

Fellowship Centre Newsletter: March 2024



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MESSAGE FROM THE PRESIDENT

The Responsibility Statement is on a plaque above the whiteboard at the Centre. It is read at the many meetings held at the Centre. Although not formally adopted by other Fellowships, its sentiment is apparent in all 12-Step Fellowships.

The Responsibility Statement was written for the 1965 AA International Convention in Toronto. It appeared in an article titled, 'How I am Responsible became a part of AA', from the GSO newsletter. The article identifies former AA trustee, Al S. as the author of the Responsibility Statement.



In a Grapevine in October 1965, Bill W. expressed his views on the Responsibility Statement:

Two major thoughts stood out in the remarks of the many speakers, alcoholic and non-alcoholic, at AA's July Toronto Convention. The first was admiration and gratitude for AA's startling success in sobering up hundreds of thousands of lost-cause drunks. The other was concerned that the success which has come to AA over the thirty years since its start in Akron, Ohio in 1935 would not lead us to any complacency about the size of the job still to be done.

I have personally witnessed frequent examples of the Responsibility Statement in action at the Fellowship Centre. Every time we volunteer our phone numbers to the Newcomer, we live the Responsibility Statement. Every time we drive someone to a meeting who has lost their license or their car or both, we live the Responsibility Statement. More and more people are responding to requests to help clean the Centre. Recovery books have been donated to the Fellowship Library. Almost 60 years after the Responsibility Statement became a part of the AA Fellowship, we all seem to be very aware of "the size of a job still to be done."

Yours in service, Wayne W.

THIRD MONTH OF THE YEAR, THIRD STEP OF THE 12 STEPS.

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Cocaine Anonymous (<https://ca.org/literature/guide-to-the-12-steps/>)

In Step Three, we make a decision to turn our will and our lives over to the care of our concept of God at the time. The first requirement is becoming convinced that “any life run on self-will could hardly be a success” (Big Book page 60). That text illustrates the meaning of a life run on self-will by describing the behavior of an actor who wants to run the whole show. Many of us find it useful to substitute our own name in this passage and to ask ourselves honestly whether this scenario doesn’t sound similar to the way we are running our own lives (Big Book pages 60-62). The text further suggests that this kind of self-centeredness is “the root of our troubles” (Big Book page 62). After we understand what running our lives based on self-will means and acknowledge its futility, we are asked to do the “Third-Step Prayer” on page 63 (or its equivalent), before going on to Step Four.



Overeaters Anonymous

(<https://oa-ottawa.ca/wp-content/uploads/2011/08/Spring-Edition-2015.pdf>)

In Step One I admitted my powerlessness over food and the unmanageability of my life. In Step Two I came to believe that a Power greater than myself could restore me to sanity. Now, in Step Three I decide that the God of my understanding can and will care for my will and my life. No longer am I in charge. God wills me to be sane and that I abstain from compulsive overeating. He loves me and does not want me to binge or under-eat or behave like a crazy person. So, I lean on God to care for me. Sometimes I hear people shortening the wording of this Step (and I have too!) to say that it is the Step in which I turn my will and life over to God. An important missing word is the CARE of God. To me that means that not only can this Power greater than myself restore me to sanity, but he also CARES for me – he loves me, and he wants the best for me. I could say the same about my husband, my best friend, my sponsor – but only God has the power to arrest my compulsion to overeat – because let’s face it – it took a miracle for me to eat sanely, mend relationships and feel useful and peaceful and whole. A miracle. Where do we tap into miracles? Not from any human power. And so, in Step Three I surrender my will and life to the care of the One who loves me unconditionally- and it soon becomes apparent that no one – including myself – can look after me the way that my Higher Power does. I ask, I receive. Profoundly simple.

Al Anon Family Group (<https://stepwork.activeboard.com/t65352644/alanon-step-3-3-1-19/>)

Once we make the decision to turn our will over there is still the question on how to do it. I approached this Step carefully not sure what would be asked of me. I then decided to start my day, as suggested with the Serenity Prayer and then during the day when I was confronted with a problem, I would not react in my usual manner but pray for guidance and not react. I was amazed to find that I was offered solutions that I had not thought of, and they were perfect. The many times I acted with HP’s guidance, going against my inner self but was so pleased with the results that I became convinced that my way was not the only way. HP knew better. Today I start my day with the Serenity Prayer and then ask HP to guide my thoughts and actions. When tempted to practice one of my defects like gossip or judgment I pray instead and am pleased with the results.

