

Fellowship Centre Newsletter: September 2022



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MESSAGE FROM THE EDITOR

In Canada and the rest of the northern hemisphere, the first day of the autumn season is the day that the sun crosses the celestial equator. In 2022, the first day of fall is Thursday, September 22. The heat wave in Edmonton will progressively diminished to days that are still warm, but shorter and soon we will feel the change of seasons. For now, let us enjoy the sunny days as we transition to autumn.



In this newsletter you will find an article on the relationship between alcohol consumption and cancer, highlights on the *Our Basic Text* AA meeting held at the Centre, and an article by the Centre's President entitled *The "Worth" of Sobriety* in which he expands on the Seventh Tradition "Every A.A. group ought to be fully self-supporting, declining outside contributions." We also have the usual features that include the calendar of meetings for September as well as coverage of some combination of Step, Tradition and Promise of the month. This month, the 9th month of the year, we review Step 9 and Promise 9. Additionally, we have a game in which you identify the celebrity in recovery, in need of recovery, or too late for recovery. Please note that the Centre will have been open for one year this November and there will be a celebration of that important milestone. We are looking for speakers on matters related to the Centre's first year of operation (see next page).

You may have noticed that sometimes we have difficulty hearing each other during meetings. The very high ceiling is wonderful, but it results in echoes that drown out peoples' shares. In this newsletter, information is provided about possible solutions to this problem that the President is considering. Finally, and as always, contributions from members of any recovery program are welcomed for publication in future newsletters.

Wishing you a happy, clean, and sober summer transition to fall.

Editor Julia, Centre Volunteer

NEW PRIME TIMES AVAILABLE FOR RECOVERY MEETINGS

Special thanks to those groups who changed their meeting times to allow for more recovery meetings to open at the Centre. For all available times, refer to the Events Calendar (page 10 of this Newsletter).

Two prime spots are now available

1. Fridays at 8:00 PM
2. Sundays at 1:30 PM



The South Edmonton Fellowship Centre officially opened its doors on November 25, 2021. We will celebrate the Centre's one year milestone on Sunday, November 27th, 2022, from 4:00 to 7:00 PM at the Centre with speakers and a potluck dinner.

Confirmed speakers and topics include:

From Idea to Reality

Genevieve J.

Our First Year & Beyond

Wayne W.

A Year of Wins & Mishaps

Julia J.

More speakers are needed. If you would like to speak on any matter related to the Centre's first year, please email info@fellowship-centre.org. More information will appear in the October and November Newsletters including invitations to contribute to the potluck dinner.

ACOUSTICS (SOUND QUALITY) AT THE CENTRE

As many of you may have noticed and some of you have pointed out, the acoustics or quality of sound at the Centre is not ideal. There is an echo due to the high ceiling and walls. Depending on where people are seated, it is sometimes difficult to hear what people are sharing. The President is considering solutions. For your information, the first quote below would have the best results but is far too expensive. The second quote below would require an additional \$1000 for installation and would require that people use microphones which are not included in the hardware quote below. This is not an ideal solution although it is more affordable. If you have any ideas, would like to donate, or know someone who could help, please contact Wayne W. at wayne-SEFC@shaw.ca

Western Noise Control: Engineered Acoustic Solutions

Description	Price
Budgetary Supply and Install 2'' Thick Echotrol Wall Panels and Baffles wrapped in Guilford of Maine Open House fabric with any choice of colors. This Acoustic Treatment will provide a significant improvement in sound quality within the space.	\$ 19,222
Budgetary Supply Only Quote 2'' Thick Echotrol Wall Panels and Baffles wrapped in Guilford of Maine Open House fabric with any choice of colors. This Acoustic Treatment will provide a significant improvement in sound quality within the space. NOTE: Shipping and shop drawings are not included in the Supply Only Price	\$ 12,762

Best Buy Geek Squad

Product Name	QTY	Current Price	EHF	Total
Episode Commercial Surface Mount, 70V Series, 4inch Speaker - Black - ECS-500-AW70V-4-BLK	1	\$ 249.99	\$ 0.00	\$ 249.99
Episode Commercial Surface Mount, 70V Series, 4inch Speaker - Black - ECS-500-AW70V-4-BLK	1	\$ 249.99	\$ 0.00	\$ 249.99
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Uncomfortable Saying You Don't Drink; Here's Another Good Reason

