

FAN & FANonline



Voice of the Families
Anonymous fellowship
Autumn 2016

Making amends

"It is the highest form of self-respect to admit our errors and mistakes and make amends for them. To make a mistake is only an error in judgment, but to adhere to it when it is discovered shows infirmity of character." ~ Dale E. Turner

"Oh, Lord, won't you buy me a Mercedes Benz My friends all drive Porsches, I must make amends."
~ Janis Joplin



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

£1

Dear All,

I'm very pleased to welcome you to the Autumn 2016 FAN, and it's a bumper edition this time with some amazing writing from group members up and down the country. We have some truly insightful pieces and examples of work taking place; so grab yourself your favourite hot drink and get stuck in!

Making amends – sometimes a tough topic. How many of us have come into the programme with a long list of people who had caused us hurt and pain and had wronged us? How easy is it to forgive someone who isn't sorry? I think that there is an important lesson about becoming whole here. I've read somewhere that the basis of true emotional healing rests on our willingness to forgive and where possible to make amends to those we've hurt. If we've hurt someone, we must apologise and try and restore the relationship. When we do this, we will feel better. How many of us have actually added ourselves to the "wrong doers" list and forgiven ourselves also? Easy to think or say, but harder to actually do.

What is included in this edition?

- Making amends;
- Contributions from the Groups, the **most important input** to this Newsletter – **your** response to the editor's requests for individual or group efforts;
- Groups allocation list – find out who your link Board member is;
- Board members giving service;
- BoardWalk – what is going on with the FA Board;
- Looking back on the Scottish Convention and looking forward to the UK Convention next year;
- 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 or contact me through the office.

Wishing you all a happy, healthy and serene Christmas!!

WLITF Kate –FAN Editor



'Making amends' as seen in 'Today a Better Way'

After years of stress and frustration centred on my son's problems, I had a lot of anger. When I was angry at him, I was also short-tempered and critical of my husband. He didn't know what I was upset about because I didn't tell him. He took the blame for my anger. Such displaced anger was unfair and harmful to everyone.

In working on Step Nine, I had to ask for my husband's forgiveness. I did this first by telling him that I realised what I had done and was sorry for the hurt I caused him. I had to humbled enough and willing to look at *my* mistakes and to ask forgiveness for what *I* had done.

Making amends includes facing the reality, admitting the error, and then *changing the behaviour*. Instead of hiding my anxiety and anger from my son and taking it out on my husband, now I tell them both how I feel. I also try to be tolerant, understanding, and loving as a way of amending – a *mending* of relationships.

TODAY I WILL amend and mend my ways.

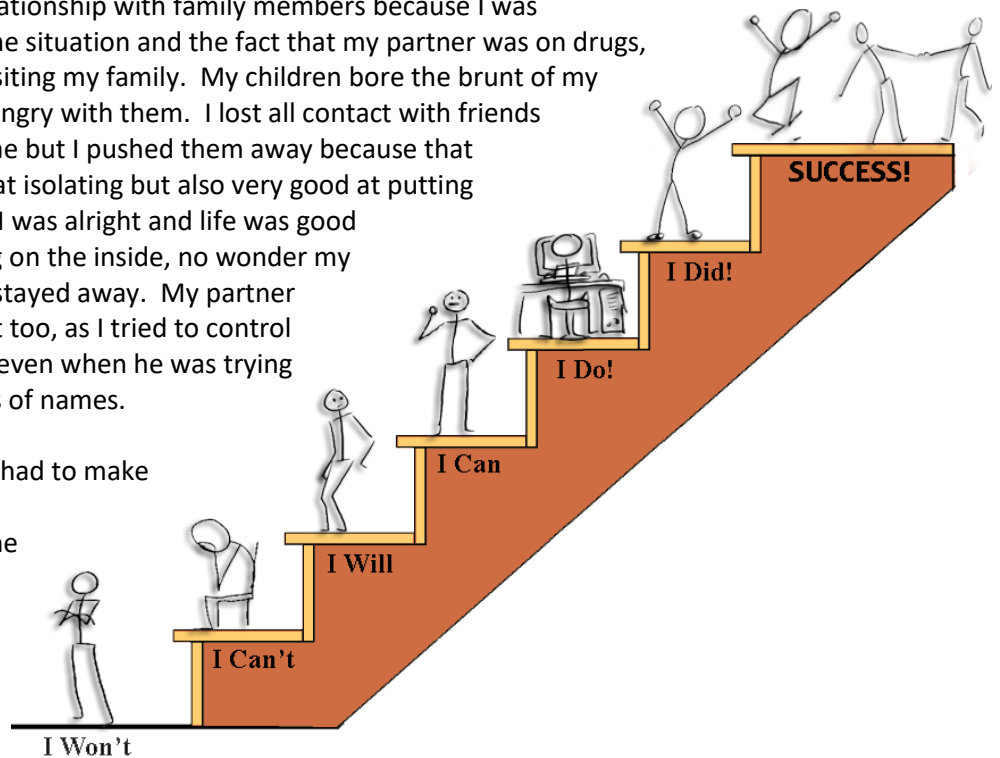
[Page 148 in *Today A Better Way*, ©Families Anonymous]

