

Fellowship Centre Newsletter: April 2024



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MESSAGE FROM THE PRESIDENT

According to Wikipedia, “A community is a social unit with a shared socially significant characteristic, such as place, set of norms, culture, religion, values, customs, or identity.” The Fellowship Centre is a recovery community. People who attend the Centre are united in their commitment to clean and sober living. People who attend the Centre share 12 Step recovery culture. The physical space unifies those who attend meetings and do service at the Centre.

The Centre is not a 12 Step program: the Centre rents space for 12 Step meetings. Although some 12 Step programs are inclusive (for example, Cocaine Anonymous), each fellowship typically focusses on a specific addiction or compulsion (for example, gambling or overeating). Unlike a 12 Step Fellowship, the Centre is a recovery community for any sort of addiction or compulsion. If an individual meets the policy requirements (for example, has at least two years of continuous sobriety), he or she may start any sort of recovery meeting at the Centre if that meeting meets policy requirements (for example, is affiliated with an established 12 Step Fellowship).

While there is overlap, the Fellowship Centre is also not like other 12 Step clubhouses (for example, the Camel Club). Except for the Alano Club, 12 Step clubhouses are not federally and provincially registered non-profit societies. While the Alano Club is a registered non-profit society, unlike the Fellowship Centre, it does not emphasize community by publishing a monthly recovery newsletter and maintaining a recovery library. The Centre is managed entirely by unpaid volunteers, while the Alano club has paid employees.

All meetings held at the Centre contribute to the entire Fellowship Centre community. For this reason, each group using the Centre donates some portion of their 7th Traditions to help support operations of the Centre. Such group donations vary widely because many groups have almost no 7th Traditions (for example, the weekly 7:00 AM meetings which opened recently). Fortunately, some groups assume additional financial responsibility by fundraising. A recent silent auction helped to maintain the Fellowship Centre Community. Thank you to all those who donated items, bid on items, and particularly the Awakening Men’s Group who hosted the fundraiser.

Every alcoholic who is sober is a miracle. Every addict who is clean is a miracle. A vibrant recovery community of mutual support among selfish alcoholics and addicts is a miracle. As Pulitzer Prize winner Marilynne Robinson wrote, “I have spent my life watching, not to see beyond the world, merely to see, great mystery, what is plainly before my eyes ... The scene of miracle is here, among us.”

Yours in service and with gratitude,

Wayne, W., President of the Fellowship Centre Community

FROM THE TREASURER'S DESK

The good news – the Centre consistently pays all its bills and keeps its doors open allowing 26 weekly meetings to carry the message that there is a solution. The bad news – the Centre never has a prudent reserve, and every month struggles to pay its bills. Our financial policy requires a \$10,000 prudent reserve (expenses for two to three months) which the Centre has never had since it opened. See below the profit loss summary for the first quarter of 2024. Fortunately, the Centre had a slight accumulation of funds from fundraisers at the end of 2023. (Condo fees are for all of 2024.)

INCOME	
Donation	
Anonymous Donation	252.00
Donation (CRA Receipt)	950.00
Group/Meeting Donation (in lieu of rent)	9,299.65
Total Donation	10,501.65
Fundraiser	
Silent Auction 2024	2,704.00
Total Fundraiser	2,704.00
Total Income	\$13,205.65
GROSS PROFIT	\$13,205.65
EXPENSES	
Bank charges	18.00
Computer Hardware/Software	
Accounting Software (paid monthly)	96.00
Total Computer Hardware/Software	96.00
Condo fees	3,594.32
Legal and professional fees	2,200.00
Rent or lease payments	5,400.00
Repair and maintenance	283.35
Supplies	
Cleaning/Hygiene Supplies (soap, tissue, mops, etc.)	117.60
Kitchen Supplies (coffee, cookies, dishes, etc.)	377.52
Program Supplies (literature, printing, coins, etc.)	898.99
Total Supplies	1,394.11
Telephone	131.68
Utilities	2,018.14
Total Expenses	\$15,135.60
PROFIT	\$ -1,929.95

Because the Fellowship Centre is a registered non-profit society, it is audited every year at a cost of \$3000. The auditor was confused as to why different groups pay such different amounts of rent. Consequently, the Centre stopped using the term “rent” in relation to meetings and instead refers to *donations in lieu of rent*.

