

Fellowship Centre Newsletter: July 2022



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MESSAGE FROM THE EDITOR

Canada Day is Friday, July 1, 2022. On that note, in this month's newsletter you will find suggestions for celebrating Canada Day in recovery with clean and sober friends and others on this special day. Included is a recipe for a red and white non-alcoholic drink that should help make your Canada Day a blast. We also feature an article on Self Support in recognition of the tradition of the month where we reflect on the tradition and how it is interpreted in each of the recovery programs GA, AA, CA, NA and SAA. Additionally, we have features that appear in every issue including an article on the Step of the month, a message from the President of the South Edmonton Fellowship Centre, and spotlight on a meeting, this month about the Cocaine Anonymous meeting held at the Centre.

Our aim in this newsletter is to provide information about the Centre including new meetings, service opportunities, finances, and upcoming events. We are always looking for members to share their experience, strength and hope by submitting articles for publication in this Newsletter's future issues. If you would like to write a short article about your experience with a Step, Tradition, meeting, recovery event, or anything that might help others in their journey of recovery, please email your contribution to me at FellowshipNewsletter@shaw.ca. If you have ideas on how the Newsletter could be improved or would like the Newsletter automatically emailed to you each month, email me at the same address. It is a great opportunity for doing service from your home! Newcomers and Long-timers alike are welcome to contribute. We look forward to hearing from you.

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.

JULY IS THE 7TH MONTH OF THE YEAR CORRESPONDING TO STEP 7

The original Step 7 scripted by Bill Wilson and appearing in the book entitled Alcoholics Anonymous read “Humbly asked him to remove our shortcomings.” Gamblers Anonymous (GA) changed the wording of Step 7 slightly and provides the following information to facilitate completion of the Step. <http://trusteewebsite.com/conference/2018_cancun/attachments/attachment_24_c18.pdf>

Humbly asked God (of our understanding) to remove our shortcomings

The essential principle of Step Seven is humility. We are not simply asking God (of our understanding) to remove our shortcomings, but we are doing so humbly. We are now completely willing to fully trust our higher power to remove these barricades that prevent us from seeking and doing God’s will. Humility is an especially important quality for the compulsive gambler to achieve. Far more than most people, the compulsive gambler typically has a massive ego and a truly bizarre assurance of their own infallibility. Indeed, is there any greater act of arrogance than believing that we were smarter and more powerful than mathematical laws of probability? No doubt we could also defy laws of gravity and human aging if we put our mind to it. Of course, each one of the steps has a strong element of humility. In Step One we admitted that we were powerless over gambling. As we made solemn promises to ourselves and our family that we would stay away from casinos and gambling websites, again and again we went back. How humbling to admit that we were even less powerful than our urge to gamble. In the second step we came to believe in a power greater than ourselves and in the Third Step we made a decision to turn our will and our lives over to this power. Gambling itself has humbled us to the point where we were finally willing to admit that trying to run our lives ourselves wasn’t really going that well. Thus, we became willing to let some other power run it – even if perhaps we didn’t fully understand what that power was. In our searching and fearless moral and financial inventory we made some often painful discoveries about exactly what kind of a life we had been living. We perhaps realized that many of our life decisions were dictated by foolish resentments and fears. Also, we may have discovered that our selfishness, dishonesty and other character defects were more numerous and even worse than we had suspected. These, too, were humble admissions. To then share these discoveries with another person was also very uncomfortable – even to share them with a kind and understanding sponsor. Finally in our Sixth Step we looked closely at all our character defects. We bravely categorized them by how problematic they were and how willing we were to have them removed. By working the prior steps, we should now have sufficient experience with gaining humility that we will be able to honestly ask God of our understanding to remove our most problematic shortcoming.

Happy Canada Day!!!

“As Canadians all across our great country plan their Canada Day weekend, we’re reminding everyone about the importance of having safe and sober transportation,” said Canada National President of Mothers Against Drunk Drivers (MADD). “Getting behind the wheel if you are impaired by alcohol and/or drugs can lead to tragedy. But the tragedy can so easily be prevented.”

