

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*

**YOU
ARE NOT
ALONE**



EDITOR'S NOTE

Change defines reality and is the only constant in life, according to ancient Greek philosophy. "Everything flows," said Heraclitus, centuries ago.

It's true: each of us is who we are today because of the cumulative changes we've experienced, starting from infancy and running through childhood, adolescence, and adulthood. We're constantly becoming newer versions of ourselves as a result of changes happening every day.

Although change is integral to life, human nature seems resistant to change at every turn. When our daughter was using drugs while living in our house, the status quo was crisis, conflict, worry, fear and fighting. If there was no immediate emergency, we walked on eggshells, fearing the next explosion of crazy. I was like a victim of post-traumatic stress disorder, except that the traumatic stress was very much in the present—and I was in denial that I had any disorder at all.

So when we found FA and they told us we had to change ourselves, I was furious: my daughter had caused the problem, so she was the one who had to change. I was perfectly fine as I was.

Except that I wasn't; I was miserable. But still, I resisted change. It was easier to stay the same and be unhappy, because at least it was familiar. Who knew what would happen if I committed to doing the hard work to actually change myself? What if I still felt unhappy?

It took many months of attending FA meetings, and studying the steps and the literature, for me to realize I could no longer accept my life as it was. What particularly impressed me was talking

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EDITOR'S NOTE *cont'd*

to and hearing the shares of many longtime FA members whose lives were clearly peaceful and productive, even when their loved ones persisted in pursuing destructive ways. If they could be happy, there was hope for me.

Once I started to trust the program and to put in the work of changing my attitudes and outlook, my life gradually improved. I didn't heal overnight, but after all, my descent into the madness of our daughter's addiction had also taken years. I enjoy a measure of peace today that I hadn't thought possible when I was obsessed with trying to "fix" our daughter. I'll work on improving my life to the day I die, and be perfectly satisfied with progress, not perfection.

The Greek philosopher Heraclitus, in his teachings on this subject, famously observed that no man ever steps into the same river twice, for it's not the same river, and he's not the same man. The waters of the river continually change, and so do we.

Similarly, our FA literature says that "I, too, am always changing, and I can make that change a constructive one, if I am willing."

It's fall. Change is in the air once again. Let me be willing.

**IN FELLOWSHIP,
BOB S.**



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CHOOSING PEACE OVER FEAR: HOW GRATITUDE REWIRED MY RECOVERY

How the Simple Habit of Everyday Gratitude Changed Her, Writes Karin H-S.

When I first walked through the doors of Families Anonymous, the mere concept of a gratitude list felt laughable. My world had been completely turned upside down by my son's mental illness, substance abuse, and consequent behaviors. The resulting chaos had fractured every single relationship within my family, and the misery and suffering were palpable. I remember thinking, *How could I possibly feel gratitude right now? How could finding just three simple things be a tool powerful enough to change this reality?*

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Week after week, and month after month, I listened to member after member across four different Families Anonymous groups share how a daily gratitude practice had radically transformed their recovery. Despite the testimony of my new FA family, I was still a bit skeptical. I needed to know the science behind it.

As it turns out, practicing gratitude literally rewires the brain by triggering our natural "feel good" response. Giving thanks lights up the brain's reward centers and releases dopamine, creating a positive feedback loop. The more we practice gratitude, the easier it becomes for our brain to not only notice the good, but to naturally experience positive emotions in the future.

Daily gratitude also quiets our internal alarm system. Living with the crisis of an addicted or struggling loved one keeps our amygdala—our brain's fear center—on constant high alert. Practicing gratitude actively calms this system and reduces the production of cortisol, the stress hormone, which in turn lowers our heart rate and eases chronic anxiety.

Lastly, because the brain is highly adaptable, gratitude changes our default settings. Consistently looking for three good things every day strengthens new neural pathways. Over time, it retrains the brain's natural filters to look for peace rather than constantly scanning the horizon for the next threat or crisis.