Making amends

When the secretary from our group announced that members had been asked if they would like to contribute to the FAN newsletter and suggested topic was Making Amends, it got me thinking about this subject. Walking through the doors of FA seven years ago I really had never thought or understood about making amends. I never thought that I owed anyone any sort of amends back then, in fact quite the opposite if I am being truly honest I thought that I was due amends from everyone, I was full of the 'poor me's' and thought the world owed me a living.

Whilst working through my steps and sharing with my sponsor..... boy did I find out in fact I did owe some amends. I neglected my relationship with family members because I was embarrassed about my home situation and the fact that my partner was on drugs, resulting in me not really visiting my family. My children bore the brunt of my anger when really I wasn't angry with them. I lost all contact with friends who loved and supported me but I pushed them away because that what I did, I was very good at isolating but also very good at putting on the face and saying that I was alright and life was good when really I was screaming on the inside, no wonder my friends were confused and stayed away. My partner the drug user was on my list too, as I tried to control his outcomes for years and even when he was trying his best I called him all sorts of names.

On top of this list was ME, I had to make amends to myself for all the hatred I had to myself, all the self-doubt and not liking myself telling myself that I wasn't good even enough. I would like to say this was easy to do but it was not. It was only through



the honest sharing with my sponsor that this became a bit easier, and eventually I accepted that I was not a bad person and I did not know what I didn't know then, I was just in survival mode. On page 236 in TABW is one of my favourite readings.....making amends to your inner self, it finishes with 'TODAY I WILL make peace with myself, as way to be at peace with the world. I had to love and forgive myself first before asking anyone else too!!

In step 8 it says made a list of all persons we had harmed, and became willing to make amends to them, WILLING stood out for me, it didn't mean I had to run out and do it right then, I just had to be willing. I spoke about all the people I felt I owed an amends to and became willing to make direct amends when the time was right. Speaking to my Mum and trying to a make amends was very difficult for me in particular, I spoke about it and prayed on it for a long time and then one night me and my Mum were in her kitchen and I knew in my heart that this was the chance to make my amends and we chatted I told her how I felt and she did the same, before I left she hugged me and told me she was proud of me a memory I will always treasure because I came from a house where we didn't speak about feelings or hug and we just did both!! It's amazing how opportunities have come about my oldest son said Mum you were not that bad you did your best, my partner who I felt I owed an amends to said....in your situation I think I would have done more than shout at me.

Families Anonymous has gave me a new way to look at life and for this I am truly grateful.

Lisa

Family

When I first walked through the door I was
paranoid, in fear and alone,
Living in a world where I focused on other's lives
instead of on my own.
I met others who lived a life like mine,
Who are loving, kind and caring,
Who have taught me so much with their honesty
when sharing.
There's always someone with a warm hug and
smile or a tissue to dry your tears,
Someone making you coffee or tea and listens to
your fears.
Someone reading out a step or slogan to help you
out,
When times are tough and you want to scream
and shout.
Walking through that door was the best choice I
ever made,
Friendships that I'll cherish that I know will never
fade.
I'm learning to cope a better way to live more happily,
With a heart full of gratitude for my wonderful anonymous family.



Pauline

Families Anonymous presentations to PHE meetings in London October 2016.

