

VOLUME LIX | ISSUE III | MAY/JUNE 2022

SERENITY MESSENGER

FOR RELATIVES AND FRIENDS CONCERNED
ABOUT ANOTHER'S USE OF DRUGS, ALCOHOL,
OR RELATED BEHAVIORAL PROBLEMS



THE NEWSLETTER OF THE FAMILIES ANONYMOUS FELLOWSHIP

SERENITY MESSENGER

Newsletter of the Families Anonymous Fellowship

EDITOR'S NOTE

The FA fellowship in the midst of life's busyness provides us a respite. It gives us a break from obsessing over our own lives. When we listen to the stories of those around us, we are humbled to know we are not the only ones. We can step out of what's happening with us and take time to empathize with those around us.

In turn, when we share our stories, we show that we trust others to see us. It's in the sharing of our stories that we break the isolation we feel because of our struggles. In the beginning it may feel strange to hear our own voices. Some of us have hidden our stories for so long, out of shame and embarrassment; some of us are still aching with the pain that addiction brought into our lives; some of us think that our stories are not as great or that our victories are too small to share. Sometimes, we may feel like we are burdening others when we share the truth about our circumstances.

Addiction creates isolation that makes us feel powerless and keeps us stuck struggling alone. By both sharing our stories and listening to those of others, we find healing.

We will experience the relief that comes from unburdening a weight we have carried for too long. We don't have to be too self-conscious or worry about being judged. The fellowship provides us a safe space to be ourselves.

This newsletter, the Serenity Messenger, is an extension of the platform FA provides us to enjoy community and express ourselves while our confidence and anonymity are respected.

Your stories and thoughts are valid and can bring someone else much needed encouragement. Write to us at newsletter@familiesanonymous.org. We would love to hear from you!

IN FELLOWSHIP,
ELIZABETH S.

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WORD FROM THE BOARD

MARCIA C., VICE CHAIR OF THE WORLD SERVICE BOARD, CHAIR OF THE GROUP OUTREACH COMMITTEE, AND MEMBER OF THE EDUCATION COMMITTEE, GIVES US A GLIMPSE INTO THE FUNCTIONS OF WSB

Several years ago, as a new retiree, I was looking for a way to stay busy and feel productive. I considered volunteering at the FA World Service Office, since I live in the area. Then an opportunity came up to join the World Service Board (WSB), and I decided to pursue that.

Like any part of Families Anonymous, the WSB is a very welcoming group. Initially I joined the Group Outreach Committee, then became its Chair. Currently I am also Vice Chair of the WSB as well as serving on the Education Committee. Each of these has been a gratifying learning experience for me.

The Group Outreach (GO) Committee has several functions. At the beginning of each year, groups are asked to report their status so that FA's website and office records can be kept up to date; GO follows up to make sure as many groups are included as possible. GO members also respond to people who express interest in starting a group, and we follow up with new groups to see if they have any questions or need support. During the pandemic, we reached out to all group secretaries to see how their groups were faring, if they were meeting virtually, and if they needed any assistance. (If you or your group would like more information or support, feel free to email us at GO@FamiliesAnonymous.org.)

The Education Committee was formed to provide Step meetings, Step workshops, and literature study meetings to the membership on a monthly basis. These sessions have several goals: to familiarize members with FA literature, to model healthy FA meetings, and to explore how specific topics can enrich our recovery journey. (The schedule of meetings, workshops and topics is on the FA website's homepage at FamiliesAnonymous.org.)

On the first Saturday of each month, at 1 pm Eastern Time, the Step corresponding to that month is presented. (So, for example, in June we will be doing Step Six; in July, Step Seven; and so on.) Each meeting includes readings for that Step and allows for sharing by participants.