**FELLOWSHIP CENTRE SILENT AUCTION
HOSTED BY AWAKENING MEN'S GROUP
TO SUPPORT SMALL MEETINGS
PLEASE DONATE VALUABLE ITEMS
ITEMS ON DISPLAY MARCH 2ND
BIDDING CLOSES MARCH 16TH**



**Contact Wayne
780.394.0121**

**Many thanks to those who
have donated (as above)**

What Alcohol Does to Your Body, Brain and Health

Listen or watch on: YouTube, Apple Podcasts, and Spotify

<https://www.hubermanlab.com/episode/what-alcohol-does-to-your-body-brain-health>

Submitted by Lori who regularly attends The Girlfriend Hour

Dr. A. Huberman is a Professor Neurobiology and Ophthalmology at Stanford Medicine. He hosts the Huberman Lab podcasts which focus on science/health research and public education.



In this episode, Huberman discusses the physiological effects that drinking alcohol has on the brain and body at different levels of consumption and over time. He also describes genetic differences that predispose certain individuals to alcoholism, binge, and habit-drinking. He explains alcohol metabolism in simple terms and how it effectively acts as a poison, leading to cellular stress and damage. Huberman then explains that alcohol impacts neuronal function and changes our thinking and behavior – hallmarks of inebriation. He also discusses how alcohol consumption of different amounts impacts inflammation, stress, neurodegeneration, and cancer risk and negatively impacts the gut microbiome, brain thickness, hormone balance, mood, and feelings of motivation. Additionally, he discusses the biology of hangovers and describe science-based strategies to mitigate the severity of a hangover. Since alcohol is one of the most widely consumed recreational substances, this episode ought to be of relevance to everyone. Indeed, even low-to-moderate alcohol consumption negatively impacts the brain and body in direct ways. The goal of this episode is to help people make informed decisions about their alcohol consumption that are in keeping with their mental and physical health goals.

ARE YOU A SEX ADDICT? TAKE THE QUIZ.

1. Do you keep secrets about your sexual behavior or romantic fantasies from those important to you? Do you lead a double life?
2. Have your desires driven you to have sex in places or with people you would not normally choose?
3. Do you need greater variety, increased frequency, or more extreme sexual activities to achieve the same level of excitement or relief?
4. Does your use of pornography occupy large amounts of time and/or jeopardize your significant relationships or employment?
5. Do your relationships become distorted with sexual preoccupation? Does each new relationship have the same destructive pattern which prompted you to leave the last one?
6. Do you frequently want to get away from a partner after having sex? Do you feel remorse, shame, or guilt after a sexual encounter?
7. Have your sexual practices caused you legal problems? Could your sexual practices cause you legal problems?
8. Does your pursuit of sex or sexual fantasy conflict with your moral standards or interfere with your personal spiritual journey?
9. Do your sexual activities involve coercion, violence, or the threat of disease?
10. Has your sexual behavior or pursuit of sexual relationships ever left you feeling hopeless, alienated from others, or suicidal?
11. Does your preoccupation with sexual fantasies cause problems in any area of your life - even when you do not act out your fantasies?
12. Do you compulsively avoid sexual activity due to fear of sex or intimacy? Does your sexual avoidance consume you mentally?

If you answered YES to even one of these questions, you may benefit from attending Sex Addicts Anonymous (SAA) meetings.

SAA is a fellowship of men and women who share their experience, strength, and hope so they may overcome their sex addiction and help others to recover.

- Membership is open to all who share a desire to stop addictive sexual behaviour. There is no other requirement.
- Our common goals are to become sexually healthy and help other sex addicts achieve freedom from compulsive sexual behaviour.
- SAA is supported through voluntary contributions from members.
- We are not affiliated with any other twelve-step programs, nor are we a part of any other organization. We do not support, endorse, or oppose outside causes or issues.
- SAA is a spiritual program based on the principles and traditions of Alcoholics Anonymous.

SAA meeting every Saturday at 7:00 PM at the Fellowship Centre

<https://saaedmonton.org> to find additional meetings

Gamblers Anonymous (GA) Tools of Recovery

Largely Applicable to all 12-Step Programs

MEETINGS - Attend meetings on a regular basis. Meetings are often referred to as "The Core of the Fellowship's Existence". There are different kinds of meetings suggested within our literature, and as our Unity Steps tell us, each group is free to design their own format provided it does not conflict with our Primary Purpose.