During October 2016 Public Health England (London region) held a series of 4 workshops in Blackfriars for public sector professionals who work with families and children. The title of the workshops was '*A Family Affair: How better joint working can improve outcomes for substance misuse service users, their families and children*'.



The workshops were attended by three FA members, Phyllis, Yas and Jan and they would like to share with you what they did and how it went.

"I attended two of these workshops and I was the only non-professional there (apart from one other person). The timetable was very tight and it wasn't easy to get all of my experience with FA and how it's helped me into 10 minutes but I tried to focus on some key aspects – that we're non-funded, non-religious, non-professional and self-supporting and that the value of FA comes from the identification and sharing of common experiences in a safe confidential and caring environment – the group meeting. I mentioned the helpline, the website and the forum. I also talked about denial and why family members can be just as reluctant to get help as addicts – it takes the gift of desperation – but when someone does ask for help FA is there.

The comments I got was that the most powerful part of the message was that of my own experiences which to be fair I only had time to share the very briefest outline of.

I took lots of free leaflets and made sure everyone had some for themselves and to take back to their colleagues. One participant wanted to start a meeting in their area of London which is great."

Jan

"I was pleased to represent FA at this important event. Like Jan apart from one other person affiliated with Cruz, I was the only other non-professional, a bit daunting.

Not many present had heard of FA but did show a very keen interest in what I had to say. Representatives from Children's services were fully aware of FA and they had referred families of the children of addicts to FA and a rent free room for meetings in their premises.

I tried to focus on our strengths which are feeling safe in the Group to open up and expose our emotions of fear, shame and what sheer desperations drove us to carrying out sometimes illegal acts. The importance of learning to say NO is a hard lesson to learn but with the help and support of the group this can be achieved.

I think it is really important to be part of these sessions and promote Families Anonymous and I fully support FA continuing to do so."

Phyllis

"FA was given the opportunity to speak at this Public Health England event and it was an amazing opportunity. I did a 10 minute presentation to between 20-30 professionals (some of them were Commissioners), on who we are and what we do!! It had been a long time since I did one, but it went down very well and once I got over the nerves I thoroughly enjoyed it. Many of the professionals did not know what FA did and they were very interested in what we did. They were given an overview and a flavour of what FA was about and how they can help FA in the future. Several organisations offered FA their premises to use for free and appreciated what we were trying to do for the families that are always forgotten when it comes to substance misuse.

Alison Keating, Head of London PHE stated that she would like us to become one of their regular mutual aid organisations she would like to work with more. She commented that my presentation was one of the best ones there as it was done with feeling and natural.

She also said she is happy to publicise our convention and what FA is in their newsletters, let's hope this will help FA prosper and grow."

Yas

In conclusion:

Presenting to professionals in any circumstances, whether doctors, social workers, drugs workers or teachers is always a worthwhile Public Information activity and we suggest to all groups that Public Health England is as good a place to start as any.

Those at the Convention last year will remember the talk by Tony Mercer of PHE. He followed that up with an invitation to FA groups to make contact with their local PHE representatives. You can find the regional contacts on the web at <http://www.nta.nhs.uk/sw%20contacts.aspx>. It is suggested you make contact and ask to be invited to any appropriate event or team meeting or workshops where you can talk about Families Anonymous. Whatever leaflets you need can be provided, just let the office know. We can also offer a suggested template for a presentation if you're not sure what to say or how to present. We hope you are inspired!



Enabling & Fear

Not long after I started going to FA Meetings a cartoon appeared in the FAN magazine – **12 STEPS TO RAISING A DRUG USING CHILD**. It was a shock to realise that I had done so many of the things listed, not once but many, many times.

12 STEPS TO RAISING A DRUG USING CHILD



1. Be a Lawyer defend him against every authority.

2. Be a Banker - let him know funds are unlimited to gratify his every wish.

3. Be an Insurance Policy - stand in the way of consequences. Let him know that you will always protect him.

4. Be an Agent - negotiate for him. Pull strings so that he is always first.

5. Be a Mechanic - fix everything so that he won't learn to solve problems.



6. Be a Butler - he needs a clean room and food. Prepare him to live in a luxury hotel.

7. Be an Administrative Assistant - do his homework and chores, or organise his life so he won't have to.

8. Be an Apologist - make excuses for him. Let him learn that he's never wrong.

9. Be a Doormat - allow him to take his frustrations out on you.



10. Be a Fairy Godparent - spend to meet his every wish. He will learn to rely on you.

11. Be a Wimp - never enforce your beliefs or values. He will learn society has no rules.

12. Be Smart - go to an FA meeting. Learn there are ways to cope with these situations. Others have!



But why? If it had been someone else's child I would have known that these were not sane actions. Of course, I did not realise at first that I was dealing with someone with an illness – addiction. I thought it was a passing phase – my daughter would 'grow out of it'. I thought that being calm, loving, logical and helpful would sort things out. We just had to get over these immediate problems!!