The monthly expenses and the accumulation of a prudent reserve would be guaranteed if each meeting paid the full amount of rent or donation in lieu of rent -- \$50/one-hour meeting. New meetings at the Centre donate what they can with the expectation that they will eventually donate \$50 per one-hour meeting. Only three weekly groups consistently make a monthly donation of at least \$200. While some groups donate \$100 to \$150 per month in lieu of rent, many groups donate very little to the operations of the Centre (for example, the Nooner on February 17th collected \$1.40 in its 7th Tradition).

The Board of Directors unanimously agrees that no meeting will be asked to leave the Centre because it makes modest donations in lieu of rent. Rather, individual donations will be solicited, and groups will be encouraged to hold fundraisers. It takes time for a meeting to become established and many of the meetings held at the Centre are still relatively new. The Board is confident that overtime the Centre will accumulate a prudent reserve. Meantime, I trust that all the meetings at the Centre are doing their best to donate \$50 for each one-hour meeting they hold at the Centre. Increased donations for use of the Centre for business meetings and for 1.5-hour meetings would be appreciated.

Fellowship Community Members Answer the Question

WHAT KEEPS YOU COMING BACK TO THE FELLOWSHIP CENTRE?

I go to three weekly meetings at the Fellowship Centre, and I like that they are different from each other to cover all my different obsessions. The *ISM*s meeting on Tuesday night permits me to talk about my multiple addictions including caffeine. I attend a meeting other than AA at the Centre as well, and on Monday night I love to read the Big Book with others at *Our Basic Text*. A significant reason that I attend meetings at the Fellowship Centre is the proximity to where I live. It is nice to have meetings on the southside of Edmonton.

Julia J. (Home Group is *Our Basic Text*: Sobriety Date February 25, 1993)

The biggest thing for me is the fellowship. I always run into someone I know. I can carry on from previous conversations and visits. I like certain meetings, such as *Our Basic Text* and *Dinner with Bill*. It's in a great area for my work-life balance.

Matt W. (Home Group is the *Providence Group*: Sobriety Date June 13, 2023)

I would have to say the people and the small groups. That's where I feel like I fit.

Darlene W. (Home Group is the *Girlfriend Hour*: Sobriety Date February 22, 2024).

I don't know. There's just something about it. There's an attraction to the facility. It's a good location. I work all over and I'm always on the go, but I like the people at the Centre. If I'm called to work, the Centre is convenient.

Chet B. (Home Group is the *Providence Group*: Sobriety Date November 15, 1982)

I like that the meetings are not too large and seem more personal. I love the sharing, which seems more intimate in smaller groups. I see more emotion at the meetings at the Centre. I see the same great people. It's easy to learn about people when they share over multiple meetings. Proximity of location is great as well as the informal feelings. The 7 AM meetings are extremely helpful to me in building structure and setting my frame of mind for the upcoming day. Unlike evening meetings, it starts my day positive.

Dale P. (No Home Group yet: Sobriety Date February 22, 2024)

I keep coming back to the Centre because of the frequency and variety of meetings. I like the fellowship, the people that attend. I've exchanged phone numbers with people there. I've socialized with some of these people outside of meetings. I enjoy chairing the *Tuesday Nooner* at the Centre. I really liked the location, and the facility is very clean.

Sharmayne B. (Home Group is the *Providence Group*: Sobriety Date December 4, 2023)

WHAT IS YOUR EXPERIENCE OF STEP FIVE?

Email your brief answer to editor@fellowship-centre.org or text your answer to 780-220-7811. Please include your name and last initial, home group, and sobriety date unless you prefer to remain anonymous.