ALCOHOL AND CANCER

Alcoholic beverages are classified by the International Agency for Research on Cancer (IARC) as a Group 1 carcinogen (like arsenic, tobacco smoking, and asbestos). IARC classifies alcoholic beverage consumption as a cause of breast, colorectal, larynx, liver, esophagus, oral cavity, and pharynx cancers, and as a probable cause of pancreatic cancer. 3.6% of all cancer cases and 3.5% of cancer deaths worldwide are attributable to consumption of alcohol (specifically, ethanol). Even light and moderate alcohol consumption increases cancer risk in individuals. Some nations have introduced alcohol packaging warning messages that inform consumers about the relationship between alcohol and cancer. https://en.wikipedia.org/wiki/Alcohol_and_cancer

Although the World Health Organization (WHO) declared alcohol a Class 1 carcinogen 30 years ago, few governments have communicated this fact to the public. Reportedly, alcohol industry groups seek to keep their customers in the dark about alcohol-related cancer risks. In Canada, a federally funded scientific study examining the introduction of cancer warning labels on containers was shut down in response to industry pressure. Of 47 WHO member countries with alcohol warning labels, only South Korea requires cancer warnings on alcohol containers. However, industry pressure, supported by sympathetic governments, helped weaken warning label implementation. Ireland has legislated for cancer warnings but faces continuing legal opposition expressed through regional and global bodies. Cancer societies and the public health community increasingly counter industry pressures to minimize consumer awareness of alcohol's cancer risks. Placing cancer warnings on alcohol containers could make a pivotal difference in motivating both drinkers to consume less and regulators to introduce more effective policies to reduce the serious harms of alcohol consumption. Perhaps including the AA 20 questions to determine if you're an alcoholic should also be placed on alcohol packaging. <https://doi.org/10.15288/jsad.2020.81.284>



THE TWELVE STEPS: STEP NINE

“Made direct amends to such people wherever possible, except when to do so would injure them or others.” Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine. After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others does more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.



The 12 Steps and the 12 Tradition, page 83

Reprinted from 12 Steps Illustrated, p. 52

THE TWELVE PROMISES: PROMISE NINE

If we are painstaking about [working the steps], we will be amazed before we are halfway through. Pages 83-84 of the Big Book state the promises of what will happen when we diligently work the first 9 Steps. Promise 9 comes in the context of working Step 9, the Step of making amends that was covered above. Promise 9 states that:

Our whole attitude and outlook upon life will change.

My whole attitude and outlook on life did change, and continues to change. I know a new freedom and a new happiness. In fact, I had never known freedom and happiness since I was a young child walking through the Saskatoon bushes of rural Alberta on a sunny day. After that I was imprisoned by my propensity to manipulate, my lack of acceptance, my dishonesty, lack of patience, and lack of humility. My whole attitude and outlook upon life has changed and I look forward to continuing to grow along spiritual line

Julia J.

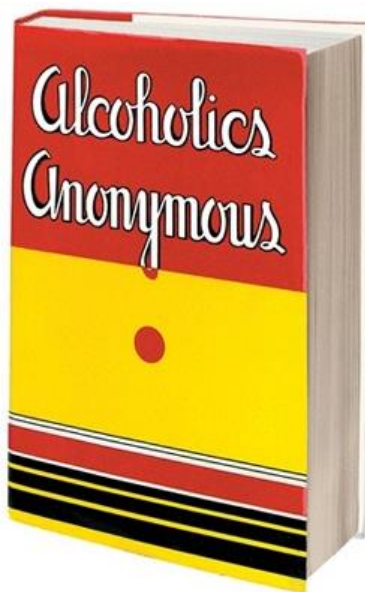
Home Group: Keep it Simple Group

SPOTLIGHT ON A MEETING HELD AT THE CENTRE

OUR BASIC TEXT (AA) MONDAY AT 6:30 PM

Hello. My name is Genevieve and I'm an alcoholic. I appreciate the opportunity to highlight my Home Group which is called *Our Basic Text* and is held at the Fellowship Centre every Monday evening from 6:30 to 7:30. All who want to study the Big Book are welcome. Most, but not all, 12-Step recovery programs use the AA Big Book.