RECOVERY and UNITY STEPS - Working the Steps (all 24 of them) will enhance your understanding of the program and recovery.

SPONSORSHIP - the means and opportunity of the older, more experienced member to help another compulsive gambler gain an understanding of recovery. To guide that member through the 12 Steps of Recovery, and other paths that may need a guide.

LITERATURE - Read the GA Literature at and between meetings. The literature helps to inform us about Steps, sponsorship, pressure relief, service, and so much more. GA has an abundant selection of literature dedicated to specific areas of recovery.

READING AND WRITING - Recovery does not happen through osmosis. Work does need to be done, which generally includes writing. Many sponsors recommend writing out the First Step. Also, it is hard to imagine working a program of recovery without writing out a Fourth Step inventory. Keeping a daily journal, recording your thoughts, your feelings is another suggestion. Sometimes Journals are used for the Tenth Step, keeping a daily inventory.

PRESSURE RELIEF MEETING - The most underutilized tool in our Fellowship. This tool is only available in the Gamblers Anonymous program. Individuals after 30 days need to do a financial inventory in addition to the 12 Steps of the program. Material and knowledge is available to do a Pressure Relief.

PRAYER AND MEDITATION - Some members are frightened by this part of the program. But one does not need to be. Remember that this is a spiritual, not a religious, program. How we contact, and stay in contact with our Higher Power, is as individual as we are. Prayer may be as we've envisioned it growing up, kneeling perhaps, hands clasped, and reciting prayers from memory. To others it may be as simple as a conversation with God as we drive to work or go on a walk. How we contact our Higher Power is up to you. There is no guideline, and no prescribed method by GA.

FELLOWSHIP - Make friends within the Fellowship. Making healthy, non-gambling friends will only enhance your recovery. There is a saying in recovery that we will have to change our "playmates, playgrounds, and playthings". This is not to say that we abandon all our old friends, merely compliment them with recovery friends.

TELEPHONE - Many groups offer telephone lists of their members for their members. Many newcomers are afraid to call, maybe thinking that they will not know how to start a conversation, or how to ask for help. Between meetings, this may be one of the most useful tools a members can use.

I AM POWERLESS

Brian V. (<https://aa-semi.org/wp-content/uploads/2023/12/OTB-January-2024.pdf>)

Hi, my name is Brian and I am an alcoholic. I had a hard time in my teens. It was decided that I would see a psychiatrist. I was put on a variety of medications and different therapy plans, but nothing seemed to do the trick. I had a hard time connecting to people and was always looking for a way to feel better. Then I discovered alcohol. I must have been 15. The fear, the anxiety, everything suddenly seemed to just melt off and I could be myself and I wasn't worried about what anybody thought of me. I spent the next 11 years chasing that feeling with alcohol or weed or prescription pills wherever I could.

Over time that relief stopped coming. I was alone. I had been fired from my job. The girl I was dating left me. The family didn't want me at the holiday parties if I was going to be drunk -- which I absolutely was. Then the seizures started, waking up in the hospital, not knowing why I was in a neck brace. But I kept on drinking, surely drinking wasn't the problem. I tried to stop but couldn't. As much as I wanted to put that bottle down I could not. It kept coming back up to my lips.

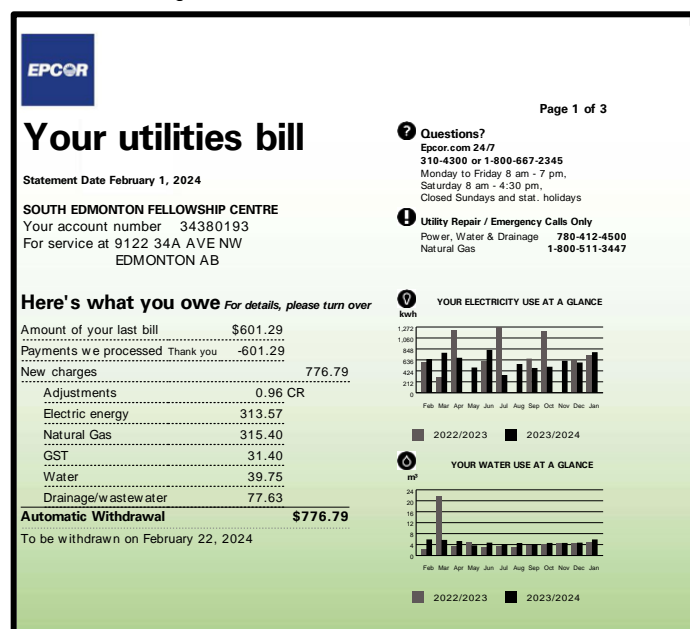
I realized I was in trouble and asked if I could be sent to a rehab. I went but was not convinced that I was powerless over alcohol. After I got out of treatment, I was told to attend AA meetings and so that's what I started to do. I went to a few until I found a group that I felt comfortable at. I attended the weekly meetings, listened (sort of) and shared when it was my turn. However, I was still stubborn and refused to get a sponsor and work the program. This stint of "3 stepping" would only last 90 days until I found it necessary to pick up a drink. I thought I could have one drink on the way to work, bought one before heading home and was back to my fifth the next morning.

