

# FAN & FANonline



Voice of the Families  
Anonymous fellowship

Autumn 2015

## Humility

“True humility is not thinking less of yourself; it is thinking of yourself less.”  
— C.S. Lewis”.

“Humility is one of the most important qualities, which you must have, because.. if you make people realise that you are not threat to them, then people will embrace you”. – Nelson Mandela

Families Anonymous is a self-help organisation for relatives & friends concerned about another’s use of drugs or related behavioural problems.

£1

Dear All,

Welcome to the Autumn FAN and my first edition as FAN editor.

The main topic this issue is humility. Humility is a quality that I don't feel I can say I possess 100% of the time. When making a searching and fearless moral inventory of myself, as part of following my programme, I don't feel that I could list humility as an asset. Often I find that my pride starts to get in the way and I can think of myself before others. Maybe if I had humility as a virtue, I could have a more harmonious relationship with my family members!

### **What is included in this edition?**

- Humility!
- Contributions from the Groups, the **most important input** to this Newsletter – **your** response to the editor's requests for individual or group efforts
- BoardWalk – what is going on with the FA Board
- Convention and AGM corner
- Still in search of more Board members
- Selected Quotes and Clip Art

Please remember that all of your views about FA and FAN can be made known on these pages. All you need to do is email me at [sullivan.k2@sky.com](mailto:sullivan.k2@sky.com) or contact me through the office.

WLITF Kate –*FAN Editor*

## **'Humility' as seen in 'Today a Better Way'**

Our whole society is geared toward material success and pride in achievements. We want success for ourselves and our children. Failure is the last thing we seek.

Most of us view humility as a useful safeguard against conceit. Some wise person has observed that humility comes only through failure. We who have come to Families Anonymous have known profound feelings of failure and defeat.

When we heard Step Seven discussed, we began to learn that these same feelings of failure could work to our advantage. They give us the humility we need to learn a new way of life with peace of mind and contentment, in spite of our unsolved problems.

As long as we thought our self-reliance was our most valuable asset, it kept us from the only thing that could bring peace of mind – a genuine reliance upon a Higher Power.

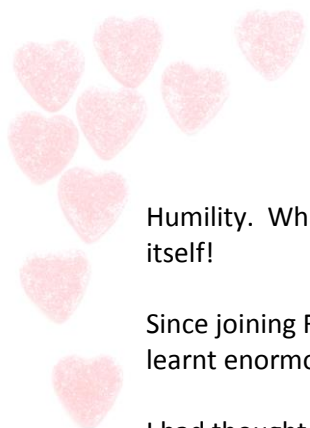
Failure can be an asset, if it gives us humility and a desire to seek and do God's will. Why waste our failures? We can use them to bring us closer to God's will for us: joy, peace and serenity.

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*TODAY I WILL* be humbly grateful for the failures that make me ready for a new way of life.

[September 9 page in *Today A Better Way*, ©Families Anonymous]



## Humility

Humility. What a difficult one! Just saying you have it sounds like a character defect in itself!

Since joining Famanon and working the steps around my adult daughter, the addict, I have learnt enormous amounts about myself and my ego.

I had thought that, as her mother, I had the power to change her, to make her look at life in the way I wanted her to. After all, who had been up all night to feed her, changed her nappies, chosen the right school, sat through hours of homework, worried about exams and suffered with her over the first boyfriend? Helped her leave home? Of course I had the power to change her!

At first I argued with her - to no avail. I cajoled, I rescued and I got very, very angry. Nothing worked. I just received more and more abuse. Utterly hopeless and helpless I joined Famanon. Gradually, Step One came home to me - I was totally powerless over my daughter and I recognised that all the things I was doing and saying were making *my* life unmanageable.

I had to change. I put boundaries round the phone calls and invested in a service that enabled me to see who was calling. Did I deserve to be kept up all night worrying about what she may or may not be doing and dreading the phone ringing? No – I did not.

At first, when the phone rang, it was really hard not to pick it up. My imagination would run riot. What if she had committed suicide? (as she so often threatened to do) What if she was injured? There was a sharp emotional pain and often acute headaches which sometimes I found so unbearable that I *did* pick up the call and sometimes, with the help and support of Famanon friends and a continuing faith in a Higher Power, I did not. I began to notice that my compulsive desire to fix my daughter was not dissimilar to the behaviour of an addict. Must say, I didn't like that insight!