The South Edmonton Fellowship Centre has been in operation for less than a year and the schedule of recovery meetings is evolving. A few men wanted to open a men's AA meeting at the Centre in the evening. At that time, the only group that was willing to change its times was *In All Our Affairs* held on Monday nights at 7:00 PM. That AA group morphed into the *Awakenings Men's Meeting* held at the Centre on Mondays from 8:00 to 9:00 PM. That meeting time change created a space at the Centre from 6:30 to 7:30 on Monday evenings. A Big Book study was needed at the Centre and so two of us started *Our Basic Text* with the first meeting held on May 2nd, 2022.



My Home Group took its name from the forward to the third edition which refers to the Big Book as “the basic text of our society.” First published in 1939, *this Basic Text* laid the foundation for the 12-Step movement that revolutionized alcoholism/addiction treatment and helped millions of people get and stay clean/sober. With more than 37 million copies sold, the Big Book is one of the bestselling works of all time.

In the *Our Basic Text* AA Group, we read the Big Book together. On May 2, 2022, we started at the preface, and we will read until the end of the last story. This may take a few years. Once we are finished, we will start again from the preface until the end of the last story. People attending the meeting can read aloud as little or as much of the Big Book as they choose, they can share on what they have read or what somebody else has read or what somebody else has shared on what has been read. We do not consider this crosstalk although we do not interrupt each other while we are reading or speaking.

The Big Book, “the basic text of our society,” has and continues to be an essential part of my journey of recovery. I have read it many times and always look forward to reading it again. I particularly enjoy reading it with others so that I can hear various interpretations of *Our Basic Text* and how it has helped people stay sober one day at a time.

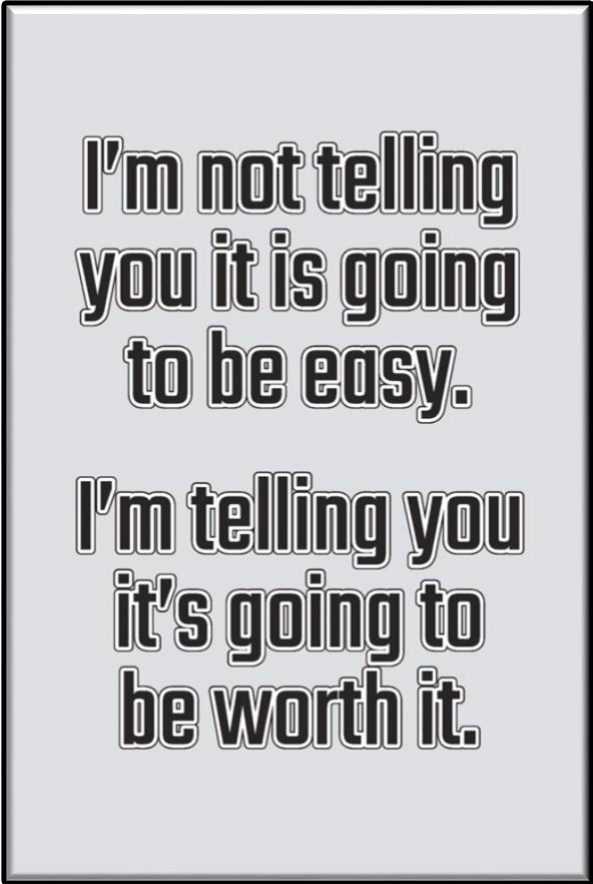
THE "WORTH" OF SOBRIETY

Every A.A. group ought to be fully self-supporting, declining outside contributions.