Every year, hundreds of Canadians are killed and tens of thousands are injured because people drive under the influence of alcohol and/or drugs. Mothers against drunk drivers (MADD) Canada emphasizes the responsibility of every person to keep our roads and communities safe from impaired drivers:

- Never drive a car, boat, ATV or any other vehicle while impaired;
- Never ride with a driver who is impaired;
- Call 911 to report suspected impaired drivers.

[/madd.ca/pages/celebrate-safely-this-canada-day-long-weekend-plan-ahead-for-a-sober-ride-home/](http://madd.ca/pages/celebrate-safely-this-canada-day-long-weekend-plan-ahead-for-a-sober-ride-home/)

Luckily, those of us who are clean and sober this Canada Day do not have to worry about being the subject of a 911 call to report us as an impaired driver. We will never drive a vehicle impaired and, although we may be a designated driver, we will never be a passenger with an impaired driver.

Round up your friends and family this Canada Day, and celebrate this wonderful country with this delicious non-alcoholic drink:

Red & White Strawberry Jell-O Blast

Ingredients

- Fresh strawberries
- 1 box strawberry Jell-O
- 1 cup hot water
- 1 cup cold sparkling water, tonic water or mineral water
- a squeeze of lemon or lime juice
- Whipped cream

Step 1: Hollow out the middles of strawberries, and slice off the bottoms so they will stand.

Step 2: Dissolve Jell-O powder in hot water, then add the sparking water and lemon/lime juice.

Step 3: Pour the mixture into the strawberries, and refrigerate until solid. Top with whipped cream when ready to serve.

There are numerous Canada Day celebrations in Edmonton. Check out this web site:

<https://www.google.com/search?q=canada+day+2022+celebrations+in+edmonton>

Our Canada Day celebrations have been curtailed for the last two years. So make this one count!

With gratitude,

Julia J. (Home Group, *Keep it Simple*, Thursday at 7:00 PM at the Centre)

SPOTLIGHT ON A MEETING: COCAINE ANONYMOUS ON WEDNESDAY 7:00 PM

Cocaine Anonymous (C.A.) is a Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. The best way to reach someone is to speak to them on a common level. The members of C.A. are all recovering addicts who maintain their individual sobriety by working with others. We come from various social, ethnic, economic, and religious backgrounds, but what we have in common is addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Anyone who wants to stop using cocaine and all other mind-altering substances (including alcohol and other drugs) is welcome. In early 1983, C.A. gratefully received permission from A.A. to adapt the 12 Steps and 12 Traditions as outlined in the Big Book of Alcoholics Anonymous, substituting “A.A.” for “C.A.” and “alcohol” for “cocaine and all other mind-altering substances”. C.A. meetings can be found all over the world (<https://ca.org/meetings/>), and there are many in the Northern Alberta Area of which Edmonton is a part of (<https://www.ca-northab.org/meeting-list2/>). The first C.A. meeting in Edmonton was held on April 10, 1994.

I tried for many years to stop getting loaded, but nothing ever seemed to “stick”. I was able to stop, usually for about 30 days, but the same thing happened every time... I would get bored, lonely and/or belligerent, and tell myself “I never had a problem with booze, and I am too young to stop drinking” (which is laughable looking back at it now). And then sure enough, usually that evening or within a couple of weeks at most, I would find myself out of control again, staring those four horsemen in the face and wanting to die. I was in-and-out of treatment centres, hospitals, and various 12-step fellowships during the years I tried to stop or at least control my use of mind-altering substances. During those experiences, I was introduced to the fellowship of C.A., and it was there that I found hope, freedom from self, purposeful living, true friendships, and a way to intimately connect with my Higher Power. I appreciated (and still do) attending 12-steps meetings where I could (a) identify with the other people in the room, and (b) anyone could introduce themselves in any way they chose to (e.g., addict, alcoholic, junkie, drunk, pot-head, crack-head, meth-head, wino, base-hound, down-victim). C.A. welcomes ALL people trying to break free from the terror, pain, and misery of substance abuse. I also appreciated that C.A. used the Big Book as their basic text, since that is where the original (and I believe “purest”) version of the 12 steps came from. The details about the symptoms (i.e., the use of one mind-altering substance versus another) listed throughout the book are irrelevant, since the malady is ultimately the same (i.e., of the spiritual variety), and when I take a newcomer through the Big Book and the Steps, they know they

can switch out the word “alcohol” for whatever word is most meaningful to them if they so choose. These are the reasons I feel most at home in C.A., but I encourage everyone to go wherever they feel most comfortable and can identify with others in the room. The words “any A will save you’re A**” can often be heard in our meetings!