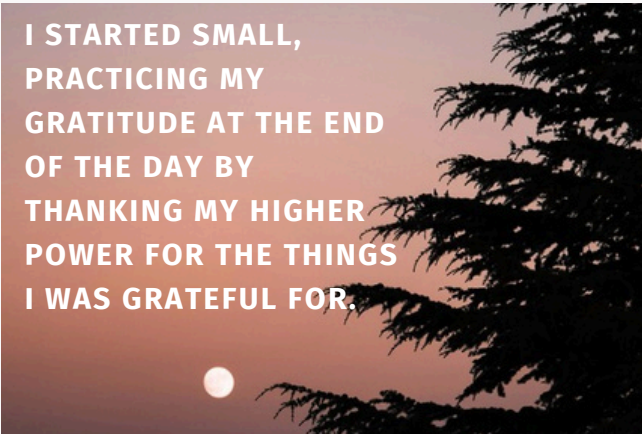
**LIVING WITH THE CRISIS OF AN
ADDICTED OR STRUGGLING LOVED
ONE KEEPS OUR AMYGDALA—OUR
BRAIN'S FEAR CENTER—ON
CONSTANT HIGH ALERT.**

CHOOSING PEACE OVER FEAR: HOW GRATITUDE REWIRED MY RECOVERY

cont'd

Eventually, I decided to put my skepticism aside and try it consistently for two months. What did I really have to lose?

I started small, practicing my gratitude at the end of the day by thanking my Higher Power for the things I was grateful for. Most of the time, I fell asleep before I was finished. On the nights I lay awake, unable to get back to sleep, I would simply continue where I had left off. My list could be simple things: a roof over my head, a hot meal, a comfortable bed, clean water, indoor plumbing, heat, air conditioning. Other times, it was for the people who made my life fuller, for positive interactions, or for small moments of joy: another day to live, the birds, a glimpse of wildlife, or the sound of leaves rustling in the wind.



I STARTED SMALL,
PRACTICING MY
GRATITUDE AT THE END
OF THE DAY BY
THANKING MY HIGHER
POWER FOR THE THINGS
I WAS GRATEFUL FOR.

I discovered that when I focused exclusively on what was wrong, my mind slowly trained itself to see nothing but darkness. Constantly fixating on what is wrong with the present, or obsessing over what could go wrong in the future, completely robs us of the blessings of today. And truly, today is all we have.

Shifting my focus is not about sweeping real suffering under the rug. Rather, it is about intentionally choosing to notice the blessings of beauty, kindness, and hope that exist right alongside the pain.

GRATITUDE TEACHES THE MIND TO STOP DESPERATELY SEARCHING FOR PROBLEMS AND START ACTIVELY LOOKING FOR PEACE.

Fear is a frequent visitor when you have a loved one suffering from substance use disorder, mental illness, or behavioral challenges. Gratitude teaches the mind to stop desperately searching for problems and start actively looking for peace. When fear comes knocking on my door, I don't have to let it take over. Instead, I pause, reach for my gratitude practice, and remind myself of this powerful truth: "Fear arises when we imagine that everything depends on us."

I cannot control the storm, but I have certainly learned to weather it through service, community, and a daily commitment to looking for the good.

About six months ago, I started a Gratitude Challenge within my group's WhatsApp chat. Every morning, I post a simple prompt: "Today, I am grateful for" Members can voluntarily reply with three things they are thankful for. What originally started as a practical strategy to keep our chat from being dominated

CHOOSING PEACE OVER FEAR: HOW GRATITUDE REWIRED MY RECOVERY *cont'd*



EVERY MORNING, I POST A SIMPLE PROMPT: "TODAY, I AM GRATEFUL FOR..." MEMBERS CAN VOLUNTARILY REPLY WITH THREE THINGS THEY ARE THANKFUL FOR.

by a cycle of wallowing, pity, and despair has blossomed into a daily highlight for many. Some members participate every day, while others silently read along. Regardless of whether someone chooses to post, the feedback has been consistent: just witnessing it makes people feel a bit better.

