



Are Serenity Groups Needed?

Serenity Groups offer support, strength, and opportunities for spiritual growth to those suffering from any addiction, compulsion, disease or weakness, as well as their loved ones and care givers.

Below is a response to a general question I asked through an online recovery program. Serenity Groups address the concerns of people that are similar to the issues raised below in this letter. The letter speaks for itself and may be worth discussing in your meeting. You may have had similar experiences or know of others who have had a similar experience.

“Since reading some of the posts on LG’s request for information for starting a recovery group, thoughts keep popping into my head. My hubby, who is a recovering addict, goes to NA, while I go to Al-Anon and OA. We were discussing something someone said in his meeting.

“It was stated that only 1% of the drug addicts who join NA will die clean. I don’t know where this person got these statistics, or even if they are true. My hubby was disturbed by this. His concern was that we, as members of 12-step programs, are not allowed to question the relevance of the program in today’s environment. It’s always stated, ‘If it isn’t broken, don’t fix it.’ ‘It’s always worked in the past, don’t change it.’ ‘Do as I did and you’ll have recovery.’ Well, you get the picture. I realize, after having picked a sponsor and starting to work the 12-steps, I have a long way to go in this program. I’ve only been here 5 months, and my hubby has been in NA for 16 months. I also realize that the program is for me to work, and if I work a half-assed program, I’ll get half-assed recovery.

“It seems to me and my hubby, that the different factions, AA, NA, Al-Anon, CA, SA, CoDA, GA, etc., are starting to ‘bicker’ among themselves. AA won’t allow anyone that does drugs, only allows alcoholics. NA allows anyone who does drugs, including Alcoholics, as NA considers Alcohol a drug. (remove the water and cut from Alcohol and you have ether. To NA, Alcoholics are just a bunch of ether dope fiends LOL). It’s so bad, that things like, ‘should we tell the newcomers in NA to say “I’m a drug addict” and NOT “I’m an alcoholic - drug addict,’ comes up in group conscience.

“When my hubby went to some AA meetings, he learned quickly to not mention his addictions. He also felt that AA members, in general (there are always many exceptions), are saying if you’re not drinking, you’re okay. They seem to be just concentrating on the don’t drink aspect and not the whole program of recovery and a new way of life.

“I know that in Al-Anon, codependent issues come up, but I’ve been told to not talk about them as codependent issues. That means I have to go to CoDA to work out those issues. I’ve been to CoDA meetings, and didn’t get anything out of them at all. Could have been that particular group though. Each group of whatever faction has it’s own personality.

“In OA, the different group personalities vary to such a degree, that I sometimes don’t even like going to f2f (face 2 face) meetings.

“I hope it’s just me, being new to the program, not seeing the forest for the trees. I truly believe the 12-step program is the way to go. Wouldn’t it be nice if all the factions came together; practicing unity and tolerance to each others ‘drug of choice’ whether it be food, alcohol, drugs, people, work, sex, gambling, et al.? This is such a wonderful, beautiful program! It has such possibilities! It just seems, at times, that intolerance, dominance, and gossip gets the best of it.

“Thanks for listening.”

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