TWELVE STEPS AND TWELVE TRADITIONS. p. 160

When I go shopping, I look at the prices and if I need what I see, I buy it and pay. Now that I am in recovery, I must straighten out my life. When I go to a meeting, I take a coffee with cream and sugar and a cookie, sometimes more than one. But at the collection time, I am either too busy to take money out of my wallet or I do not have enough, but I am there because I *need* this meeting. I once heard someone suggest dropping the price of a beer into the basket, and I thought, that's too much! I almost never gave five dollars or more. Like many others, I rely on the more generous members to finance the Fellowship. I forgot that it takes money to rent the meeting room, buy my coffee, cream, sugar, cookies, pay the utilities, insurance, cleaning and washroom supplies, maintenance costs, etc. and the many hours of volunteer work people give to the administration, bookkeeping, cleaning, and maintenance of the Centre. I used to pay, without hesitation, hundreds of dollars a month on my substance of choice and sometimes raised the stakes with a trip to the casino. I will go to a coffee shop before or after a meeting and think nothing of paying five dollars for a cappuccino or a latte; I always have money for that. So, how much is my sobriety, my inner peace, and perhaps my life worth?

(Wayne W. Based on *The Daily Reflection* for July 26th)



I'm not telling
you it is going
to be easy.

I'm telling you
it's going to
be worth it.

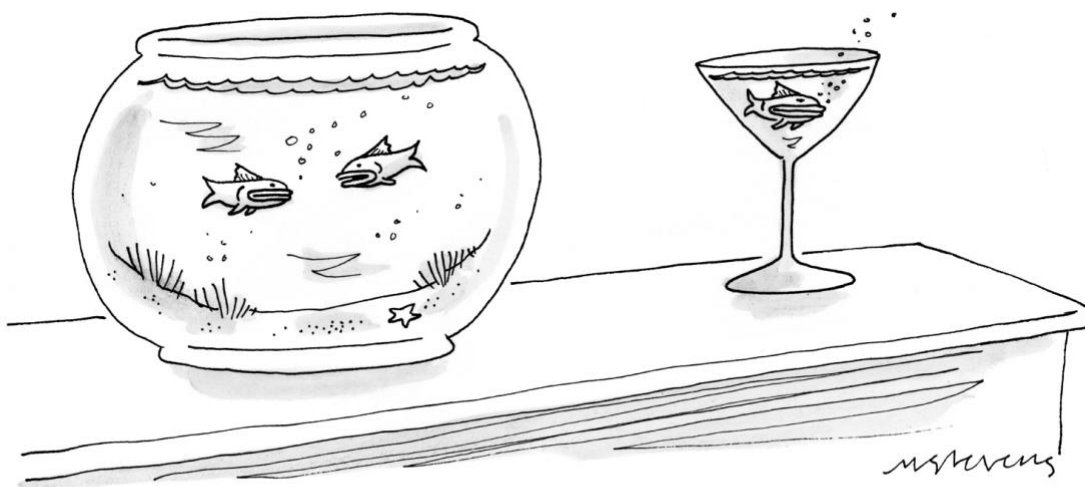
Celebrities with Alcoholism/Addiction

Alcoholism and addiction are serious, chronic problems that can affect anyone, even Hollywood celebrities. Perhaps because of the lifestyle and pressure, famous people may be at an increased risk of drug and alcohol addiction, especially young ones. Many stars have overcome their alcoholism/addiction, while others continue to struggle or have died from it. Who is the celebrity described in each of the following passages? Many of us in recovery can relate to these challenges and victories with respect to addiction. (Correct answers published in the *October Centre Newsletter*.)

