

# Big Papa

*A Letter from Big Papa*



## **Introduction**

I would like to introduce myself as Big Papa. I am the founder of Foster Anonymous, a 12-Step program for the Foster Care Community. But I would like you to know that there have been many more before me that were instrumental in my recovery through the 12-Steps. This knowledge is passed from one recovering person to another. In turn, I have brought the 12-Step program to others as a sponsor. I do this without recognition for myself. I do it for you. In the 12-Steps, we give freely of our time and services. Big Papa is just my anonymity. I am not in charge. This program belongs to all of us.

I use the name Big Papa because it helps me stay anonymous with the public, and it helps our members stay anonymous with the public as well. There are people in my life that I would like to protect their privacy. As far as anonymity when you are in public and you want to know if someone else is in the F.A. program, you can say, "Are you a friend of Big Papa?" without breaking your anonymity.



## **A Letter from Big Papa**

I went through the 12-Steps when I was a young man, and they gave me the power for living the most colorful life you could ever imagine. The 12-Steps worked for me just as promised. As soon as I finished, my behaviors were removed, never returning again. All that the 12-Steps asked of me was to give back. I proceeded to take other people through the work, and I got to watch the miracle in them. They all got better except for those who weren't able to do the 12-Steps honestly. The fellowship that developed around me was closer to me than anyone else. They always had my back. They were able to fill that void of not belonging.

As I got older and knew that God had given me so much, I couldn't turn my back on anyone who was hurting, knowing that I had a way out. I wasn't interested in making more money; God provided me with plenty of that. I wasn't interested in a new career. Money and material things began to lose their appeal. I thought about what I was going to do with the latter part of my life. It came to me that I had a lot of life experience to give. I wanted to pass it on to someone. That is when I got one of my spiritual thoughts to adopt a foster kid. When I was growing up, if someone would have told me what I know now,

it could have saved me a lot of pain and suffering. I've lived these steps for over 30 years. While looking to adopt a kid, I started to realize their behaviors were very similar. So, I started thinking, has anybody ever adapted the 12-Steps to Foster Care? I found out that nobody had. With that, I founded Foster Anonymous. I thought, why just adopt one kid, when I can build a whole family – maybe possibly the biggest one on the whole planet? One of the principles that I know is that God allows us to love as many people as we want. He just makes our hearts bigger. These principles allow us to help as many people as we want. Our love can grow infinitely. I have a connection to you fosters because I have been where you are. It's easy to love a kid, but it is hard to raise one. I would like to be able to help you grow through the 12-Steps in Foster Anonymous. I've done it before, and I want to share this with you. I think it's pretty cool to help as many fosters as I can. After all, many people have helped me. We do this for each other absolutely free.

Whether you are in Foster Care, aged out of Foster Care, or have been adopted, join the F.A. family of fosters who have gone through the same things. Who needs three or four brothers and sisters when you can be connected to brothers and sisters all around the globe? They will feel as close to you as any blood

brother and sister. This promise happens when your brothers and sisters in Foster Care begin to recover, and you help each other through painful experiences on a spiritual basis. You shall go hand-in-hand in healing and recovery. You don't want to miss the awesome bond through both tears and laughter that you will have with your new family. You will never have to feel alone again. These are the kinds of brothers and sisters that will have your back. For nobody knows you like they do.

There are no closed doors in this program. If you have aged out, in trouble or in jail, you are always welcome to our family. Even if you were adopted and unresolved behaviors have gotten in the way of your relationships, F.A. is a place to come to make you feel whole. Nobody should feel uneasy coming if it has been a long time or if they thought the pain was water over the bridge. If these behaviors are still running your life, this is a personal program to regain power back into your life. It is never too late to enjoy your life again.

You will find that you are going to gain new power for living through this program. You won't be afraid of tomorrow. Your thoughts will become clearer because you are not burning up energy on negative behaviors. You will gain a host of new family members

that share your experiences. It is like having access to many minds rather than just your own. These are but a few of the F.A. family benefits the program has:

- Job networks
- Educational resources
- Roommates or places to live
- Access to information to help deal with life's problems
- A place to turn when you are depressed, anxious, or mad
- People to have fun with, be happy and enjoy life
- Network to help find lost foster friends

With all this help, you will gain confidence, not arrogance. You will be able to do things you never thought possible. Now that sounds like a true family to me. More will be revealed as we move through the celebration of the recovery that comes out of our F.A. family. However, if you really want the program to work, you must be open-minded, willing, and honest. For I have seen those who have done these things have received a spiritual experience along with many wonderful miracles in their lives. No matter how bad it had gotten, there were able to recover. If you do the steps, you can join us on that broad spiritual

highway with a conscience contact with God and a fellowship with friends and family for life.

Fosters dream of being adopted and yearn for a forever family or wish they could go back home to their birth parents with a sense of wonder of how great it would be. I offer you this spiritual insight:

“When parents have a child, it is a gift from God. He blows the breath of life into that child. God wants the parents to take care of this gift by providing for the child, nurturing the child, and sharing the teachings of God with the child. God didn’t give the gift of the child so that the child may be abused, treated as a possession, or controlled. How the parents thank God is how they return the gift they received. What is most important is that they raise the child as God intended. The child should know that their one and only Father is God.”

Whether you go back to your birth parents, are adopted, or never get adopted, you can’t love anyone else until you love yourself. Once you go through these steps, you will understand your birth parents better and what you look for in adoptive parents; and if you are not adopted, you will find God can fill that void with the sunlight of the spirit. You will realize how important your family is and see the truth in all

relationships when you reach this point. And along the way, when life comes at you too hard or you get too frustrated, working with others will always balance you out and set you back on the right spiritual path. I will be seeing you on the happy road to recovery!

May God bless you,

Big Papa



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