Truth be told, when I first started the challenge, it wasn't just to help others—it was a lifeline for myself. I knew that if I didn't create a system of personal accountability, I could easily slip back into

old habits of worry and despair. By committing to post every morning, I forced myself to search for the good, even on days I was struggling and didn't feel like it. What I discovered is that gratitude didn't change my external circumstances, but it fundamentally changed me. It showed me a truth that I now hold dear: we always have so much to be grateful for when we look for it. We just need to be willing to notice it.

If you are looking for a way to deepen your own recovery or strengthen your home group, I encourage you to consider starting a Gratitude Challenge of your own. It can be as simple as opening a text thread with a few recovery friends, dedicating the first five minutes of your weekly meeting to positives, or writing down three small things in a journal beside your bed each morning.

KARIN H-S.
GROUPS #1901 ROSWELL, GA & #1801 PARKLAND, FL



SIGN UP TODAY!

If you don't want to miss an issue of the SERENITY MESSENGER and other FA announcements, subscribe to FA Emails today!

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

How to Be on Airplane Mode to Save One's Serenity

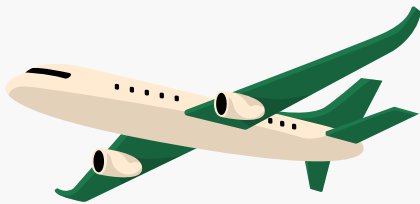


Read in your best flight attendant's voice ...

"Ladies and gentlemen, welcome aboard Families Anonymous flight 143 with service to Serenity Island. As you find your seats, please stow any large baggage in the overhead bins. Personal items, such as serenity, courage, and wisdom should be placed safely underneath the seat in front of you. At this time, please ensure all cellular phones, tablets, and other electronic devices are

turned to airplane mode. All electronic communication must be turned off and stowed during taxi, takeoff, and landing to ensure the safe navigation of this aircraft. In the event of turbulence that threatens the mental, physical, or financial stability of our aircraft, oxygen masks will automatically drop from the panel above your head. Secure the mask with the elastic band and breathe normally. Always secure your own mask first before assisting struggling children or addicted loved ones. Once again, welcome aboard, and thank you for flying with Families Anonymous, where preserving your serenity is our top priority."

Recently, I heard three different flight references brought up in everyday conversation. I'm a firm believer that when something presents itself to me in threes, I'm supposed to pay attention. This got me thinking how I could use these three flight-themed concepts to share with my Families Anonymous group in a fun and creative way. From there, my lesson took flight (pun intended).



Warning: Flight attendant mode has been activated.

As parents, relatives or caregivers in a relationship with an addicted loved one, we often go into what can be referred to as flight attendant mode. We assume the responsibility of caring for, helping and rescuing them and monitoring their behaviors. We take on their problems. We try to find solutions and make them as comfortable as possible, even when it's at the expense of our own serenity and peace. We often get our sense of self-worth from how much we do for everyone else, especially our addicted loved ones. I humbly admit, before I came to the Families Anonymous program, I was addicted to the chaos my

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LEARNING TO FLY *cont'd*

loved one was causing. I was convinced I could help get things under control. I wore my flight attendant wings with pride, believing no amount of turbulence was too great for me to navigate. Boy, was I wrong! Through my work with the program and the support of my friends in my Families Anonymous group, I realized that I don't need to be in control. Just as Step One reminds us, I had to admit I was powerless over drugs and other people's lives, that my own life had become unmanageable. Through working the Twelve Steps of Families Anonymous, I slowly began to let go of my need to help, organize, rescue and monitor my addicted loved one. I no longer needed to white-knuckle my way through my days. It was time to retire my flight attendant wings!

Cabin crew, secure your oxygen masks for self-preservation.