As my daughter realised I was not going to rescue her and was using 'tough love', my life became more peaceful and I had time to look at myself. I had time to look at my parenting over the years. I had time to look at all the things she had accused me of – the things that had hurt and caused me anger. I realised that many of those things were true and I needed to change them. I had thought I was usually 'right' where she was concerned, but slowly I came to recognise that I was being controlling to get my own needs met. My daughter was sick and needs her Mum to give her a listening ear. That was all. She didn't need me to turn her into a baby again - she just needs to be heard. That is what I try to do today. I try to separate the illness from the person.

Detaching not always easy and I often want to put my 'oar' in, but our relationship is much easier now, I get on with my own life and usually enjoy our phone calls - not three or four times a day as they used to be! So, having written this, I suppose humility for me is asking for God's help in having the courage to change.

Linda

# BoardWalk

BOARD MEETING HELD AT BATTERSEA OFFICE ON 19<sup>TH</sup> SEPTEMBER 2015

- This was the second Board Meeting of the 2015-2016 Service Board at the start of the autumn.
- Any member is welcome to receive full Minutes of this, or any other Board meeting or AGM, simply by asking the Office to email or post them out a copy. Please do get involved!
- All groups are asked to liaise with their allocated Board member if they wish to raise anything at these meetings.
- All members of the Fellowship are reminded that they are more than welcome to come along and observe any Board meeting. Please discuss with your Board member about the possible reimbursement of travel costs by FA.



**Remember! Please raise any concerns you may have with your Board Member.**

**Future Board meeting dates: 5 December 2015, 20 February 2016  
AGM: Sunday 10 April 2016**

### ***Why not consider giving SERVICE to FA?***

As ever FA is in search of volunteers of all descriptions! Our By-Laws say that we must have a minimum of eight directors plus a chair. We have only five plus the chair now!

Please do consider giving service, it can make a difference to FA and to your own life! If you don't live near London and are worried about the distance this can be got around. With today's technology you can play your own part through attending a meeting without even being there via a conference call. Please give it your consideration! Thank you.



## UK NATIONAL CONVENTION AND AGM 2016

Dates for next year's Convention and AGM are the weekend of:  
**9 & 10 APRIL 2016**

Having had another successful and enjoyable weekend there in April, the National Convention & AGM will be held again at The Hilton Metropole near the Birmingham NEC in 2016 according to the vote at this year's AGM. Our thanks go to Sue from Chelsea and Westminster Group for leading the Convention Committee this year and to all her volunteers. Sue has agreed to do a handover in offering advice on practicalities to the 2016 Convention Committee.

The theme next year is 'Let It Begin with Me'. I hope everyone reading this has marked their diary with the date; Saturday April 9th 2016. To make a weekend of it, why not stay over at the hotel for a bargain rate of £67 on Friday 8th and Saturday 9th and stay for the AGM on Sunday 10th.

Right now we need FA members to offer service in many ways to help make the Convention a success. Anyone can help, in many small ways, both beforehand in the planning and also on the day. The organising committee is waiting to hear from you so please contact the office by phone or email or fill out the form on the last page of this newsletter. We will be in touch to talk about how you can help.



We plan to have an NA presence, either an NA share or an open NA meeting. There will also be a guest speaker from Public Health England.

We will also be looking for FA shares from members.

We'd like to have a session on yoga or meditation and are looking for an FA member who could lead that, if there's anyone out there in FANland who could do that, please ask them to call or email the office and ask for Jan.

Something new this year is to have a 'bric a brac' stall with things to sell. This is in addition to the raffle. We'll welcome hand-made items like cards or bookmarks, embroidery, crafts etc. **NO BOOKS** please. It's not a jumble stall. Raffle prizes can be brought in on the day or sent to the office beforehand, any unwanted gifts, chocolates etc, but no alcohol please.

Thank you in advance.