Grateful servant and recovered addict: Ronnie E.

Cocaine Anonymous Self-Test

It is the collective experience of the members of Cocaine Anonymous that addiction is a problem not limited to cocaine or any other mind-altering substance. With this in mind, we suggest you answer the following questions:

- 1. Have you ever used more cocaine, alcohol or other drugs than you planned?*
- 2. Has the use of cocaine, alcohol or other drugs ever interfered with your job?*
- 3. Is your use of cocaine, alcohol or other drugs causing problems within your relationships?*
- 4. Do you ever feel depressed, guilty, or remorseful after using cocaine, alcohol or other drugs?*
- 5. Do you use whatever cocaine, alcohol or other drugs you have, almost continually, until the supply is exhausted?*
- 6. Have you ever experienced physical problems due to your use of cocaine, alcohol or other drugs?*
- 7. Do you ever regret using cocaine, alcohol or other drugs for the first time?*
- 8. Do you ever obsess about getting cocaine, alcohol or other drugs when you do not have any?*
- 9. Are you experiencing financial difficulties due to your use of cocaine, alcohol or other drugs?*
- 10. Do you experience an anticipation high when you are about to use cocaine, alcohol or other drugs?*
- 11. Do you have difficulty sleeping without alcohol or other drugs?*
- 12. Are you absorbed with the thought of using cocaine, alcohol or other drugs even while interacting with a friend or loved one?*
- 13. Have you begun to use cocaine, alcohol or other drugs while you’re alone?*
- 14. While using or drinking, do you ever have feelings that people are talking about you or watching you?*
- 15. Do you have to use more cocaine, alcohol or other drugs to get the same effects you once experienced?*
- 16. Have you tried to cut down on your use of cocaine, alcohol or other drugs only to find that you could not?*

17. *Have you tried to stop using cocaine, alcohol or other drugs only to find that you could not stay stopped?*
18. *Have any of your friends or family suggested that you may have a problem with cocaine, alcohol or other drugs?*
19. *Have you ever lied to or misled people about how much cocaine, alcohol or other drugs you use?*
20. *Have you ever lied to or misled people about how often you get high or drunk?*
21. *Do you use cocaine, alcohol or other drugs in your car, at work, in the bathroom, or in other public places?*
22. *Are you afraid that if you stop using cocaine, alcohol or other drugs, your work will suffer or you will not be able to function?*
23. *Do you spend time around people or go places you would normally stay away from if not for the availability of cocaine, alcohol or other drugs?*
24. *Have you ever stolen money, cocaine, alcohol, or other drugs from friends or family?*
25. *Has using and/or drinking cost you more than money?*

If you have answered “yes” to any of these questions, you may have a problem. There is an answer: Come to meetings of Cocaine Anonymous. While the name “Cocaine Anonymous” may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. Whether we focused on a specific mind-altering substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop. Over time, virtually every single one of us has realized that our real problem is not cocaine or any specific drug; it is the disease of addiction.

According to C.A.’s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. It doesn’t matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome in Cocaine Anonymous!

“We’re Here and We’re Free”™

C.A. World Service Conference-Approved Literature.

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Tradition 7

Every AA, NA, CA, GA, SAA group ought to be fully self-supporting declining outside contributions.



Typically, recovery meetings at the South Edmonton Fellowship Centre pass the basket for voluntary contributions from those in attendance. The treasurer for each meeting uses all or some portion of these voluntary contributions to pay rent to the Centre. Rent paid to the Fellowship Centre covers, not only the cost of the room but, also, free pamphlets and monthly coins (although not all groups use them), coffee supplies including fresh cream and cookies, and personal products such as Kleenex and hand sanitizer.

Additionally, the Centre must pay for water, electricity, heating and cooling, cleaning supplies, paper towels, hand soap, professional fees which are required to maintain non-profit status, accounting software, telephone services, website development/hosting as well as repairs and maintenance. All such expenses are covered by monthly rent paid by groups that use the Centre, donations from individuals in the recovery community, and from fundraising activities.

