

Fellowship Centre Newsletter: July 2023



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MESSAGE FROM EDITOR JULIA

Unless you are not from Canada or have been living under a rock, you probably know that Canada Day is on July 1st. But wait...addiction is kind of like living under a rock! Many of us did not care much about holidays except in terms of how they helped (or hindered) our drinking, using, or acting out.

In recovery, many who formerly struggled with substance abuse find that the substance was robbing them of the very joy and connection they sought with others. Never is this truer than on holidays like Canada Day. The whole point – to let loose and have a great time free from responsibilities like work and school – often got lost in the relentless quest to get and stay intoxicated. That doesn't have to happen anymore!

Here are some tips for having a great time on Canada Day without drugs, alcohol or an obsessive activity:

1. Make a plan. Will you enjoy a Canada Day parade, watch the fireworks, or go out to see a movie on the big screen with friends? Sing karaoke or enjoy a dinner on a patio? Having a plan will prevent that aimless 'I'm going downtown' thinking that could lead anywhere.
2. Let people know. If this is your first sober Canada Day and you normally go on a booze cruise down the lake, it's time to get honest about how this might affect you and how your plans might need to change if you are still shaky.
3. Keep recovery close. Whether that means hitting a meeting on Canada Day (many are open, and even offer special features such as bonfire meetings), Googling sober activities happening that day, or calling someone who is equally struggling and offering to chat, know that you are not alone. Your sober brothers and sisters are everywhere!

Drinking/drugging/acting out culture may show up more on holidays like Canada Day. But as a recovering addict, you can have an amazing time enjoying life without compromising recovery. (adapted from <https://renascent.ca/how-to-have-fun-while-clean-and-sober-on-canada-day/>)

FINALLY! A LADY'S MEETING AT THE CENTRE

**GIRLFRIEND HOUR (AA)
SUNDAYS AT 10:30 AM**



Recovery Month Canada and Tradition 11

Over 30,000 Canadians have died from overdoses since January 2016, and thousands more from alcoholism. Many Canadians argue that we need to raise awareness that recovery is possible, sustainable, and attainable. Such a national approach is not necessarily a violation of Tradition 11 which states: *Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*

On September 28th, 2022, Member of Parliament for New Westminster-Burnaby Peter Julian tabled Motion-10 to recognize and support Canadians recovering from addiction and demonstrate that recovery from addiction is possible, attainable, and sustainable. The motion had joint seconders of MP Mike Morrice, and MP Gord Johns showing support from multiple parties. This declaration follows years of petitioning the Canadian government, with the first motion M551 being put forth in the House of Commons in 2014. Since then, there have been multiple petitions with thousands of signatures of support including over 2500 signatures this year alone. The United States has recognized September as National Recovery Month since 1989, providing a platform and support to their Recovery Communities and highlighting that recovery is real and that it works.

Petition to the House of Commons

- Connecting people to the community is key to successful long-term addiction recovery.
- A sociocultural approach to recovery involves both the individual and their social and physical environment.
- Supporting the community plays a significant role in helping the community at large to learn about recovery, save lives with inspiration and educate people on how to access the healthcare system.
- Community inspires recovery when it is founded on the principles of compassion, trust, faith, integrity, diversity, fun, and unity to provide therapeutic environments in which individuals and families are assisted in developing skills necessary to live freely in recovery.
- Recovery Service Providers across Canada are working together to overcome addiction.
- Recovery Day events held across Canada in September are open for all to attend, people in recovery, those who support recovery, and those who are still in active addiction and looking for solutions are invited to participate, and
- Many local and provincial governments support the initiative to have the month of September declared “National Addiction Recovery Awareness Month”.

We, the undersigned citizens of Canada, call upon the House of Commons to support Motion M-10, which calls on Canada to designate the month of September, every year, as National Recovery Awareness Month to recognize and support Canadians recovering from addiction and to demonstrate that recovery from addiction is possible, attainable, and sustainable.

Tradition 11 and Recovery Month Canada

Members of 12 Step recovery communities may sign petitions and be part of recovery month celebrations if they do not identify as members of their specific 12 Step recovery program. Any such identification would violate Tradition 11. Members of 12 Step recovery communities could simply identify as *an individual in recovery* or a *person trying to recover* without any mention of their 12 Step affiliation.

For more information visit <https://recoverymonthcanada.ca>



June Rummage Sale

The Awakenings Men's Group hosted a rummage sale to raise money to ensure the continuation of meetings with modest 7th Traditions that make modest donations to the Centre in lieu of rent. Thank you to the Men's Group, to the many volunteers, to those who donate items as well as those who purchased items and donated cash. Over \$1500 was raised which will help keep the Centre's doors open.



