

Biographies for Ballot

JULIA C.

Julia offers a unique blend of 27 years of personal recovery experience and high-level administrative expertise. As the Business Office Manager at The Foundry Ministries for nearly a decade, she oversees daily operations for a major non-profit rehab facility, demonstrating the organizational discipline, integrity, and discretion required for the role of WSB Secretary.

Beyond her professional duties, Julia has been a cornerstone of the recovery curriculum at The Foundry, teaching 200+ residents monthly and facilitating specialized Grow Classes.

Julia's seven-year history with Families Anonymous Group #1908 has deepened her commitment to the fellowship's specific traditions. She is expecting this position to merge her professional skill set with her passion for service, ensuring the board operates with excellence while staying rooted in the mission of personal transformation.

LORI H.

Since June of 2024, Lori has served on the World Service Board as a Board-Member-at-Large. She is the Chair of the Sponsorship Committee, and has served as a panelist on Education Committee sessions. She has been instrumental in setting up the niche group for Parents of Adolescents and Young Adults and serves as their Group Secretary.

Lori has been a proud and active member of the Colts Neck, NJ Group of Families Anonymous for the last 16 years. For the last 12 years, she has been privileged to serve as the secretary for the group. Working to grow their group has at times presented challenges. She has engaged in extensive community outreach, speaking to other families at different in- and out- patient facilities explaining to them why FA was so important in their lives.

Before COVID hit, she was part of a small group of members from the Colts Neck Group that established an amazing beginner's group to introduce new members into the FA way of life. It served to educate their newest members on the fundamentals of the program and the 12 Steps.

Lori also virtually attends the FA Group in Wellington, Florida and assists in leading meetings.

In 2015, she worked on different committees that planned the Annual FA World Service Convention that took place in Livingston, New Jersey. It was a huge success.

Lori feels that the FA program has changed her life forever and she is grateful for the lessons she has learned.

CHERYL K.

For the past 3 years, Cheryl has served as the Group Secretary for Families Anonymous Group #173 of Park Ridge, IL. She has been attending FA meetings since 2012, and attended other FA meetings in LaGrange, IL and Westmont, IL. She found it interesting and inspirational to attend these meetings, to meet other FA members and to learn how their meetings were formatted.

Cheryl and her husband have been involved in National Alliance on Mental Illness (NAMI) meetings in Illinois for 13 years, and have shared in those NAMI meetings, workshops and speaker events, their experience and benefits of attending Families Anonymous. Many people attending NAMI have loved ones with a dual diagnosis of substance abuse and mental illness and can greatly benefit attending FA.

Cheryl has participated and attended many Chicagoland FA conventions, usually held annually. She and her Park Ridge group participated in one of the breakout sessions during a convention that addressed having too much empathy for qualifiers. She and her husband have spoken at their church about the benefits of attending Families Anonymous meetings and how their own lives were improved by working the 12 Step program.

As the group secretary for Cheryl's group #173 of Park Ridge, she is the first contact made by someone seeking help for their family and qualifiers. She takes this role very seriously, as she sends them FA literature and information and encourages them to attend her FA Hybrid meeting held once a week. She knows how difficult it can be during a crisis to reach out for help and wants to pass on the knowledge of how FA can be a lifeline to them during difficult times.

The familiesanonymous.org website is a wonderful place to seek out literature, especially the Serenity Messenger! As a new FA member, Cheryl would read the newsletter articles, as she searched for stories like hers. The fact that the articles were written by other FA members was impressive and inspirational. Cheryl wrote two articles in the Fall 2025 issue titled "Come as you Are" and "Learning to be a Hands-Off Parent" in the Sept/Oct. 2023 issue. This was her way of giving back to other members, (the 12th step).

Cheryl cannot stress enough the lifesaving benefits of being part of Families Anonymous. Not only has her own life been positively transformed but her family has also benefited.