CHAIR

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Jeff S. - Roswell, GA

Michael B. - Lafayette Hill, PA

Bob S. - Bradenton, FL

Sarah T. - Northern Virginia

Sara L. - Madrid, Spain

SERENITY MESSENGER

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EDITORIAL TEAM

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Ann P., Chris Y., Marcia C.*

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WORD FROM THE BOARD

(CONT'D)

At the 4 pm workshop on the same day, participants work on that month's Step, as a group, by focusing on questions from The Twelve Step Workbook (#1019). Participants find that doing this as a group keeps them engaged and involved in the process.

Literature study meetings are held on the fourth Saturday of the month at 1 pm Eastern Time. During each meeting, a specific piece of FA literature is presented. Participants take turns reading from that literature and sharing their experiences on the topic selected. It's recommended but not required that attendees purchase the literature item in advance for the session.

I've found my time on the FA board to be a rewarding experience that has satisfied my goals and provided a new opportunity for collegiality and growth. The WSB is always looking for new members. Why not look into a position for yourself? For more information, email WSB_chair@FamiliesAnonymous.org.

YOURS IN SERVICE,
MARCIA C.

“ I've found my time on the FA board to be a rewarding experience that has satisfied my goals and provided a new opportunity for collegiality and growth ”

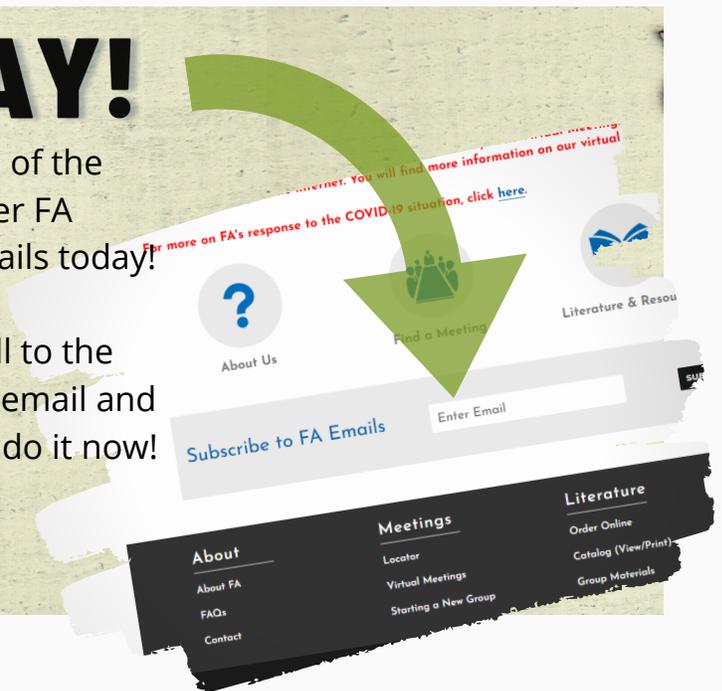


SIGN UP TODAY!

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!

NEW
SLETTER



GENTLE, PATIENT, HEALING

FA member Margaret O. shares how she learned to be gentle and patient in her healing journey



I came to Families Anonymous because I was in despair and needed help. I wanted to learn quickly all that I could to help my two addicted loved ones and myself. I read everything I could get my hands on: FA literature and anything else I could find from many sources elsewhere. I went to two or three meetings a week, Step groups, counselors, etc. and focused intently on what was being said. I was hyper alert and in my “roll up my sleeves and get this done” mode. I did realize that working on myself would be part of it, but I was more concerned with learning how to deal with my loved ones in a healthy way. I suppose, in a way, I wanted to fix the things about me that were adding to my loved ones’ disease.

Strangely, I began noticing that many of the presented topics I listened to at meetings often never even touched on my addicted loved ones and their issues. Topics like gratitude, self-care, spirituality, self-esteem, blessings, mindfulness, and on and on. I’ll admit I was impatient about that, feeling that the meetings should stay more on the topic that brought us here, namely, our loved ones.