South Edmonton Fellowship Centre Profit-Loss: January 1 - June 30, 2023

INCOME	
Donation	
Anonymous Donation	1,044.15
Donation (CRA Receipt)	1,500.00
Group/Meeting Donation (in lieu of rent)	15,586.60
Total Donation	18,130.75
Fundraiser	
Gratitude Dinner	382.00
Rummage Sale 2023	1,525.25
Total Fundraiser	1,907.25
GST Refund	326.51
Total Income	\$20,364.51
GROSS PROFIT	\$20,364.51
EXPENSES	
Bank charges	63.19
Computer Hardware/Software	
Accounting Software (paid monthly)	268.00
Microsoft Office (paid annually)	148.99
Total Computer Hardware/Software	416.99
Condo fees	3,725.95
Legal and professional fees	1,400.00
Rent or lease payments	9,000.00
Repair and maintenance	1,018.46
Supplies	
Cleaning/Hygiene Supplies (soap, tissue, mops, etc.)	249.70
Kitchen Supplies (coffee, cookies, dishes, etc.)	1,094.66
Program Supplies (literature, printing, coins, etc.)	1,717.85
Total Supplies	3,062.21
Telephone	225.83
Utilities	2,885.98
Total Expenses	\$21,798.61
PROFIT	\$ -1,434.10

PROMISE SEVEN

We will lose interest in selfish things and gain interest in our fellows.



TRADITION SEVEN

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



Reprinted from The Twelve Traditions Illustrated, p. 8, a publication of A.A.

Sounds Like 12 Step Recovery



Margaret M.

"Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks or clay pots or grinding stones.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.



Bill W.

A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. Helping someone else through difficulty is where civilization starts, Mead said."

We are at our best when we serve others. Be civilized.

We make a living by what we get, we make a life by what we get. Winston Churchill

No one is useless in this world, who lightens the burden of another. Charles Dickens

Those who are happiest are those who do the most for others. Booker T. Washington

If we have no peace, it is because we have forgotten that we belong to each other. Mother Theresa

No one ever became poor by giving. Anne Frank

For it is in giving that we receive. Francis of Assisi

Our prim purpose in this life is to help others. And if you can't help them, at least don't hurt. Dalai Lama

If you have a candle, the light won't glow any dimmer if I light yours of mine. Steven Tyler

Practice kindness all day to everybody and you will realize you're already in heaven. Jack Kerouac

The best way to find yourself is to lose yourself in the service of others. Mahatma Gandhi.

If you're in the luckiest 1% of humanity, you owe it to the rest of humanity to think about the other 99%. Warren Buffett.

My Journey to Cocaine Anonymous (Amanda, Calgary, AB)

<https://ca-ab.org/wp-content/uploads/2020/01/AREA-NEWSLETTER-JANUARY-2020-TRUSTEE-APPROVED-.pdf>

I've struggled from 7 to 13, in and out of moms and foster care, and I've been in and out of active addiction, prostitution and dangerous relationships since I was 13. I had a boy when I was 15 and put him and myself through hell and back and almost killed myself more than once. I have twin boys that I gave up for adoption when I was 23. Me and my son and I have grown up together. My addiction took me to using needles and pushing everyone that mattered away, including him when he was 18. I felt hopeless and didn't want to live and was to chicken shit to kill myself. Considering all the negative in my life, my son is my best friend, and has sponged all the positive I did keep in our life through the years. He has a good heart and is good to others. He reminds me that the struggles in our life have made us who we are today and the man he is reminds me that I have kept strong when I thought I was weak, that I have reached out when I thought I held us back, that no matter what I did do something so very right. I raised a good boy and taught him how to be all he can be. This I owe to creator who, no matter what has always been there for me, and I know that now thanks to the fellowship of CA and the 12 steps. On November 24th, 2018, I hitchhiked to Calgary and put myself in detox. I had gotten into treatment; I was kicked out fighting with other girls Christmas eve. I was full of a whole lot of shame and guilt, but I also was holding onto a lot of self-pity and blame, I learned to justify the crap out of my actions through the years. I didn't have things easy, but I wasn't being honest with myself and didn't want to give up the control that I have tried to hold on to for so long. But I did not give up, I took a cab back to Detox. I did not come here for nothing; death was what would happen if I did not get better. I was accepted at another treatment center Jan 3rd, 2019, and finished March 5th, 2019. I have been to other treatment centers through the years and finished, but something was different this time. I was lost when I got there. I needed healing and good people who understand and listened. I started attending CA and I found my home, I found love and fellowship. I found belonging and understanding, I found a new way to live full of HOPE, FAITH, and COURAGE. They are all recovering addicts. They all have something to offer, and they all want what is best for each other. I was shown a spiritual way of living and how to work on a connection with creator. I feel free and strong in my recovery. Free from the bondage of my past and strength to move forward because of the faith I now have in my Creator. The Spiritual Awakening, I have had, has given me a whole new life and a new sense of self. I have a good heart and I am good to people. I'm not afraid to reach out when I need to, and I have let go of the things that have always held me back. No longer do I feel the shame and guilt of the many mistakes I have made in my life and the sincerity of my new way of living has been recognized by the people I have hurt. Through much prayer and through the Twelve Steps, there was no fear when making amends to those people. I am honestly making the changes in my life to prove just that and most of all the self-compassion has given me the ability to love fearlessly. I am active in the recovery community daily. I have service positions through C.A. that make me feel like I am making a difference by giving back to those who gave so freely to me. I have a sponsor and I work the 12 steps that saved my life. I collaborate with other women, and I have the opportunity to see the 12 step save others. I am forever grateful for the opportunities I have now, the promises do come true. I work my program to the best of my ability and thank creator for every day. I am just a little over 1 year clean and sober.