But my actions were also driven by **fear** – fear that my daughter would not be happy/successful/OK. Fear that I was not being a sufficiently good and loving parent. With the best of intentions, I protected her from the consequences of her actions – not once but many times. I could claim top marks for repeatedly ticking all the 12 Steps in the cartoon. I failed to see that relieving her of immediate pain was doing her a disservice and prolonging her illness. I was **enabling** her drug taking.

Fortunately for me desperation had already driven me to FA because I did not know what else to do. By an enormous stroke of luck, I had got 'smart'. At meetings:

- I gained strength from knowing that I was not alone.
- I learnt from the experience and insight of others - to be clear about my boundaries and where they were non-existent and the difference between hopes and expectations.
- I looked for and experimented with other ways of dealing with my fears and difficult situations.
- I began to recognise and celebrate my victories, no matter how small.

I still have my failures and often question myself about whether I am continuing to enable. But at least I am more aware now of the consequences of my actions. I am working on 'myself' and have increasing faith that there is always the possibility of a good outcome.

"All fear is a want of faith." – Mohandas Gandhi

Anonymous

THOUGHTS ON SAYING 'NO'

When I first came to FA saying '**NO**' did not feature in my life. If a request, or more likely, an urgent demand was put to me I agonized over what to do no matter how uncomfortable I felt about it. Should I give or not give money? Was I being 'fair'? Was the request a legitimate one? What will happen if I do not make excuses for absences, lateness etc. and so it went on. But I came to learn that there is another way. Through listening and learning from others at meetings and trying to follow the Steps I learnt:

- The best time to say **NO** is now, straightaway – better for all.
- I do not have to accept the unacceptable and that involves saying **NO**.
- Prevaricating and postponing '**NO**' weakens me and demeans the other person.
- Delaying **NO** adds strength and impetus to the person making the demand.
- I do not have to justify or explain my reasons for saying **NO** - it is my choice.
- Being drawn into arguing my case for saying **NO** is a sure road to failure.
- Keep it simple and stick to a straightforward **NO**.
- Failure to say **NO** results in future demands multiplying thick and fast.
- To say **NO** I have to be clear about where responsibility lies – with me or another.
- I can say **NO** to feeling responsible for another's actions.
- Being clear about saying **NO** gives me peace of mind and strength.

Anonymous





Pain

When I was in the mist of my pain, constantly worrying about my addict there was no way I could've rested or even think about going out with a friend. It's when I started to shift my attention away from my addict and do something for me that I began very slowly to let go of my addicts struggles.

You have to find something for yourself, if that means going to counselling for yourself, so be it. I chose yoga, alternative medicine and mindfulness to heal myself. I also made a commitment to heal my marriage. We chose to do something together, that was taking yoga classes. Through the classes I eventually chose to study the philosophy behind yoga, hence feeding my addiction for my son through self-

improvement.

I started to see the comfortable part of me and the uncomfortable part of me. I have this strong need to help. I never want to see anyone in pain, yet pain is where we learn to grow. Pain is where we learn to accept who we are, and become humble.

We can't go through life avoiding pain; if we did we would live such an artificial life, always the highs and never the lows.

Through that pain I very slowly learnt what my part in my son's addiction was for me admitting how selfish I had been. I thought I could take away my sons pain and suffering by constantly helping, protecting him, having excuses for him, defending him. I would have done anything for him to avoid pain including almost destroying my marriage.

The turning point was when I couldn't give him any more excuses he was ruining my life, my family and I had hit my rock bottom and I couldn't avoid it anymore I had to ask him to leave.

To say it was easy, would be telling a lie and for weeks I wondered if I'd made the right choice. But, as the weeks went by it got easier. I kept a relationship at a distance.