However, as time went on, I did learn how to deal better with my loved ones. For them, I worked on becoming less judgmental, less rigid, less controlling, less enabling, more compassionate, more kind, a better listener. Actually, the hardest thing for me, the thing I realized needed the most work, was how I felt about myself! Low self-esteem, depression, feelings of guilt and shame, rejection, etc. I’m still a definite work in progress—and I’ve been in FA for seven years! I am no longer in a “race to get this done” mode, though. I’ve decided I just love how gentle and patient the FA program is. I’ve come to realize that healing for me can’t be rushed and must be done at my own pace.

“Strangely, I began noticing that many of the presented topics I listened to at meetings often never even touched on my addicted loved ones and their issues.”

“Actually, the hardest thing for me, the thing I realized needed the most work, was how I felt about myself! Low self-esteem, depression, feelings of guilt and shame, rejection, etc.”

When I walked into my first FA meeting, I was given literature, access to a phone list, and made to feel welcome. No one told me what I should do; no one made me do anything! I waited until I was comfortable and then started sharing in the meetings. I decided when I would lead a meeting and supply the topic for the group. Somewhat unusually for me, I waited until I had been in the program for five years before I got a sponsor; that was when I was ready, and of course it is never too late. In my healing, I was gentle and patient with myself. In turn, I became more gentle and patient with my loved ones.



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 GO@familiesanonymous.org.

Have a great meeting!

GENTLE, PATIENT, HEALING (CONT'D)

I stopped reading voraciously and just started reading a small amount daily in *Today A Better Way* and some other books. I have a gratitude journal that I can pick up at any time and write a few words. My thoughts for healing are little, simple actions that I can easily incorporate into my day, like living in the moment or practicing mindfulness, saying the serenity prayer or talking to an FA friend, taking a walk or watching a sunset. I've given up on great, ambitious plans.

When a topic comes up over and over again at meetings or in FA literature, it's virtually impossible for me not to be helped by that. It's as if I am slowly learning and healing by osmosis. My Higher Power is gentle and patient. He has become more present and forefront in my life because I've taken the time to get to know Him better.

Today, I am grateful for this gentle, patient healing. It has taken time but now has become rooted in me. I know my healing needed to be that way in order for me to find a better way to live!

MARGARET O., LONGBOAT KEY, FL

“My thoughts for healing are little, simple actions that I can easily incorporate into my day, like living in the moment or practicing mindfulness...”



2022 FA Virtual Convention Save the Date!

When: Saturday, August 27 2022

Theme: "You Are Not Alone"

Where: Online

more information to follow in coming months

SAVE
-THE-
DATE

EDUCATION COMMITTEE ANNOUNCEMENT:

JOIN US FOR OUR TWO MONTHLY ONLINE TRADITION AND STEP SESSIONS ONLINE!

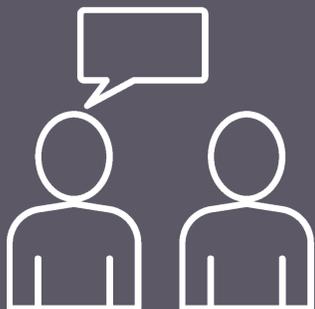


The WSB and Education Committee invite you to Step UP and join us for the following two monthly sessions:

SESSION ONE: THE TRADITION AND STEP OF THE MONTH

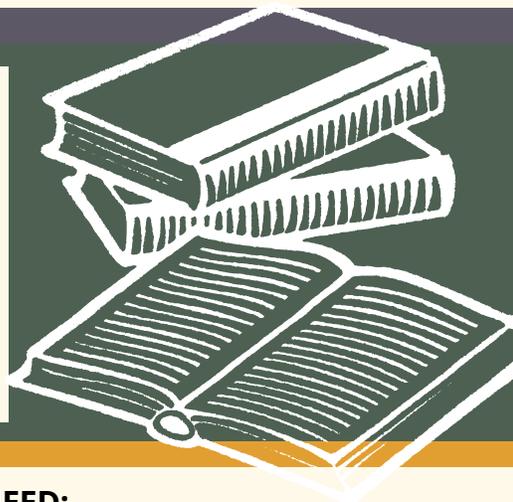
All are welcome to attend this interactive group meeting using the GoToMeeting virtual format (see below). At these meetings, we will study the tradition and step of the month. These will generally be held on the first Saturday of each month from 1:00 pm to 2:30 pm (ET). (For specific dates, please refer to the calendar on the following page.)