Most of us are familiar with the line in the flight attendant's script about securing our own oxygen mask before assisting children or other passengers. In the modern world of psychology and self-care, you may be familiar with the use of this as a metaphor for taking care of your own needs before supporting those of others. This metaphor comes from airplane safety instructions. Simply put, if cabin pressure drops, you're told to put on your own oxygen mask before assisting anyone else. If you lose consciousness while trying to help someone else, you may end up unable to help anyone, including yourself. The oxygen mask theory is the idea that you must take care of your own essential needs



**SECURING MY OXYGEN MASK
FIRST IS ONE OF THE MOST
SELFLESS THINGS I CAN DO TO BE
THE BEST VERSION OF MYSELF FOR
THOSE AROUND ME.**

before you can effectively help others. In my own relationship with my addicted loved one, I would go days, sometimes weeks, without securing my own oxygen mask. In fact, I can recall numerous times when I think I may have literally forgotten to breathe! Through working my Twelve Step Families Anonymous program, I have learned to prioritize self-care. Taking care of myself is imperative to being able to care for my loved ones. Securing my oxygen mask first is one of the most selfless things I can do to be the best version of myself for those around me. It helps to always keep in mind the Families Anonymous adage: I can change myself; others I can only love.

LEARNING TO FLY *cont'd*

Passengers: Engage airplane mode.



Those of us who have traveled on airlines know that airplane mode means temporarily suspending data transmission that interrupts radio signals while aboard a plane. In turn, the metaphor of using airplane mode when dealing with an addicted loved one means you temporarily suspend communication between you and the chaos. In a world filled with constant connection through our phones, tablets, and computers, sometimes it can prove quite difficult to quiet the noise and to disconnect. When a break is needed and it is safe to do so, there are three variations of airplane mode that can be applied in communication with an addicted or struggling loved one.

Turning on “WiFi Only Mode” allows communication with your loved one, but on your terms. For example, you could say, “I will not answer phone calls, but you can text me.” This removes yelling, crying, and hysterics and gives you time to slow down and craft a calm response in your own time. WiFi Only Mode also allows you the opportunity to filter: filter what you take in, and filter what you give back. Most importantly, it allows you time to pause before reacting. Remember: There is POWER in the PAUSE.

In times when the chaos becomes overwhelming or all-consuming, “Blackout Mode” can be used to pull the plug on communication for a set time period. For example, you might say, “I see you are in crisis. I love you, but I cannot help you fix this. I’m taking a 48-hour break from all communication so I can reset and recalibrate.” This allows time for the dust to settle and gives them an opportunity to face the natural consequences of their choices and solve (or try to solve) their problem independently.



There are certain situations where using any version of airplane mode may not be helpful or ideal. For example, if your addicted loved one lives with you, airplane mode could be quite difficult to manage while you are both under the same roof. These versions of airplane mode are merely suggestions, and only you know your loved one and the situation best. Remember: Airplane mode is temporary. You are managing the signal, not deleting the contact. It is not abandonment; it is just blocking interference and managing the turbulence.

LEARNING TO FLY *cont'd*

Cabin crew, prepare for landing.

Whether our loved ones are struggling with addiction, mental health issues, or both, we tend to forget that it's okay to hand over our flight attendant wings, secure our own oxygen mask first, and even switch to airplane mode when beset by chaos and turbulence. After all, an airplane cannot fly safely if the cockpit is filled with panic. It's okay to let go, breathe, and mute the noise—so you can navigate the plane.



**IT'S OKAY TO LET GO, BREATHE,
AND MUTE THE NOISE—SO YOU
CAN NAVIGATE THE PLANE.**

Additional Note:

When I asked Chat GPT the question, *What if there is a real life-or-death emergency while I put my addicted loved one on airplane mode?*, the response was interesting. Chat GPT stated: Let's face it, if it's a real emergency, you are not the correct first responder. You do not have an ambulance, a medical degree, or a badge. In fact, your intervention could delay the actual help they need.

MAUREEN B., GROUP 1849, PLANO, TEXAS



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!

FA AIRCRAFT SAFETY CARD



Flight Attendant Mode-

Making your addict as comfortable as possible, often at the expense of your own serenity and peace.

You assume the responsibility of caring for, helping, rescuing and monitoring the behaviors of your addict.

Today A Better Way

PAGE 255

September 11 Obsession



Oxygen Mask Mode-

The oxygen mask theory is the idea that you must take care of your own essential needs before you can effectively help others.

Pausing to secure your mask first helps you think, breathe and maintain altitude.