This went on for a few years before he phoned in desperation. My husband and I went to see him when he was living in squalor. He didn't ask for any money or anything like that, he just wanted to see us and to be part of our family again. He had gone to the doctor and was on a prescription of subtex. He was trying to sort himself out going to meetings and struggling. Eventually he did ask for the only help I was prepared to give him, 90 days in a rehab centre. He said he would only stay for 30 days, but after the 30 days, he asked for another 30 and after that he said he would like to stay to the end.

Yes he has had relapses but we all learn so much when we relapsed.

Today, how different life is. Our lives are free from constant pain and anxiety. We have propose and a heathy love of our son which is free from control and pain.

Christine

Pain

Much of your pain is self-chosen.

It is the bitter potion by which the physician within you heals your sick self.

Therefore trust the physician and drink his remedy in silence and tranquillity:

For his hand, though heavy and hard, is guided by the tender hand of the unseen,

And the cup he brings, though it burns your lips, has been fashioned of the clay which the potter has moistened with his own sacred tears.

The prophet

By Kahili Gibran

1923



Board members service – paying it forward..

Why I give service to FA

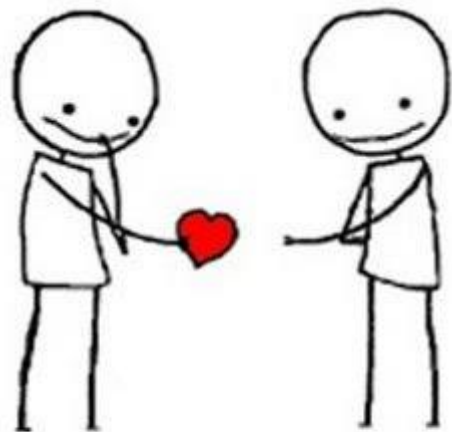
"I think of service as simply a way of keeping FA going. When I was guided to my first meeting I had no idea what got me there and why I kept going back – it felt like what a drowning person must feel like when someone throws them a lifebelt. In that situation, you don't question where the lifebelt comes from, you just hang on. After a while I got asked to do helpline duty – the equivalent of another FA member passing me the life belt to throw to a new drowning person. I didn't know if I could do it, it felt a bit scary, but when a desperate newcomer did call the helpline I knew how to listen to their painful story, because it was so much like my own.

By doing the helpline for a while I got a glimpse of all the background tasks that people do freely to keep this fellowship going. I loved going to the office – still do – it is the heart of how this fellowship ticks in terms of the admin – we can't run on spiritual energy alone, someone has to order stationery, make up literature orders and mail them out, and keep the 'Where To Find' up to date. And there was always someone who'd been doing it for ages who could explain how and why we do the things we do in the office.

I always thought Conventions were not for me – they were boring and not why I went to meetings at all. But one year a trusted member said I should try it – it was amazing, and I witnessed my first AGM. The board members all looked so serene and wise! I thought I could never be like them!

But one day someone said they were nominating me for the board – now I was really scared, but I was voted on and took the role of board secretary so I had to take care of the agenda and minutes of each board meeting. At that time we were meeting monthly on a weekday in London and it was quite a sprint to get there for each meeting. Luckily now we have board meetings every quarter on weekends so it's much easier. Once I figured out what I was doing (that took quite a while!) I became more confident. But some of my character traits that had caused so many problems with my addict – my dominance, my controlling – I noticed were starting to show themselves again in this service role. I could have become as obsessed about the board as I had been about my addict – so I had to now start using some of the tools I had learnt by working the steps – finding humility, taking care of myself, and most of all, principles above personality – that came in handy when I had to work with someone on the board I really didn't like too much.

In conclusion I understand that any kind of service to FA is part of my recovery – from taking the milk to my meeting to printing off meeting agendas to covering a helpline slot – and even a stint on the board – is essential both for me to keep what I give away, and also for this amazing fellowship to stay on its wheels."



Pay it forward

Jan

"I have been a member of my Group for almost 10 years and I often wondered how I would be if I had not found Families Anonymous.

I joined a well- established group and the meetings ran very smoothly. After I had been attending for just over a year a member was moving away and was no longer able to carry on with his service as Treasurer. He asked for a volunteer to take over, no one was keen and so because no one else came forward I agreed to give it a go. That was several years ago and I am still doing this service.