We will be using Literature Catalog #1004 *The Twelve Steps of Families Anonymous* and #5010 *The Twelve Traditions in Action*. We hope you'll join us, and that you'll continue this type of combined meeting in your own groups.



SESSION TWO: TWELVE STEP WORKSHOP USING #1019 THE TWELVE STEP WORKBOOK

This individualized workshop is a great opportunity for personal growth and recovery. Workshops will be held from 4:00 pm to 5:00 pm (ET) on the same dates as the The Tradition and Step meetings. (For specific dates, please refer to the calendar on the following page).



WHAT YOU WILL NEED:

- *The Twelve Step Workbook* (#1019): The latest edition, published in 2017 includes the text of the Blue Booklet, *The Twelve Steps of Families Anonymous* (#1004)
- Older editions of the workbook can still be used along with the Blue Booklet, *The Twelve Steps of Families Anonymous* (#1004), available for \$4.00
- Notebook or loose-leaf paper and a binder
- Willingness and commitment
- Honesty and Humility

Please refer to the following page for dates/times and login information!

QUESTIONS OR TO REQUEST A RECORDING OF PREVIOUS STEPS,
EMAIL DONNA D AT DONNAD@FAMILIESANONYMOUS.ORG

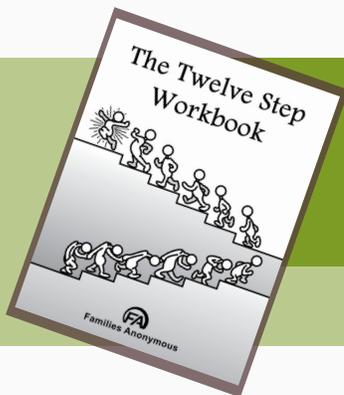
2022 EDUCATION COMMITTEE SESSIONS

Calendar includes Tradition & Step Sessions and Literature Topic Meetings

TRADITION & STEP MEETING	Tradition & Step	STEP WORKSHOP USING 12 STEP WORKBOOK #1019	LITERATURE TOPIC MEETING	LITERATURE SELECTION
1:00-2:30 pm ET		4:00-5:00 pm ET	1:00-2:30 PM ET	Topics will be updated when avail.
Interactive		Independent Work	Interactive	
*January 8	1	*January 8	^January 29	The Gift of Awareness
February 5	2	February 5	February 26	The Helping Collection
March 5	3	March 5	March 26	FA and Sponsorship
April 2	4	April 2	^April 30	What Do I Say?
May 7	5	May 7	NONE	NONE
June 4	6	June 4	June 25	Funny Thing...Humor... in FA
*July 9	7	*July 9	^July 30	Bereavement,Healing,&Hope
August 6	8	August 6	August 27	TBD
*September 10	9	*September 10	September 24	TBD
October 1	10	October 1	^October 29	TBD
November 5	11	November 5	NONE	NONE
December 3	12	December 3	NONE	NONE
1 st Saturday		1 st Saturday	4 th Saturday	
*2 nd Saturday		*2 nd Saturday	^5 th Saturday	

ALL MEETINGS WILL BE HELD ONLINE USING the newly updated GOTO app
 ID# 705-976-781
 OR USE THE LINK : <https://meet.goto.com/705976781>

JOIN US!



NEED TO PURCHASE "THE TWELVE STEP WORKBOOK"? [CLICK HERE](#) TO ORDER YOUR OWN COPY FROM OUR ESTORE FOR \$12.00 + S&H.