MY LAST FIRST MEETING

From a very early age I didn't really fit in. I mean I had people that I called friends, but I never really felt like I belonged. I noticed that I was always full of wants -- wanting to be needed, wanting to be loved, wanting to feel a part of, etc. At the age of 17, I found weed and that seemed to help quite a lot. I was able to relax more and just got with the flow. I didn't worry as much about what people thought of me. Then at the age of 19, I got into drinking and my entire world changed. I had dabbled a few times before but for some reason, this time it was like Popeye downing a can of spinach. It felt like consuming the nectar of the gods. I was so at ease. I was able to talk to women, which had never been a strong suit. At first, I stuck mostly to beer with the rare occasion of knocking back a few shots here or there. Everything went fine for a while until I started calling in to work and adding in other "extracurricular party favors." Eventually I ended up arrested for DUI. In total I would rack up four by the end of my drinking career. Over the years I would find myself in detox facilities, rehabs, sober living homes and jails a number of times. Something had to give.

I was introduced to Alcoholics Anonymous very early on. Like many of us, everyone other than me saw that I had a problem. Throughout the years, I would have many times of getting sober for a few months, and then ruin everything again with by relapsing. The most amount of time I ever got under my belt was eight months and almost seven of it was in rehab. I had many bottoms during my drinking days, losing jobs, places to live, girlfriends, friendships, etc. But none of that ever seemed to keep me sober for very long. I believe, for me, it was because I never really wanted to stay sober. After almost 17 years of this in and out crap, I finally got to the point where I wanted to stop but I couldn't. I was emotionally, mentally and spiritually dead. I was physically dying and for once I did not want to die.

During a drunken night on my couch, I googled AA and found myself talking with someone who seemed to understand. After about a week and a half on January 2nd, 2020, I finally made it to my last first meeting. Over time I found a group of guys I now call friends. My desire to drink left me that very day. I found the person who two days later when I finally asked him, would become my sponsor. I started following suggestions. I got a home group and a service position. I started working the steps with my sponsor out of the Big Book. My life began to change. I found a God of my understanding.

Since getting sober I have gone through a lot of ups and downs. My girlfriend ended up in the hospital, and I lost my job less than a month in. She was then diagnosed with Hodgkins Lymphoma and endured six months of Chemo. During that time, Covid happened, and the world shut down. Meetings were scarce, but a friend had an underground meeting in his shop and that got me through. I ended up marrying my girlfriend and we bought a house. Then she had to go through a stem cell transplant and spend 33-day inpatient. We had to quarantine for three months after she got home, and I was on medical leave at work. Zoom meetings and phone calls with other alcoholics saved my life during that time. I was able to walk away from a line of work I hated at the age of 40 and start an entirely new career. During all of this, the thought of picking up a drink never once seemed like a valid option. Recovery gave me a brand-new life. A life I never even dreamed of let alone thought I deserved. I am grateful to be an alcoholic today. I continue to attend regular meetings and sponsor new guys. I always remember that my recovery is the most important thing in my life. I am eternally grateful for the life that Alcoholics Anonymous has allowed me to be a part of.

(<https://aa-semi.org/wp-content/uploads/2024/02/OTB-February-2024.pdf>)

FOURTH MONTH OF THE YEAR, FOURTH STEP OF THE 12 STEPS

Made a searching and fearless moral inventory of ourselves.

Step 4 is a crucial step toward effective and lasting recovery. Since the general philosophy of 12-Step Recovery is that addiction/compulsion is primarily a symptom of a spiritual disease, the real problem is in character flaws that need to be faced and overcome. This requires a searching and fearless moral inventory that will become the blueprint for success in recovery and in life.

The benefits of completing Step Four are strengthened sobriety, spiritual growth, and movement towards mending your relationship with your Higher Power, yourself, and others. While sponsors may take a variety of approaches to Step Four, all agree that honesty is essential to a searching and fearless moral inventory. In case you haven't heard, "we're only as sick as our secrets." Our secrets, in and out of sobriety, keep us sick.

At this point it has probably become clear to you that recovery is a process of steady personal growth that feels good, you probably wish that everyone you knew were doing it! Although you may be pink clouding it, and enjoying the clarity that comes from sobriety, the truth is that our past addiction/compulsion crippled our ability to reflect honestly on our lives. Addiction created delusional thinking that limited our ability to understand the damage and havoc (the liabilities) it caused in all our relationships. Before we could safely move forward, we needed a framework through which we could sort out our past honestly. The Step Four inventory provides that framework.