I returned to my homegroup before long and was afraid to tell them I had relapsed, but I was eventually compelled to do so and I'm glad I did. Someone asked why I think this happened and what I would do differently. Being terrified of being gripped by my alcoholism, back to the hospitals, back to the seizures, alone, and out of control, I listened. I was given the gift of desperation. It was suggested to do "90 in 90," so I did. It was suggested to do service work, so I started making coffee and eventually got a key. Most importantly I needed a sponsor, so I chose the man who asked me what I would do differently. He is still my sponsor.

I began working the Steps as they are written, with a sponsor and my life soon began to change. Turning my will and life over to the care of a higher power daily gave me strength to go through these Steps. They let me figure out who I really am, clear up the wreckage of my past, recognize my defects when they appear, have a relationship with a higher power, and most importantly get outside of myself. I can now share what was so freely given to me -- my recovery. I can look the world in the eyes today and deal with life on life's terms. One day at a time, dependent on the maintenance of my spiritual condition, I am free from the insanity of alcoholism. I have already done so many things I never thought I could in my life and have no idea what the future holds for me. All I know is that I want to be there when the next alcoholic walks in wondering if they are powerless, so I can share my experience, strength and hope with them. Today I know I am powerless. without my higher power, this program, and the people in it, I would be dead. Thank you for this opportunity to share.

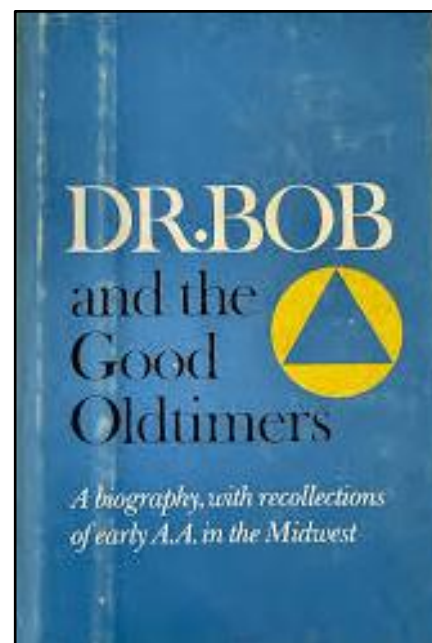
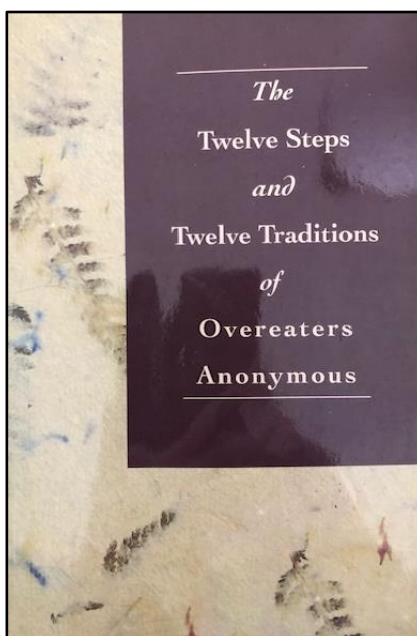
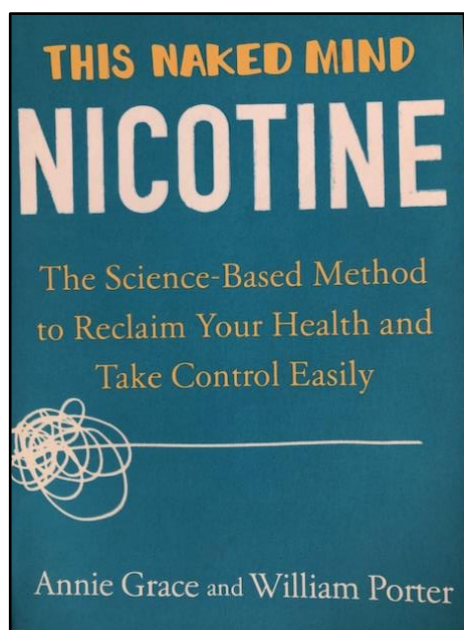
Last Month's Utility Bill