1. _____, a former teenage star of *High School Musical*, has spoken recently about his struggle with alcohol and drugs. Following a high-profile trip to rehab, he appeared to continue drinking and injured himself so severely in a fall that doctors had to wire his jaw shut. But he is now leading a healthier lifestyle. He joined a mutual support recovery program and is seeing a therapist. He told the *Hollywood Reporter* that addiction is “a never-ending struggle.”
2. _____, a five-time Grammy Award winner, is remembered for songs like “Rehab,” which contain lyrics about refusing treatment for drug and alcohol abuse. She struggled publicly with alcoholism and drug addiction throughout the last years of her life, and her reputation as a party girl soon overshadowed her skills as a singer. Like other famous alcoholics, her health deteriorated quickly. In 2011, at the age of 27, she died from alcohol poisoning.
3. _____, who rose to mega-stardom playing the world’s most famous wizard, Harry Potter, admits that growing up in the spotlight was difficult. He recently talked publicly about his struggles with alcoholism during adolescence. He described drinking heavily to deal with issues of self-consciousness, and even recounted showing up to shoot Harry Potter while still drunk from the night before. Now in recovery, he remembers becoming a recluse at age 20. He added that “I’m a fun, polite person, and it turned me into a rude bore.”
4. _____ is another child star who later suffered problems with alcohol abuse. Over the years, she had been in and out of rehab. In 2013, she told Oprah Winfrey that her drug of choice was alcohol, and it was a “gateway” to cocaine. Later, in 2014, she relapsed while filming a reality television show. Her ongoing struggle to get sober is an example of how hard it can be to fight the disease of addiction.
5. _____, a former Disney star turned blockbuster actor, has been struggling with alcoholism for some time. He had several alcohol-related arrests, including one resulting from an incident of drunken rowdiness during a Broadway performance. His career began to suffer as a result, and in an interview with *Variety*, he admitted that the big studio offers have stopped rolling in. Focusing now on independent films, he attends a mutual support recovery program.
6. _____, the country mega-star married to actress Nicole Kidman, struggled with alcohol and drug addiction for years. He made several trips to rehab before getting sober. He also had a difficult relapse shortly after his marriage to the actress. But, with treatment, he has achieved sobriety.
7. _____, famous for his comedic roles in movies like *The Hangover*, has been sober for more than a decade. After struggling with alcoholism and an addiction to painkillers, he got sober at age 29 and never looked back. In an interview with Barbara Walters, he explained how life is better sober: “I would never be sitting here with you, no way, no chance [if I hadn’t quit],” he said. “I wouldn’t have been

able to have access to myself or other people, or even been able to take in other people, if I hadn't changed my life."

8. _____, who is now an addiction recovery advocate, struggled with serious addiction problems while filming the popular 1990s sitcom *Friends*. Known for his alcohol problems, he also struggled with an addiction to prescription opioids. After attending an inpatient rehab program, he got sober. He now describes a memory gap lasting roughly 3 years in which he was drinking and using prescription drugs so heavily that he can't remember shooting 3 Seasons of *Friends*.
9. _____, the Olympic swimmer with 23 gold medals, has struggled publicly with alcohol. In 2014, he pleaded guilty to drunk driving and was given a suspended sentence of 1 year in prison. He served a year and a half of probation while attending therapy and a mutual support recovery program. He also completed 45 days of inpatient addiction treatment at an Arizona treatment facility.
10. _____, a stand-up comedian, used to drink shots before going on stage. In an interview with The AV Club, she explained that she didn't just drink to get the courage to go on stage – she drank nightly. However, she admitted that alcohol did make her more confident during her stand-up routines. She quit drinking in 2001 with the help of a mutual support recovery program.
11. _____, the front man for Soundgarden and Audioslave, suffered from multiple addictions and passed away in May 2017. He said that alcohol led him to use other drugs. Both of his parents were alcoholics, and he also suffered from depression. He was able to get his drinking under control through rehab but appears to have relapsed before his death.
12. _____ has admitted to struggling with alcoholism. He was arrested for drunk driving in 2006 and went on an anti-Semitic tirade that sidelined his career. Over the years, he has attended rehab programs and sought professional help. He has also discussed attending a mutual support recovery program and in 2016 said he had been sober for 10 years.



"Sad, isn't it? And he won't admit he has a problem."

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September 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 Keep it Simple (AA) 	2 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 6:30 PM Indo-Canadian Living Sober (AA) Hosted by and catering to those who speak the Indo-Canadian languages (i.e., Punjabi, Hindi, and Urdu). 	3 <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
4 <ul style="list-style-type: none"> 10:00 AM Sunday Morning Survivors (NA) Men Only 12:00 PM Fellowship Nooner (AA) 	5 <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) 	6 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM ISMs (AA) 	7 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	8 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 7:00 PM Keep it Simple (AA) 	9 <ul style="list-style-type: none"> 12:00 PM Fellowship Nooner (AA) 6:30 PM Indo-Canadian Living Sober (AA) Hosted by and catering to those who speak the Indo-Canadian languages (i.e., Punjabi, Hindi, and Urdu). 	10 <ul style="list-style-type: none"> 10:30 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
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