Taking on service is important but once you have taken on this commitment you feel a responsibility to the group and the satisfaction this gives you is far outweighs any effort that may be required.

I have since given service on the Board which has been extremely rewarding and I have learned so much about FA and made many friendships along the way. Doing service allows me to give back a little in return for the tremendous support and kindness I have received in my FA group and beyond. Please give it a try you will not regret it."

Phyllis

Giving it back

"I've been a member of FA for a little over three years. I'm group secretary of my local group and also a FA



Board member with responsibility for publishing FAN. I think becoming a Board member and taking on the challenge of FAN really helped my recovery. I get to read some amazing stories and these spur me on in my journey. I love to read other people's experiences and try to apply this knowledge to my own life. When I joined FA I had no idea that I would ever become so involved, or that I had any skills that could be used; I was wrong. The more I give the more I receive and I love it!"

Kate – FAN Editor

"As "Secretary of the Board" I record and mainly keep track of the four Board Meetings a year. I am responsible for coordinating and distributing the Minutes and relevant information to the rest of the Board as and when this happens especially tasks which are ongoing from decisions taken at the last Board Meeting.

Additionally, I am undertaking the coordination of the ever changing information of Group lists and secretary lists and also help with the telephone Helpline line. It is hugely rewarding to be able to speak to people who have just come into contact with "addiction" issues through someone close to them and to be able to give them some hope and direction as to where they can get help."

Alexandra

Service

"Currently I am a member of the FA Board and am the New Group Liaison person also I am (again) a member of the telephone Helpline Team. With a fellow member from the Birmingham Meeting I also represent Families Anonymous at a quarterly resettlement Fayre in a nearby prison.

Over the years I have been in Families Anonymous I have been involved in both service as a Board member and on the Telephone helpline and have found them both challenging and rewarding.

In the very beginning I needed to know how this wonderful Fellowship worked and how a 12 step programme worked. (I am happy to say that: *Curiosity did not kill the Kate!*) In fact back then my curiosity meant that I became a member of the Board and the Editor of FAN; and what I believe it did do is seriously promote and support my recovery.

WLITF

Kate (S) - Walsall

FA Scottish Convention 2016 - "Unity"



The Scottish Convention this year was on the 3rd September 2016 at Hamilton Academic Football Stadium with a theme of Unity. Our thanks go to the Hamilton FA group for all of their hard work in organising a fantastic event!! Here is a snapshot below of a truly awesome and uniting day.

"The convention was an amazing day filled with unity, hope and love. The shares were powerful and gave me hope that all the family can recover from the disease of addiction. The support from all other groups and our anonymous family from England was fantastic shows me that we truly are no longer alone."

Pauline

"I found the convention encouraging and also full of hope for suffering families. Xx"

Tracey

"My experience can be summed up but it would be a page worth. If I have to shorten it, it would be, that I had my eyes opened to the struggles of parents whose children they adore becoming so addicted that the parents have to remove them from their loving home and family and still keep their spirits up after making probably their most heart breaking decision to do so. As a parent myself I don't think I could manage that."

Lorraine

"The Scottish convention was very special to us 'The Hamilton Group' as we are a fairly new group. The Unity theme summed up the whole experience of the start to end of the convention. As a group everyone played a part in the planning and the running of the day and brought us as a group even closer and stronger. The shares were amazing and support received from other groups and family members really showed there was true UNITY in the rooms that day. I felt honoured and humbled to be part of it. I can't but together we CAN xx"



even closer and stronger. The shares were amazing and support received from other groups and family members really showed there was true UNITY in the rooms that day. I felt honoured and humbled to be part of it. I can't but together we CAN xx"

Lisa



FAMILIES ANONYMOUS UK SERVICE BOARD 2016-2017

Group distribution list

At the last Board meeting in October, the FA Board divided up all the different groups and distributed them amongst Board members. Each Board member will now liaise with each group regularly and any problems or ideas/suggestions can be feedback through to the Board too. Please see the list below for your designated Board member. All Board members can be reached through the FA office.