CHOOSING LOVE

Our lives are specks in the vastness of the universe, but we have the power to choose love

From quickening to passing, a human life lasts maybe 100 years, if we're "lucky." That's it. And during that time, we're in endless motion.

We get up every day and do things, moving through the world. And via the sustenance in our food and drink and air, the world in turn moves through us. Even the atoms in our cells are in constant motion, their inner structures and fluids vibrating and oscillating in an elegant biological dance choreographed over millennia by forces far beyond our ken.

Our bodies may appear solid, but it's an illusion. We're fragile and ephemeral; walking bits of flesh-bound water inextricably tied to the sustaining planet from which we arose. In our prideful self-awareness, we delude ourselves into believing we're something more—as if anything could be greater than nature itself. But we're wrong. We're products of nature, not its master.

“ Why waste a millisecond of this precious, infinitesimal spark of life on anything less than love? ”



If you could plot the arc of a single human lifetime against the expanse of time, it would cover barely a trillionth of the width of the nucleus of the smallest atom. All our emotions—turbulent passion, tender friendship, consuming anger, the boundless thrill of our greatest joys, the blackness of our darkest troubles and fears—hold significance for us only because their scale matches ours: in the context of our temporary passage through time, they appear large. But in the grand universal scale, they're as minuscule as our individual lives. They mean nothing.

This might seem to be cause for despair: what's the point of anything when our entire lives and emotions are so insignificant? Why try at all?

Because while we're alive, we're each at the center of our own universe. In a sense, we're our own ultimate higher power, having the ability to live with either positivity and caring, or negativity and hate. We'll come to the same end either way—all our motions and emotions will stop within a century, more or less—but our conscious journey in the meantime can be radically different, depending on the path we choose.

To me, the choice is clear. Why waste a millisecond of this precious, infinitesimal spark of life on anything less than love?

BOB S., BRADENTON, FL GROUP NO. 2056

HOW TO SUBMIT ARTICLES TO THE SERENITY MESSENGER

Original articles, poems, photographs or artwork can be emailed to the Serenity Messenger at newsletter@familiesanonymous.org.

Even if you don't think so, your story and experiences are unique and important and can help someone else in ways you can't imagine. Write down your thoughts in whatever way you can, and send them to us. Our editor will work with you to help you tell your story!

Below are some of the formats that we usually publish. You can also read older issues of the Serenity Messenger on our [website](#) to know what kinds of stories we publish.

Cover stories: Personal essays between 700 and 800 words. If you have a story idea in mind and want to work with our editor while you write it, feel free to send a few lines explaining what your essay will be about.

Articles: Shorter articles between 300 and 450 words. These can be on any subject of interest to FA members. Some of the themes we often include are –

- Reflections on the 12 Steps
- How you came to FA
- How FA has impacted your life
- Your relationship with your addicted loved one
- Reflections on self-awareness
- Gratitude



Think of something you may have shared at a meeting that you felt seemed particularly enlightening or interesting, and explain that in a few simple paragraphs. If you need ideas to awaken your creativity, open and browse through some past issues of our Newsletter under the archived section of that page.

Focus:Group: This section gives a different FA group in each issue the opportunity to tell the fellowship what's special about its approach to meetings and/or the 12 Steps. If you'd like to volunteer your group, or if you know of a group you think would like to write a Focus:Group article, please let us know.

We welcome your poems, too.

SUBMISSION SPECIFICATIONS

- Articles must be typed in Word.doc (preferably in the font Times New Roman, size 12 pt, single-line spacing) and attached to your email.
- Mention your group if you're comfortable.
- Scanned artwork and photographs (originals only!) must be attached to your email. They should be in .jpg or .png format and no greater than 5 mb in size.
- Include a line or two in your email explaining the context of your submission, and mention your group if you're comfortable.

We encourage you to think about answering this call TODAY!