Today A Better Way

PAGE 103

April 12 Self



Airplane Mode-

You choose the level of restriction that protects your peace and safety, as well as the safety of your loved one on any given day.

Today A Better Way

PAGE 311

November 6 Silence



Wi-Fi Only Mode

You allow communication, but on your terms.

Example: "I will not answer phone calls, but you can text me."

Full Airplane Mode

You put your phone on Do Not Disturb from 9:00pm to 7:00am.

Example: "I love you, but I'm turning my phone off for the night to get some sleep.

I will check my messages in the morning."

Blackout Mode

Pulling the plug on communication for a set time period.

Example: "I see you are in crisis. I love you, but I cannot help you fix this. I'm taking a 48-hour break from all communication to reset & recalibrate."

AIRLINE DISCLAIMER

**The 3 versions of "Airplane Mode" are merely suggestions.
These may not be useful in certain situations.**

MAUREEN B., GROUP 1849, PLANO, TEXAS

WHAT SPONSORSHIP HAS DONE FOR ME

FA Member Karin H-S. reflects on the value of sponsorship

Families Anonymous and its Twelve Step program have been life-changing for me. My son's struggles first brought me to this program three years ago, but I stayed for myself and for the incredible support and guidance I received from the members of the virtual FA groups I regularly attend. Immediately, I realized I was no longer alone. I had finally found a community that understood me—a community that has since become my second family.

I will be forever grateful for having found FA. It was hands-down the best decision I ever made for my recovery. The second-best decision came 18 months later, when I asked an FA member to be my sponsor and began working the Steps. Personally and spiritually, I could not have grown without that dedicated support. I chose her because she emulated serenity, offered genuine hope, and lived her FA program every day—even though her own addicted loved one had been in recovery for more than 14 years. Her enthusiasm for the Steps was contagious.



While the title of "sponsor" can sound formal and intimidating, a sponsor is truly just an FA friend who walks the path with you.



DESPITE LIVING 800 MILES AND SEVERAL STATES AWAY, WE SUCCESSFULLY WORKED THE STEPS VIA WEEKLY ZOOM AND FACETIME CALLS.

While the title of "sponsor" can sound formal and intimidating, a sponsor is truly just an FA friend who walks the path with you. My sponsor is someone I can completely trust with my anger, sadness, anxiety and resentment without any fear of shame or judgment—something my friends outside of FA simply couldn't provide. She listens with love and wisdom, never offering unsolicited advice or criticizing my mistakes. Despite living 800 miles and several states away, we successfully worked the Steps via weekly Zoom and FaceTime calls.

Although we have completed the Twelve Steps once, our work is never finished. We continue to text, talk and dive back into the Steps because recovery is a lifelong journey. In FA, we constantly encourage self-care. I cannot think of a more loving, empowering thing to do for yourself than to find a sponsor and begin working the Twelve Steps of Families Anonymous.

KARIN H-S. GROUPS #1901 ROSWELL, GA & #1801 PARKLAND, FL

2026 CHICAGOLAND CONVENTION



CHICAGOLAND FAMILIES ANONYMOUS

45th Annual Convention

Theme: **"Finding Our Balance"**

 **Saturday, November 7th, 2026 • 8:00 AM – 3:00 PM**



Come and spend a day learning how FA can help you relate with a family member or friend affected by mind-altering substances or related behavioral issues. Whether you are an active member of Families Anonymous or have just heard of this group, we warmly welcome you to attend.

"FA serves as a beacon of hope, reminding others that peace is possible – even in the darkest of times!"



EVENT LOCATION

Gloria Dei Lutheran Church

4501 Main Street
Downers Grove, IL 60515

Parking Notice: Free parking is available in the Church Lot or in the School Lot across the street.



CONVENTION SCHEDULE

8:00 AM – 8:45 AM

Registration & Continental Breakfast

Check in, enjoy refreshments, and fellowship

8:45 AM – 3:00 PM

Program & Workshops

Inspiring speakers, interactive breakouts, and catered lunch



REGISTRATION & ATTENDANCE COST

*** Lunch & Breakfast Included with All Registrations**

Special Group Rate

\$50 / person

Mail **4 or more** registrations together.
Must be received by **Oct. 23rd**.

