

Fellowship Centre Newsletter: June 2022



9122 34A Avenue NW, Edmonton, T6E 5P4

Telephone: 780-220-7811

Email: info@fellowship-centre.org

Website: <https://fellowship-centre.org>

MESSAGE FROM THE EDITOR

Welcome to the very first Fellowship Centre Newsletter. My name is Julia and I'm an alcoholic. The Fellowship Centre is a community of individuals trying to keep their addiction at bay and carrying the message that there is a solution. Numerous members of the Centre's recovery community have asked for information about the Centre including new meetings, service opportunities, finances, and upcoming events. The Fellowship Centre monthly newsletter will serve as a conduit for communicating information about the Centre to the Centre's recovery community. If you would like to contribute to the Newsletter, have ideas on how the Newsletter could be improved or would like an email copy of the newsletter, please email me at FellowshipNewsletter@shaw.ca

Yours in Service,

Editor Julia, Centre Volunteer

ABOUT THE SOUTH EDMONTON FELLOWSHIP CENTRE

The South Edmonton Fellowship Centre is an Alberta registered non-profit society run entirely by unpaid volunteers. It provides a safe and welcoming place for alcoholism/addiction mutual support meetings, events, and activities to help those suffering to achieve sobriety and improve their lives. Open in November 2021, the Centre currently hosts 18 weekly mutual support recovery meetings including Alcoholics Anonymous, Cocaine Anonymous, Narcotics Anonymous, Gamblers Anonymous, and Sex Addicts Anonymous. The Government of Alberta considers such mutual support groups an essential service to preserve life, health, and public safety.



GIVING TO THE SOUTH EDMONTON FELLOWSHIP CENTRE

Fundraising and rent collected from groups conducting meetings does not cover all Centre expenses. In 2020, without a location, the Centre received \$599.00 in donations. In 2021, \$3462.00 was received in donations. So far in 2022, donations have totaled \$2020.00. Your generosity contributes to the continuing operation of recovery support groups, events, and activities, ensuring support for those who reach out for help with any type of addiction. E-Transfer to info@fellowship-centre.org (no security question)

THE TWELVE STEPS: STEP SIX

Because there are 12 Steps and 12 months in a year, some recovery programs focus on a Step each month. This month is June which corresponds with Step 6.

In 1938, Bill Wilson began to write what would become the first edition of the Big Book. When Bill got to Chapter Five, *How It Works*, which details the 12 Steps, he sat up one night with a pencil and pad of paper and began with the six Oxford Group tenets as his raw material. (The Oxford Group was a Evangelical Christian movement of which Bill was once a member.)

“I set out to draft more than six steps,” he would later write. “How many more, I did not know. I relaxed and asked for guidance. With a speed that was astonishing, considering my jangled emotions, I completed the first draft. It took perhaps half an hour. The words kept right on coming. When I reached a stopping point, I numbered the new steps. They added up to 12.”

<https://www.cornerstoneofrecovery.com/better-way-of-life-a-history-of-the-12-steps/>

In 1953, the Twelve Steps and Twelve Traditions book was published, codifying the foundation stones for the AA program (as well as many other recovery programs). Also in 1953, the second largest 12 Step group, Narcotics Anonymous (NA), was formed. Narcotics Anonymous and Alcoholics Anonymous have the same Step Six – *Were entirely ready to have God remove all these defects of character*. NA reflects on Step 6.

Step 6 is a step of preparation and reflection. I have been preparing for a significant change in my life and now I need to make sure that I am ready. I need to make sure in my own heart and mind that I am truly willing for God to remove these defects of character that have enabled my addictive behaviors. It might mean letting go of other things in my life to allow God to do the work that needs to be done. I need to determine if I am truly ready. From <https://12step.org/the-12-steps/step-6/>

A MESSAGE FROM THE PRESIDENT OF THE FELLOWSHIP CENTRE

It has been an incredible journey from our first vision and hope of having a Centre on the far south of Edmonton dedicated to mutual support recovery. It has now been six months since the doors of the South Edmonton Fellowship Centre opened and welcomed those suffering from alcoholism/addiction who seek help and support in their recovery journey. This is only possible through continued donations and work by volunteers who understand the joy of service.

Each week, there are some 200 people attending 18 different mutual support recovery meetings held at the Centre; these include Alcoholics Anonymous, Gamblers Anonymous, Sex Addicts Anonymous, Narcotics Anonymous, Cocaine Anonymous, and Indo-Canadian meetings. We have times available for new meetings and welcome any type of mutual support recovery group. Please phone 780.220.781 or email info@fellowship-centre.org. Visit our website at <https://fellowship-centre.org> and click the Calendar link for available times. Rent is negotiable.

Since opening, the Centre has hosted several events to carry the message as well as to fundraise. These included a speaker's night and dinner, a sponsorship workshop and dinner, and a rummage sale; given the success and feedback we have experienced, and the enthusiasm shown by volunteers and attendees, we plan to hold these events again.