WE ARE NOT A GLUM LOT



RECOVERY



What society thinks I do



What my family thinks I do



What my friends think I do



What my sponsees think I do



What my sponsor thinks I do



What I actually do

OVEREATERS ANONYMOUS TIPS TO CARRY THE MESSAGE

1. Practice the Steps and Spiritual Principles daily throughout your life.
2. Include the Steps when discussing potential solutions.
3. Write/journal.
4. Maintain contact with sponsors and OA friends to receive acceptance and compassion.
5. Use the Serenity Prayer and other prayers and meditate.
6. Listen for others' experience, strength, and hope—from all Twelve Steppers.
7. Have a sponsor to talk to.
8. Read sections from our literature that deal with your current problem.
9. Remember that you are not alone.
10. Write out and follow a plan of eating.
11. Make a gratitude list.
12. Remember that we do not control the world or other people.
13. Ask for help.
14. Ensure your feedback is welcome before giving it.
15. Trust Higher Power.
16. Attend meetings, face to face and/or online, to see familiar faces.
17. Let go of your perfection. Keep in mind your progress.
18. Recognize how you identify when others share their stories.
19. Let go.

DOs

- Make a Twelfth Step outreach call to see who you can help.
- Do service throughout your life, not only in OA.
- Call/text immediately when you realize you are struggling.
- Remember that food does not fix it.
- Be patient. Remember what it was like when you were a newcomer.
- Attend retreats, workshops, marathons, and conventions, and listen to podcasts.
- Take responsibility for your recovery.
- Take the First Step every day.
- Consider taking food with you when you need to be away from home.
- Shut the kitchen down after meals.
- Develop and follow a plan of action.

DON'Ts

- Take yourself and your issues too seriously.
- Criticize.
- Treat your commitments as optional.
- Be inflexible or insist that your sponsees work their program exactly as you dictate. Allow for personality differences and seek out what will work.
- Preach.
- Psychoanalyze.
- Expect your sponsor to save you.
- Ignore what appears to be the truth, just to spare someone's feelings. Ask questions, with gentle love.
- Isolate.

As Bill Sees It

P	V	P	E	A	C	E	A	N	O	I	T	I	B	M	A	P	K	K
R	P	U	H	B	S	I	B	I	L	A	T	J	Y	U	N	I	T	Y
A	K	Z	O	L	T	I	O	R	F	A	S	V	S	D	S	J	B	M
Y	Z	A	N	X	I	E	T	Y	C	R	Q	U	U	L	C	G	E	F
E	C	N	A	T	P	E	C	C	A	A	I	T	C	F	V	M	S	J
R	T	Y	R	E	X	C	U	S	E	S	S	E	S	C	B	O	D	Q
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G	S	O	W	W	Y	Z	T	H	T	M	R	A	R	D	R	S	M	R
O	E	T	E	I	O	Z	H	I	W	E	T	S	G	O	S	P	S	U
C	R	N	L	T	S	X	N	P	N	T	H	O	W	L	M	H	L	S
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E	D	T	K	O	A	N	O	N	Y	M	I	T	Y	C	F	Q	H	I
X	Q	D	N	P	X	H	A	P	P	I	N	E	S	S	Q	O	K	L
W	H	T	I	A	F	F	A	M	I	L	Y	Z	T	U	D	R	X	L
K	C	U	H	B	X	N	O	I	S	S	I	M	D	A	L	N	X	M

ACCEPTANCE
ADMISSION
ALIBIS
AMBITION
ANONYMITY
ANXIETY
ATTRACTION
COURAGE
EXCUSES
FAITH

FAMILY
FREEDOM
FRIENDSHIP
GRATITUDE
GROWTH
HAPPINESS
INVENTORY
LOVE
MEMBERSHIP
PEACE

PRAYER
PROGRESS
SANITY
SERENITY
SERVICE
SUCCESS
TOLERANCE
TRUST
UNITY
WILL

July 2023 South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <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
2 <ul style="list-style-type: none"> 10:30 AM Girlfriend Hour (AA) 12:00 PM Fellowship Nooner (AA) 6:00 PM Sunday Night Step Group (CA) 	3 <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) 	4 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 10:30 AM Sunshine (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM ISMs (AA) 	5 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	6 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 2:30 PM Overeaters Anonymous 6:00 PM Dinner with Bill (AA) 	7 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 6:30 PM Indo-Canadian Living Sober (AA Punjabi, Hindi, Urdu) 	8 <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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