Early Individual

\$55 / person

Advance individual registration.
Must be received by **Oct. 23rd**.

After Oct. 23 & Walk-in

\$60 / person

Late or on-site walk-in registration.
Cash, Zelle, or Check (No credit cards).

COME JOIN US! RESERVE YOUR SEAT

Take the first step toward peace and mutual understanding. Scan the QR code or visit our website for registration forms and details.

FACHicago.org

 **Questions? Call 847-795-8320**



SCAN TO REGISTER

Families Anonymous • Chicagoland • Serenity, Courage, Hope & Balance

LOOKING WITHIN—MY JOURNEY TOWARD SERENITY

How Step Four Taught a Mother to Love Her Son, Not Run His Life



MY FOCUS WAS ON HIM—WHAT HE WAS DOING, HOW I COULD HELP, AND WHAT I COULD DO TO MAKE THINGS BETTER. AFTER ALL, I THOUGHT, I'M HIS MAMA. IT'S MY JOB.

Step 4 says, “Made a searching and fearless moral inventory of ourselves.”

When I first came to Families Anonymous, I believed my biggest problem was my loved one. I spent so much time worrying, trying to fix situations, giving advice, checking in, and believing that if I could just find the right words or solution, everything would somehow be okay.

My focus was on him—what he was doing, how I could help, and what I could do to make things better. After all, I thought, I’m his mama. It’s my job.

Then I came to Step 4, and for the first time, the focus shifted from my loved one to me. I was confused and defensive. I remember thinking, “You want me to look at myself? How is that going to stop my loved one from drinking?” With the support of my group, I decided to trust the process.

As I worked through Step 4, my attention slowly—and sometimes painfully—shifted back to myself. I learned that I could be honest with myself and take a closer look at my own thoughts, feelings, and behaviors.

As I began to look more closely at myself, I struggled with the idea of a “moral inventory.” The words themselves sounded intimidating, even scary. I didn’t want to look that closely at myself. I imagined making a list of everything I had done wrong. But as I began to work on Step 4, I discovered that it wasn’t about judgment, blame, or shame. It was about becoming honest with myself and recognizing what might be keeping me from peace, serenity, and healthier relationships.

As I continued looking honestly within, I discovered just how much fear I was carrying. I feared what might happen tomorrow. I feared my loved one might hurt himself—or, worse, die. I was afraid to let go because I had confused letting go with giving up.

**I WAS AFRAID TO LET GO
BECAUSE I HAD
CONFUSED LETTING GO
WITH GIVING UP.**



LOOKING WITHIN—MY JOURNEY TOWARD SERENITY *cont'd*

Along with the fear, I discovered something else that was difficult to admit: I had begun to feel resentment toward my son. I resented the stress, uncertainty, and emotional energy the situation demanded. I resented how much of my life had become centered around his choices and how much time and attention was taken away from his siblings. Admitting these feelings was difficult, and the guilt that followed was overwhelming. I felt like I had failed in my role as a mom.

I also began to see something else more clearly: my desire to help had sometimes become an attempt to control. My intentions were loving, and I truly believed I was helping, but I had to accept that control was still control. I was trying to manage outcomes that were never mine to manage.

**I ALSO BEGAN TO SEE
SOMETHING ELSE MORE
CLEARLY: MY DESIRE TO HELP
HAD SOMETIMES BECOME AN
ATTEMPT TO CONTROL.**



Then came the gentler side of Step 4: recognizing my strengths. I saw that I am compassionate, that I love my family deeply, and that I do not give up easily. I also learned that asking for help is not a weakness or a failure. It simply makes me human—which means I need to turn to God and to others for help.

Today, my responsibility is to care for my own spiritual, emotional, and physical well-being—not to run my son's life or anyone else's. I can pray, love, support, and encourage my son and set healthy boundaries for myself, while trusting God with what is beyond my control.