SPOTLIGHT ON LITERATURE

WHAT DO I SAY? (#1026)

A Helpful Guide For Difficult Phone Conversations

DO YOU HAVE A DIFFICULT TIME DECIDING “WHAT IS THE CORRECT THING TO SAY” WHEN CONVERSING WITH YOUR ADDICTED LOVED ONE? IF SO, YOU AREN'T ALONE.

SELECTING THE PROPER RESPONSE TO DE-ESCALATE A PHONE CONVERSATION CAN BE A DIFFICULT MINEFIELD TO NAVIGATE. WHEN EMOTIONS ARE HIGH, IT'S NOT ALWAYS EASY TO FIND THE RIGHT WORDS OR COMMENTS TO OFFER.

WHAT DO I SAY? (#1026) IS A THOUGHTFUL PUBLICATION THAT WILL SUPPLY YOU WITH HELPFUL GUIDELINES FOR ENGAGING IN A POSITIVE CONVERSATION WITH YOUR LOVED ONE.

THIS UNIQUE “LADDER”-STYLE BROCHURE IS A GREAT TOOL FOR HELPING YOU DEAL WITH TELEPHONE CHALLENGES.

It helps you overcome your fears ...

- “I don't know what to say”

It provides support and encouragement ...

- “It's OK – Answer the phone!”

And it offers helpful advice ...

- “Give compliments”
- “Encourage and share”
- “Say NO – Resist rescuing”
- “Respond instead of react”
- “Hang up calmly”



EACH OF THE ABOVE CATEGORIES HAS SPECIFIC PRACTICAL EXAMPLES OF WHAT “TO SAY” AND, BY IMPLICATION, WHAT “NOT TO SAY.” WHETHER YOU USE THE SUGGESTED WORDS PROVIDED, OR TWEAK THEM BY CHOOSING YOUR OWN WORDS THAT SEEM MORE NATURAL TO YOU, YOU CAN TURN YOUR CALL INTO A POSITIVE EXPERIENCE FOR BOTH YOU AND YOUR LOVED ONE.

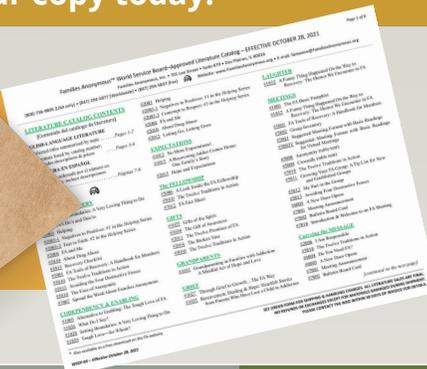
THE COMMENTS AND RESPONSES IN WHAT DO I SAY? HAVE BEEN GATHERED FROM SEASONED FAMILIES ANONYMOUS MEMBERS WHO HAVE LEARNED HOW TO STAY “IN PROGRAM” WHEN TALKING ON THE PHONE WITH THEIR CHALLENGING LOVED ONES.

SO, IF YOU OFTEN THINK, “WHAT DO I SAY?” WHEN RESPONDING TO OR INITIATING A TELEPHONE CALL WITH YOUR LOVED ONE, CONSIDER FINDING ANSWERS IN THIS HELPFUL GUIDE. CALL THE WSO, OR ORDER FROM THE ESTORE ON FA'S WEBSITE.

\$3.00 is such a small price to pay for answers to the common question, “*What Do I Say?*” (#1026)

[Click Here](#) to purchase your copy today!

Interested in our full literature catalog? Download your own copy [here](#), or check out our [eStore](#) online!



TODAY A BETTER WAY: THE MOMENT OF TRUTH

Each of us in recovery can likely look back and pick out a particular incident in which the moment of truth was revealed to us. This is vital, because without this moment of truth, recovery is not possible. My moment of truth happened after an elaborate kidnapping plan. Yes, a real-life kidnapping.

My addicted child had relapsed and disappeared. I knew he was back in a crack house somewhere in the seedy part of town. His life was once again in imminent danger, and I was the only one who could save him. After all, I had done it many times before.

