty J., on behalf of the Dallas Ladies Wednesday Step Study
- In loving memory of Ross F., a long time loyal member of Group 494 Winnetka, IL, on behalf of Group 494
- An in memoriam donation was made by a group of individuals in the Chicagoland area to Families Anonymous in the name of Ethan C.



GROUP DONATIONS MAY-JULY 2025

Over \$500

- GR0494 IL, Winnetka

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.

\$101 to \$500

- GR0134 FL, South Miami
- GR0262 NY, Garden City
- GR0469 NY, Hicksville
- GR0478 IL, Glenview
- GR0631 TX, Dallas
- GR0853 IL, Palos Heights
- GR0976 NJ, Colts Neck
- GR1301 NY, Syracuse
- GR1522 IL, Chicago
- GR1531 AZ, Scottsdale
- GR1811 MI, Clinton Twsp
- GR1974 NY, Syosset
- GR2056 FL, Bradenton
- GR3001 IL, Chicagoland Intergroup

Up to \$100

- GR0121 CA, Torrance
- GR0162 IL, Des Plaines
- GR0171 IL, Arlington Heights
- GR0173 IL, Park Ridge
- GR0777 IL, Chicago
- GR0831 IL, Skokie
- GR1096 VA, Richmond
- GR1187 CT, Bloomfield
- GR1561 VA, Charlottesville
- GR1844 WI, Mequon
- GR1869 NY, Sayville
- GR2109 FL, Parkland