Step 4 has become a way of living. When fear, resentment, guilt, or the desire to control returns, I ask myself: *What is my part? What can I change about myself? What do I need to surrender to God today?*

Step 4 taught me to look within—not to condemn myself, but to understand my own thoughts, feelings, and actions. In that honesty, I began to see that I can be a good mama, even when I cannot fix things. I learned to love my son without trying to live his life for him. And, ultimately, I found a greater sense of freedom, peace, and serenity.



SPOTLIGHT ON LITERATURE:

*Holding onto Hopes and Dreams (#1040)
and the Learning Library*

DARING TO DREAM AGAIN

It is virtually unheard of for someone attending their first Families Anonymous meeting to be full of smiles and confidence about the future. Their dreams for loved ones suffering from substance use disorder (SUD) are in the process of being shattered.

SUD invariably throws a monkey wrench into dreams for ourselves and for our addicted loved ones. This is one reason why SUD is referred to as a family disease.

People suffering from SUD change in fundamental ways. Their behaviors become erratic; their moods, explosive; and their avoidance of family, the norm. They generate an escalating range of financial, emotional and psychological problems that become increasingly serious and difficult to solve. They evolve into unreliable and sometimes even dangerous members of their household.

As this is happening, our own lives begin to unravel. We have been hit with something we did not see coming. We are scared...angry...traumatized. We try to cover up the problem, hiding it, rationalizing it, denying it. We enmesh ourselves in our loved ones' lives, stepping in to right their wrongs, smooth over their consequences, fulfill their needs, and take over their responsibilities.

And what of those dreams we used to have—that their lives would be contented, productive and fulfilling? Those dreams seem relics of the past, mere products of our imagination, no longer predictive of a future reality.

Our dreams have changed. They have become "addict-centric" (as have most other aspects of our lives), reflecting our desperate need to save our loved ones from the scourge of their disease and relieve the chaos swirling around us. We have become addicted to them in much the same way they are addicted to their drug.

If we continue focusing obsessively on their problems and negative behaviors, and if we keep trying relentlessly to guide them back to sobriety, we stay stuck watching our dreams for them and their futures turn into nightmares.





SPOTLIGHT ON LITERATURE: *cont'd*

Holding onto Hopes and Dreams, a new piece of FA literature, guides us to find new dreams and hopes for ourselves and let go of the old, unrealistic, enabling dreams we've been nurturing for our loved ones. Only after spending time in FA's meeting rooms do we come to accept the reality that those old hopes and dreams were, more often than not, expectations, which finally need to be released and relegated to the past.

We start by:

**"FOCUSING ON TODAY, NOT TOMORROW,
FOCUSING ON OURSELVES, NOT SOMEONE ELSE."**



Once we have worked on ourselves through the Twelve Steps, we find hope again, hope that is focused inward.



**"FAMILIES ANONYMOUS ENCOURAGES US TO
KEEP HOPING AND DREAMING—
BUT TO HOPE AND DREAM OF
A BETTER WAY OF LIVING FOR OURSELVES."**

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





SPOTLIGHT ON LITERATURE: *cont'd*

IN RELATED NEWS...



For the first time ever, this newest piece, *Holding onto Hopes and Dreams*, will initially be available exclusively to Learning Library subscribers.

Families Anonymous has been digitizing both our English and our Spanish literature and placing it in the new Learning Library. **The Learning Library will be a subscription-based area of the FA website offering access to FA literature,** including material previously available only for purchase through our e-store.

For as little as \$5 a month (paid annually), your Learning Library subscription will give you convenient, instantaneous access to most of our FA literature, whether on your phone, tablet, or computer. Read and ponder FA's wisdom wherever you are—at home, at work, at meetings, on vacation—and whenever you have questions, need inspiration, or want to delve more deeply into FA's recovery principles.

Stay tuned for more information about the upcoming Learning Library—and be among the first to subscribe. By doing so, you will also be among the first to have access to this empowering new piece—*Holding onto Hopes and Dreams*—at no additional cost.

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- In memory of David M, friend and fellow WSB & GO Committee member & PR Chair. I will miss him but honor his service to the FA Fellowship for many years. Sending my thoughts & prayers to his family & home group. Service & Serenity always, Donna D.



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