Part of our personal recovery involves making ourselves into responsible human beings. When we were active in our addiction, many of us did not pay our bills. Many come to recovery at rock bottom, without a job or place to stay, but as we got clean/sober we begin to make progress in other areas of our lives. For example, we begin to pay our bills. Placing a contribution in the basket at the meeting makes some of us feel a sense of responsibility for the first time to take care of ourselves and give back to the group.





Reprinted from *The Twelve Steps Illustrated*, page 8

- Every Gamblers Anonymous group respects the Twelve Traditions. Specifically, G.A.'s Tradition 7 states: Every G.A. group ought to be self-supporting, declining outside contributions.
- To offer both clarity and continuity, Bill Wilson took to the AA national publication known as the Grapevine, first published in 1945, and in April 1946 "began publication of the Twelve Traditions for the first time," according to the History of the Chicago Group of Alcoholics Anonymous. Tradition 7 states: Every A.A. group ought to be fully self-supporting, declining outside contributions.
- In the NA literature, the Twelve Steps are referred to as "How It Works" — meaning that they lay out the (literal and spiritual) Steps necessary for recovery. If you're asking, "what are the Twelve Traditions?" know this: They could very easily be called "Why It Works." The 7th Tradition states that "Every NA group ought to be fully self-supporting, declining outside contributions." We ask that only NA members contribute to the 7th Tradition. It is a violation of NA traditions to accept donations from non-members.
- The 7th Tradition of Cocaine Anonymous reads: "Every C.A. group ought to be fully self-supporting, declining outside contributions." ... "The basket is where spirituality and money mix. The next time you put your money into the basket, think of all the things that are being accomplished with those funds and how you are helping the addict who is still suffering."
<https://ca.org/literature/the-7th-tradition/>
- "Just as the Steps teach us the spiritual principles necessary for healthy individual recovery, the Traditions embody the spiritual principles necessary for the healthy functioning of our groups." (Sex Addicts Anonymous, p. 76). SAA's seventh tradition states that "Every SAA group ought to be fully self-supporting, declining outside contributions."

Yours in service,

Julia J. (Home Group: *Keep it Simple*, Every Thursday at 7:00 PM at the Centre)

GIVING TO THE SOUTH EDMONTON FELLOWSHIP CENTRE

Many individuals on a journey of recovery donate to the South Edmonton Fellowship Centre each month. In June 2022, the Centre received \$790 via e-transfer from individuals supporting the mission of the Centre. Thank you to all those who have contributed. 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. Add the South Edmonton Fellowship Centre as an e-transfer payee using the email info@fellowship-centre.org (no security question or password required).

SIGNS YOU ARE AN ALCOHOLIC

The following are signs that you are an alcoholic. They include but are not limited to:

- 1) You lose arguments with inanimate objects.
- 2) You must hold onto the lawn to keep from falling off the earth.
- 3) Your job interferes with your drinking.
- 4) Your doctor finds traces of blood in your alcohol stream.
- 5) You sincerely believe alcohol to be the elusive fifth food group.
- 6) Twenty-four hours in a day, twenty-four beers in a case. Coincidence? I think not!
- 7) You consider that having two hands and only one mouth is a drinking problem.
- 8) You can normally focus better with one eye closed.
- 9) The parking lot seems to have moved since you entered the bar.
- 10) You fall off the floor sometimes.
- 11) Your twin sons are named Barley and Hops.
- 12) Mosquitoes stumble about after attacking you.
- 13) At weekly AA meetings, you forget your own name.
- 14) Your idea of cutting back is less salt.
- 15) The whole bar greets you when you come in.
- 16) You don't recognize your wife unless you see her through the bottom of your glass.
- 17) That pink elephant followed you home again!

<https://upjoke.com/aa-jokes>

July 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 Indo-Canadian Living Sober (AA) Hosted by and catering to those who speak the Indo-Canadian languages (i.e., Punjabi, Hindi, and Urdu). 	2 <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
3 <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 (AA) 	4 <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) 	5 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM ISMs (AA) 	6 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	7 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Keep it Simple (AA) 	8 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Indo-Canadian Living Sober (AA) In Punjabi, Hindi, and Urdu 	9 <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
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