I took off work and became my own private investigator, running down every single lead. Eventually I made contact with an individual who knew where my son was, but in order for him to be released, I would need to pay a \$300 debt he owed. I agreed. The informant said he would call me the following day with instructions.

The call did come. Yes, I was surprised. I was told to be at a specific gas station on a specific day at noon and to wait.

My mechanic fixed the rear doors of my van to lock so my son could not open them once inside. I secured another friend who accompanied me to the location. We were both armed and ready for a potential betrayal and subsequent robbery.

There he was, walking slowly toward the gas station. He was so thin. His whole appearance was such that I knew my plan was his only hope. We greeted each other, and I asked him to step inside the van as we needed to talk. The doors shut, the trap was set.

I drove down the street headed for access to the interstate and back to the safety of his parents' home.



I heard a violent pounding on the side of the van, his voice screaming in a fit of rage, "Pull over, pull over. I am not going home!" I yelled back, "OK. OK."

I pulled to the side of the road. I knew I would have to let him go or there would be violence. I drove him to a location he had chosen and let him out. He stood there looking at me. He then stepped forward and put his arms around me and hugged me. He told me he loved me. I hugged him back and, in tears, told him I loved him also. He turned and walked toward an apartment complex. I stood there watching him and then he was gone.

“

Eventually I made contact with an individual who knew where my son was, but in order for him to be released, I would need to pay a \$300 debt he owed. I agreed.

”



I knew then that the “child of my dreams” was gone and was never returning. My counselor told me I would one day need to grieve the loss of the son of my dreams, and that moment began the process. That moment of truth opened my door to recovery.

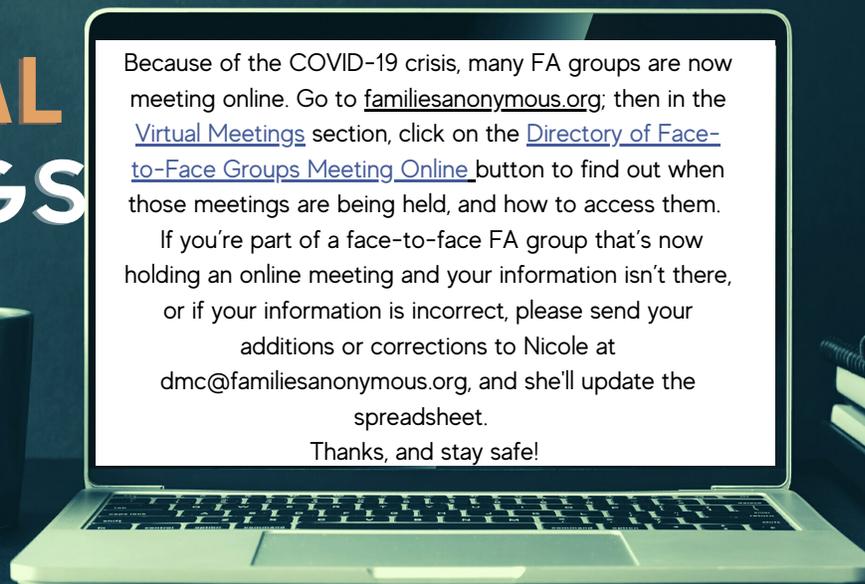


That was my moment of truth. I knew then that the “child of my dreams” was gone and was never returning. My counselor told me I would one day need to grieve the loss of the son of my dreams, and that moment began the process. That moment of truth opened my door to recovery.

Now, with my recovery door opened, new information was allowed to enter. It would take me another three years before I was “willing” to commit to working the Twelve Steps. The “Twelve Promises of Families Anonymous” are all true. I pray your moment of truth arrives soon. Your new FAMily will be here for you when you are ready.

THE USER'S PARENT
REPUBLISHED FROM THE TWELVE STEP RAG,
JULY–AUG 2014

VIRTUAL MEETINGS



Because of the COVID-19 crisis, many FA groups are now meeting online. Go to familiesanonymous.org; then in the [Virtual Meetings](#) section, click on the [Directory of Face-to-Face Groups Meeting Online](#) button to find out when those meetings are being held, and how to access them.