Name	Board Positions	Non Board jobs	Groups represented
Jan (Stonehouse) 2017	Co-chair		Birmingham, Hitchin, Solihull, Bexley & Erith, Dudley
Phyllis (Sevenoaks) 2017	Co-chair		Harrow, Abergavenny, Tower Hamlets, Hamilton
Simon (Gants Hill) Co-opted 11/13 2017	Treasurer		Exeter, Blackpool (Thursday meet.), Huddersfield, Chiswick, Inverness
Kate (Walsall) Co-opted 4/16 2019		New Group Liaison (By-Laws cl.4)	Stonehouse, Bristol Edinburgh, Clydach
Kate (Hitchin) 2018	FAN Editor (By-Laws cl.3)		Cambridge, Sevenoaks, Walsall, Bermondsey, Glasgow (Saturday meet.)
Alexandra (Chelsea) 2019	Fellowship Secretary		Bournemouth, Liverpool, Pontypridd, Gants Hill
Graham (Gants Hill) 2019			Barnstaple, Blackpool (Tuesday meet.), Leeds, Chelsea
Mick (Dudley) 2019			Borehamwood, Glasgow (Thurs. meet.) Gibraltar, Glasgow (Tues. meet.)
Yas (Harrow) 2019	PI Chair (Standing Comm By- Laws Clause 2)		Gloucester, Brighton, Swansea, St. Combs

BoardWalk

BOARD MEETING HELD AT BATTERSEA OFFICE ON 22nd October

- Group co-ordination took place
- Interactions with Public Health England were discussed
- A discussion took place about both literature ordering and the AGM next year
- Any member is welcome to receive full Minutes of these, 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 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: 4th February 2017 & 26th March 2017



Volunteering and giving service

Have you considered giving SERVICE to FA? If not, why not?

As ever FA is in search of volunteers of all descriptions! We are appealing in particular at this time for help line volunteers as we are currently short on numbers. As little as covering just one shift will help the organising of the rota and bring hope to people in real suffering. Please do consider giving some service, it can really make a difference to FA and to your own life!

FA UK Convention 2017 – 25th & 26th March 2017

Having had another successful and enjoyable weekend in April, the National Convention & AGM will again be held at The Hilton Metropole at the Birmingham NEC in 2017 according to the vote at this year's AGM. All FA members and interested parties are encouraged to put this event into their diaries and to take the opportunity to attend both the FA UK 2017 National Convention on the 25th March and our AGM on the morning of the 26th March. A number of hotel rooms have already been put aside by the hotel; booking details have been sent out via group secretaries, rooms can also be booked [here](#).

Dates for your diary.....

- FA UK Convention 25th & 26th March 2017

This issue has focused on making amends.

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".

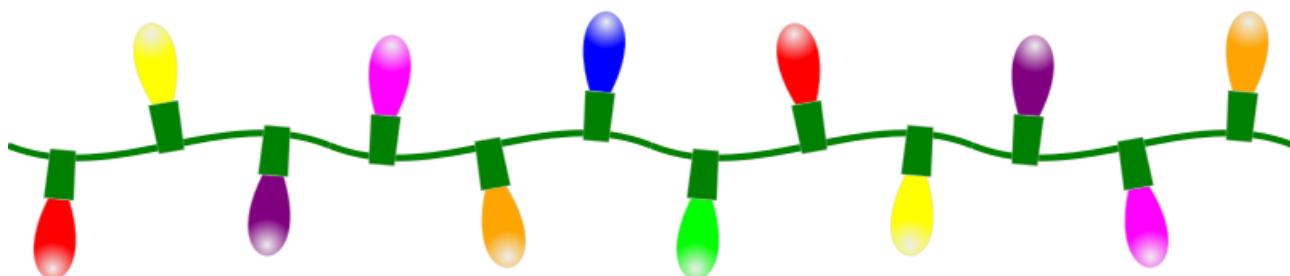


Once again, if you read something that does not agree with your viewpoint, please try to apply what we read at meetings: "take with you that which you can accept and leave the rest". As before, active feedback is welcomed about any changes you, the membership, would like to see in this newsletter. You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

In the next Spring issue

The focus will be "control". Any and 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 coming Spring 2017 issue, the following groups are asked to make a special effort: Bermondsey, Bexley & Erith, Chiswick and Gibraltar. 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!



Families Anonymous
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Web: <http://famanon.org.uk>

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