We recently completed application for charitable status with Canada Revenue Agency so that we can give tax receipts for donations; it may be a year down the road before we are approved. Financially, we have been holding our own, however, most of the meetings are not yet large enough to pay the \$50 per meeting rent which includes coffee, cookies, and personal hygiene supplies. We greatly appreciate all rent received but remember that a dollar does not go as far as it used to.

I have been only a small part of this massive venture, there are individuals who have put hundreds and hundreds of hours of work into bringing the Centre to where it is today and continue working hard to maintain it; more volunteers are needed particularly to open and attend weekly meetings. I take this opportunity to introduce members of the South Edmonton Fellowship Centre Board of Directors including Andrew O. (Vice-President), Brenda B. (Director), Misty M. (Director), and Joel W. (Director).

I am privileged, humbled, and grateful to walk this journey with all of you.

Wayne W, President of the South Edmonton Fellowship Centre

SPOTLIGHT ON A MEETING: GAMBLERS ANONYMOUS ON SATURDAY 2:00 PM

Gamblers Anonymous is a fellowship of men and women who share their experience, strength, and hope with one another to help other compulsive Gamblers to recover from a gambling problem. The program was founded in September of 1957 and since that time the fellowship has grown steadily around the world.

Many years ago, I crossed that invisible line into the world of compulsive gambling after experiencing the “big” win, and hence began the addiction to gambling. As an addict, I did not recognize or was unwilling to admit that the downward spiral had begun to take me to a place where all morals and values were thrown out the window, countless lies, and dishonesty ruled my life. The “urge” and feeling of euphoria began with the thought of going to the casino, the drive there, and stepping through the door. When I was gambling, I felt a certain sense of security, acceptance, and a complete and total sense of “escape” from life and life’s problems. It was not until July of 2011 that Gamblers Anonymous found me and saved my life! Having reached rock bottom in my personal and professional life, the 12 Steps of Recovery entered my soul to enable me to live and deal with life’s problems on life’s terms. Acceptance of Step One, “We admitted we were powerless over gambling – that our lives had become unmanageable” was and remains the key to abstain from gambling one day at a time.

On February 12, 2022, a Gamblers Anonymous meeting opened at the Fellowship Centre. Held every Saturday at 2:00 PM, we WELCOME anyone who would like to attend the meeting without the fear of judgement to receive help from another compulsive gambler. The doors are always open at least a half hour before the meeting starts and the coffee is always on.

I SOUHT MY SOUL, BUT COULD NOT SEE, I SOUGHT MY GOD, BUT HE ELUDED ME, I SOUGHT MY BROTHERS AND SISTERS, AND FOUND ALL THREE.

Pat D. -- Trusted Servant

Most compulsive gamblers answer “yes” to at least seven of the following 20 questions:

1. Have you ever missed work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Has gambling affected your reputation?
4. Have you ever felt remorse after gambling?
5. Have you ever gambled to get money to pay debts or solve financial difficulties?
6. Has gambling caused a decrease in your ambition or efficiency?
7. After losing, do you feel you must return as soon as possible and win back your losses?
8. After a win, do you have a strong urge to return and win more?
9. Do you often gamble until your last dollar is gone?
10. Do you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Are you reluctant to use gambling money for normal expenses?
13. Has gambling made you careless of the welfare of yourself or your family?
14. Have you ever gambled longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, a crime to finance gambling?
17. Do you have difficulty sleeping because of gambling?
18. Do arguments, disappointments or frustrations create an urge to gamble?
19. Have you ever had an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered suicide because of your gambling?



Why am I Always in a Hurry?

The word *hurry* has a similar origin to words such as hurl, hurdle, and hurricane. Yep, that sums up the way I feel and who I am, at least some of the time. Fortunately, during my morning meditation, I recently came across the following nugget of gold.

“To attain material things, the world learns to attain speed. To attain spiritual things, I have to learn to attain a state of calm.” (*Twenty-Four Hours a Day*, page 53)

Reading is a part of my recovery journey. I am reading a book entitled *The Ruthless Elimination of Hurry*. It defines spiritually mediocre days as “days lived in irritation and fear and self-preoccupation and frenzy” and states that “we throw our lives away in a hurry” (page xv.)

I Googled “why am I always in a hurry” and got a hit on *Hurry Sickness*. Symptoms include:

- speeding, both in your car and through conversations, the grocery store, or meals
- rushing through work tasks and household chores, to the point where you sometimes make mistakes and must do them again
- often performing time calculations in your head to see whether you can fit in another task
- feeling irritable when you face delays
- constantly trying to find ways to save time
- endlessly running through your to-do list in your head to make sure you haven’t forgotten anything <https://www.healthline.com/health/mental-health/hurry-sickness#symptoms>

Apparently, recognising that you have Hurry Sickness is essential (Step 1). To cope with Hurry Sickness, the following are recommended:

- Take a walk
 - Embrace mindfulness
 - Take care of important needs
 - Prioritize relaxation
 - Learn to recognize your limits
- <https://www.healthline.com/health/mental-health/hurry-sickness#how-to-cope>

That’s all very good advice and I found some other things that help as well:

- Go to a meeting to remind myself that nothing is more important than my spiritual fitness
- Have a cup of tea and phone a person who is trying to stay clean/sober one day at a time
- Slowly read and reflect on each and every line of the St. Francis Prayer (*12 x 12* page 99)
- Read *The Ruthless Elimination of Hurry* very slowly, as in two pages a day

Always being in a hurry seems to me a manifestation of the disease of self. “I am so important. All the tasks I must do are so important. The world will fall apart if I don’t complete all these essential tasks.” Or maybe busyness is like any other addiction – it numbs me out and allows me to hide from my feelings.

Genevieve J. (Home Group: Our Basic Text, Monday 6:30 PM at the Centre)

South Edmonton Fellowship Centre

Profit and Loss
January - May, 2022

	TOTAL
INCOME	
Donation	1,268.00
Fundraiser	2,020.00
Group/Meeting Rent	7,831.12
Total Income	\$11,119.12
GROSS PROFIT	\$11,119.12
EXPENSES	
Accounting Software	92.40
Bank charges	16.00
Condo fees	1,887.06
Legal and professional fees	1,895.00
Office expenses	104.99
Repair and maintenance	1,739.17
Supplies	523.22
Telephone	130.86
Utilities	2,408.84
Website Design/Maintenance	2,100.00
Total Expenses	\$10,897.54
OTHER EXPENSES	
Furniture	535.50
Prepaid Credit Card	1,000.00
Total Other Expenses	\$1,535.50
PROFIT	\$ -1,313.92

Notes from the Treasurer

The Centre starts paying rent in January 2023. The lease will allow for delinquent rent payment without financial penalty. Rent will be \$2000/month which is significantly below market value.

As a non-profit society, the Centre must be audited annually. Auditor fees are professional fees.

Maintenance and repairs include lighting, wall guards, and plumbing for the new coffee maker.

The Centre's first 50 chairs were donated by an AA member. Ten additional chairs were purchases.

The Centre has had a difficult time obtaining a credit card because it has no credit and no income. The auditor insists that the Centre use a dedicated credit card. We continue to work on a better arrangement but for now have been able to secure a prepaid credit card for the Centre. The expense for the prepaid credit card is entirely for supplies for the Centre which include coffee, cookies, toilet paper, paper towels, cleaning supplies, hand sanitizer, garbage bags, paper cups, sugar, cream and so on. It also includes expenses for the hotdogs that were giving away at the rummage sale and groceries for the Mexican dinner at the sponsorship workshop, although volunteers paid for groceries as well.

June 2022

South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	2 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Keep it Simple (AA) 	3 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Indo-Canadian Living Sober (AA) Hosted by and catering to those who speak the Indo-Canadian languages (i.e., Punjabi, Hindi, and Urdu). 	4 <ul style="list-style-type: none"> 10:30 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner (AA) 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
5 <ul style="list-style-type: none"> 10:00 AM Sunday Morning Survivors (NA) Men Only 12:00 PM Fellowship Nooner (AA) 2:00 PM Punjabi Big Book Study 	6 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	7 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM ISMs (AA) 	8 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	9 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Keep it Simple (AA) 	10 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Indo-Canadian Living Sober (AA) Hosted by and catering to those who speak the Indo-Canadian languages (i.e., Punjabi, Hindi, and Urdu). 	11 <ul style="list-style-type: none"> 10:30 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner (AA) 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
12 <ul style="list-style-type: none"> 10:00 AM Sunday Morning Survivors (NA) Men Only 12:00 PM Fellowship Nooner (AA) 2:00 PM Punjabi Big Book Study 	13 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	14 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM ISMs (AA) 	15 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	16 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Keep it Simple (AA) 	17 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Indo-Canadian Living Sober (AA) Hosted by and catering to those who speak the Indo-Canadian languages (i.e., Punjabi, Hindi, and Urdu). 	18 <ul style="list-style-type: none"> 10:30 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner (AA) 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
19 <ul style="list-style-type: none"> 10:00 AM Sunday Morning Survivors (NA) Men Only 12:00 PM Fellowship Nooner (AA) 2:00 PM Punjabi Big Book Study 	20 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	21 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM ISMs (AA) 	22 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	23 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Keep it Simple (AA) 	24 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Indo-Canadian Living Sober (AA) Hosted by and catering to those who speak the Indo-Canadian languages (i.e., Punjabi, Hindi, and Urdu). 	25 <ul style="list-style-type: none"> 10:30 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner (AA) 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
26 <ul style="list-style-type: none"> 10:00 AM Sunday Morning Survivors (NA) Men Only 12:00 PM Fellowship Nooner (AA) 2:00 PM Punjabi Big Book Study 	27 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	28 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM ISMs (AA) 	29 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	30 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Keep it Simple (AA) 		