Jan

## NARCOTICS ANONYMOUS EUROPEAN CONVENTION 2015

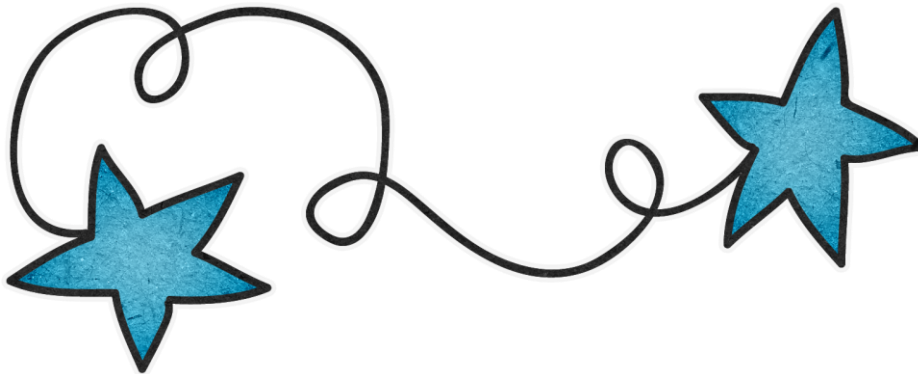
14, 15, 16 August 2015

It was exciting and daunting to be invited to attend the NA European Convention in August. I have never been among so many recovering addicts and the power of all that recovery I found quite overwhelming. We held 5 FA meetings over the weekend and it was wonderful that so many FA members came along and took part, both sharing and leading the FA meetings. Many NA members turned up to our meetings and for most of them, it was the first time they'd been to an FA meeting. The shares were humbling and inspiring.

For me, listening to addicts' shares, reminds me every time just how powerless I was and still am in the face of my son's addictions, and that whenever I find myself thinking that something I say or do will make a difference, I am reminded that such thinking on my part is a delusion because it was never anything to do with me.

I came home from the weekend full of emotion, inspiration, and gratitude for the 12 step program which has given me, and all those addicts, another go at life, a different way than before. I am also grateful to NA for inviting us to their Convention and hope that our two fellowships can continue to 'participate' and 'co-operate' in a shared spirit of recovery in the future.

Jan



We attended the Convention on the Saturday and, what a powerful day that turned out to be! What we heard, was the experiences of people in recovery from addiction, having to grapple with their family members who are still using and all the chaos that brings. I was moved by many stories, so honestly told from the heart and how FA and NA responded to one another. Over the years, NA have given us meeting rooms at their conventions, but to my knowledge, our meetings have never been so packed with NA members sharing their thoughts and fears, for themselves, their using loved ones and for us in FA. It was such a revelation, that I'm sure gave hope to all who listened that day. There has been many a time in the past, when I have behaved as madly as any addict in the pursuit of trying to "cure" the person I love. That never did anything for me or him. I can still sneakily get into helping, enabling mode, if I don't watch out. So thank you to everyone.

FA, you are my lifeline.

WLITF Sue

## Advance date for your diary.....

FA has been invited to take part in the Recovery Walk 2016. It's the weekend of 9/10 Sept 2016 and is in Halton near Widnes.

More details can be found here:

[www.facesandvoicesofrecoveryuk.org/halton-2016/](http://www.facesandvoicesofrecoveryuk.org/halton-2016/)

### This issue has focused on Humility.

The content, unless specifically identified as from another source, is written entirely by FA members and presents each author's personal experience, strength and hope as part of their individual Twelve Step journey. Every editorial effort is made to ensure that the articles present a positive attitude "in spite of unsolved problems".

Once again, if you read something that does not agree with your viewpoint, please try to apply what we read at meetings: "take with you that which you can accept and leave the rest". As before, active feedback is welcomed about any changes you, the membership, would like to see in this newsletter. You may, for instance, want the focus to be on particular aspect of our recovery.

### In the next Spring issue

The focus will be on attitudes. All contributions will be more than welcome! They certainly do not have to be about our focus subject. The more topics on offer the better! Write a letter to the Editor, get something off your chest, or offer perhaps the most valuable and important element in our fellowship – a share.

For the oncoming Spring 2016 issue, the following groups are asked to make a special effort: Walsall, Dudley, Edinburgh and Bristol. If you can't think what to write about, I'll give you some suggestions. Together, we can work it out! Of course nothing is compulsory!

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& in: [USA \(HQ\)](#), [Australia](#), [Canada](#), [Gibraltar](#), [Greece](#), [India](#), [Italy](#), [Japan](#), [Kenya](#), [Mexico](#), [Portugal](#),  
[Russia](#), [Spain](#) and [online meetings](#)





**Hilton Metropole, National Exhibition Centre,  
Birmingham.**

**FAMILIES ANONYMOUS**

**UK CONVENTION & AGM 9-10 APRIL 2016**

**Cross-Group Convention Committee  
Volunteer Nomination Form**

*Please complete this form if you are interested in giving valuable service for this event  
Alternatively telephone or email the FA Office to declare your interest*

**Member's Name (first name only)** \_\_\_\_\_

**FA Group Attended** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

**Contact Phone number** \_\_\_\_\_



2016

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