Please conserve water, natural gas, and electricity at the Centre! For example, ensure that the dishwasher is full before turning it on. Turn off all lights and turn the heat down to 17°C when the Centre is not being used.



Fellowship Library News

Thank you to those individuals who recently donated books to the Fellowship Library. Feel free to borrow these books and return them to the Fellowship Library when you are finished. More books are needed so please consider donating your used recovery books to the Fellowship Library.



Speech by Dr. William Duncan Silkworth, New Jersey, March 29, 1949

As you all probably know, I have practically given up public speaking because of poor health. Therefore, I will have to be very brief.

I have always contended that no one can address a group of A.A.s with the same human interest as one who has suffered the distress of alcoholism and recovered. Many ask me if I ever was an alcoholic – perhaps I was – who knows? Most of my friends are alcoholics, and most of my interests are associated with alcoholism. I am in A.A. by courtesy of the groups and very proud of the distinction.

As I look back over the years, to me the wonder is that from one man's mind could have come to pass this great movement. God must have blessed him and chosen him as His Ambassador of good will. An alcoholic himself, by a peculiar chain of circumstances, he conceived the idea of putting morality on a scientific basis. He knew that pure science was a failure as was also pure morality, so he combined the two and it proved a success in the alcoholic problem.

I had intended tonight to speak of the progress Alcoholics Anonymous and the alcoholic problem in general but there are so many alcoholics coming to me and telling me that although they have been in A.A. for three months or more and have tried sincerely but have failed to find the solution, I decided to take this opportunity, as far as I am able, to be some assistance. I have chosen three of the twelve steps and will try, very briefly, to give you my interpretation them.

First, let us understand clearly that Alcoholics Anonymous, as now functioning, seems to be divided into two parts: moral psychology and group psychology.

It seems to me that many, following the path of least resistance, apply themselves to group psychology. They attend meetings, engage in 12 step work, often speaking before groups and succeed in staying dry for periods of three months to a year. They claim they are very happy during this dry period but for some reason, often unknown to themselves, they start to drink again, or others will say, "I know I didn't have the program." Most of us are familiar with this picture. Why did they fail? Fundamentally, I believe because they refused to consider moral psychology which is the vital principle of A.A.

Alcoholism, a disease, as many of us accept in A.A. has two phases: physiological and psychological. I am becoming more and more convinced that with most of us the physiological proceeds the psychological. Case histories show repeatedly that many men are normally prosperous and reasonably happy prior to the onset of this disease. The psychological phenomenon and the psychiatrist follow more often than proceed the onset of this disease.

Time will not permit further discussion of this highly controversial subject. But suffice to say, Alcoholics Anonymous can do nothing about the physiological phase. Once an alcoholic, always an alcoholic. But A.A. can arrest the psychological compulsion to drink.

Dr. Silkworth was Bill's doctor during his four treatments at Towns Hospital. Over the course of his career Dr. Silkworth treated over 40,000 alcoholics. His work in the addiction field began in the early 1900's and he presented his first paper on treating opium abuse in 1908. For several years prior to World War I and his enlisting in the army he ran his own private hospital for opium abuse. He was not the first to talk of alcoholism as an allergy or disease and during the 1930's many in medicine and religion argued against his work. He was a very religious man and he worked very closely with Bill and A.A. The May 1951 Grapevine immortalize Dr. Silkworth as "The Little Doctor That Loved Drunks."



March 2024 South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 <ul style="list-style-type: none"> 10:30 AM Girlfriend Hour (AA Women Only) 12:00 PM Fellowship Nooner (AA) 2:00 Sunday Afternoon Meditation Group (AA) 6:00 PM Sunday Night Step Group (CA) 					1 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 Seeking Serenity by Candlelight (AA) 	2 <ul style="list-style-type: none"> 10:00 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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