If you're part of a face-to-face FA group that's now holding an online meeting and your information isn't there, or if your information is incorrect, please send your additions or corrections to Nicole at dmc@familiesanonymous.org, and she'll update the spreadsheet.

Thanks, and stay safe!



GRIEF AND EXPECTATION

FA member Deb C. shares how she learned to grow through her grief

When my son died, I felt so abnormal in this world of people, not having the courage to mourn. I discovered that this trauma kept me frozen in what I was doing the moment the trauma happened. And the way out of the cage was to mourn. Mourning is grief in action. Tears. Journaling. Yoga. Talking to a couple of people that had the patience and courage to listen for three years helped me see more clearly.

Then I read a story about a mom whose child died. And she asked a spiritual teacher to help her. And he said, "Of course. But first bring me three mustard seeds from people that have never lost someone." And she couldn't find even one, much less three. And she saw that loss is part of the life experience for all, and so did I.

So I learned to live with the hole in my heart and learned to live again. I don't expect life to make me happy now, and I don't expect a brass ring. There is only now, and that's enough.

TODAY I will allow my grief to give me courage to change and no longer have expectations that people outside this experience will understand. Today I will respect the process so that I may live again. And respect the fact that there are gifts of the spirit yet to arrive as I study the Steps of FA.

DEB C.

REPUBLISHED FROM THE TWELVE STEP RAG, JULY–AUG 2014



“ And the way out of the cage was to mourn. Mourning is grief in action. Tears. Journaling. Yoga. ”

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

For our upcoming issue the deadlines to submit announcements is June 23rd.

We gladly accept submissions of articles, letters, poetry, or artwork at any time!

Email us at newsletter@familiesanonymous.org. We'd love to hear from you!

HOW A MEMBER ORGANIZED A NARCAN WORKSHOP

Narcan is a medication used in the emergency treatment of narcotic overdose

I have been a member of FA for many years. Our group consists of individuals in the Capital Region in upstate New York who have a family member who is in recovery or continues to struggle with substance abuse.

In meetings, I would listen to members discuss fears of what might happen to their loved one, not the least of which was overdosing, and try to think of what I could do to help. I contacted two agencies in New York about the use of Narcan, a medication used in the emergency treatment of narcotic overdose. Representatives from both the New York Department of Health Opioid Overdose Program and another local charity came to our meeting to demonstrate the use of the Narcan kit, giving group members an opportunity to practice with the trainers.



Representatives from both the New York Department of Health Opioid Overdose Program and another local charity came to our meeting to demonstrate the use of the Narcan kit



The meeting was open, with the invitation extended to other FA groups in our area, and included family members that had a participant in recovery. We had about 49 participants. The meeting lasted about 90 minutes.

At the end of the training, each participant received a Narcan kit with two doses of Narcan. Several of the participants said the training went a long way to ease their fears. They now have a tool they didn't have that could change an outcome and save a life.

I believe that any person or family that feels their loved one may be at risk of an overdose would find it helpful to become trained in how to use Narcan and obtain a free Narcan kit.

DENISE D.
#1359, CLIFTON PARK, NY

From the Group Outreach Committee

Have any individuals in your group, or your group as a whole, participated in a special project that benefits the substance abuse community? We invite you to share your project with the membership by writing an article for a future issue of the Serenity Messenger.

Please send your article to GO@familiesanonymous.org.

DONATIONS

COMMEMORATIVE DONATIONS

- In memory of Tommy B., son of Michael and Tina B., on behalf of Group 162
- In memory of Jason A., son of Linda C., on behalf of Group 1097
- In memory of Andrew, son of Lee J., on behalf of Group 173



GROUP DONATIONS

\$101 - \$500

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UP TO AND INCLUDING \$100

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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 NOW!**

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