The Step Four inventory helps us to identify negative thoughts, emotions, and actions that have ruled our life and made us unhappy. In the past we may have justified bad behavior and blamed other people, places, or things for our problems. Now we begin to take responsibility for all our past and current actions. This means acknowledging painful, embarrassing, or difficult events, thoughts, emotions, and actions. While writing out our inventory we examine our tendencies toward:

- | | | |
|----------------------|------------------------|---------------------|
| 1. Fear | 4. Self-will/self-pity | 7. Sex |
| 2. Pride | 5. Guilt/shame | 8. Secrets |
| 3. Resentments/anger | 6. Relationships | 9. Assets/qualities |

How do you do a searching and fearless moral inventory? Most of the people you will rely on to guide you through Step Four probably believe there is no exact right or wrong way to work this Step. What is essential is that we follow the general principle of self-honesty, and that we are willing to be "searching and fearless" in the pursuit of the truth about ourselves, our motives, and our actions. Old timers may take the approach of reviewing the seven deadly sins as laid out in the Twelve Steps and Twelve Traditions, while others suggest a detailed review of the most the significant life events. Using the process outlined in the Big Book is an essential guideline to reviewing the biggies: resentments, fears, and sexual conduct.

Resentments, Let Them Go

In 12-Step Recovery we learn that resentment is a condition or state of mind whereby one relives some past event and feels the emotion from that event as if it were happening right now.

Resentment is literally to feel (sentire) again (re), and it is the fuel that feeds the fires of our addiction/compulsion. In fact, the individuals who wrote the Big Book believed that “resentment was the number one offender, and that it destroys more alcoholics than anything else.” (Alcoholics Anonymous, p. 64).

One way to do an inventory is to list memories of people, institutions or organizations, principles, ideas, or beliefs, and events, situations, or circumstances that have triggered positive and negative feelings (including sadness, regret, anger, resentment, fear, bitterness). There will be some items on our lists that appear multiple times. That is okay. Do not try to sort or judge or analyze at this point. For now, just be as thorough as possible.

It is important to note that some people will try to avoid writing their moral inventory, feeling embarrassed or fearful about their writing ability or perhaps that someone else might read what they have written. Most sponsors claim that until you put pen to paper, you have not done your Fourth Step. If there are things that you think are so “bad” that you just cannot include them in your Step Four inventory, you are not alone. Your sponsor has heard and probably done the same things or “worse.”

Here are some questions to help guide and prepare you for doing Step Four. Such questions by no means take the place of doing the Fourth Step inventory as laid out in the Big Book:

1. What people, places or things do you resent and what led to those resentments?
2. How did your behavior contribute to your resentments?
3. How have your resentments affected your life, your relationships with others and yourself?
4. Who or what do you fear and why? How do you respond destructively or negatively to your fears?
5. What do you feel ashamed or guilty about?
6. What feelings do you have the most trouble allowing yourself to feel?
7. How have your fears and resentments affected your friendships, family, work, and romantic relationships?
8. Have you compulsively sought sex? Have you used sex to try to fill a spiritual void or loneliness? Have any of your sexual practices hurt others or yourself?
9. What do healthy sexual relationships look like to you?
10. Are there secrets that you have not told anyone or written about in your Step 4 inventory?

If the thought of making that searching and fearless inventory of yourself feels overwhelming, you are not alone. The key is to put pen to paper and just start. Even though remembering the past may be painful, it can propel you into a new life of peace, as you learn how to look back without staring. Ask someone who has completed this Step how it helped him or her, and how the hope of recovery can help you through the pain of remorse to the joy of forgiveness.

Be prepared when finishing a Fourth Step inventory that you may feel exhilarated, or uncomfortable or perhaps even both. No matter what, make sure to congratulate yourself on a major accomplishment, because you now have the foundation for your freedom. After doing Step Four you will have a blueprint for success, and a map to help you steer yourself on the course of continued, long-term sobriety! The only thing left to do is to contact your sponsor and let them know you are ready to do Step Five.

Help with Step Four

Joe McQuany and Charlie Parmley, (who died in 2007 and 2011, respectively) met in 1973 and spent the next three decades spreading their interpretation of the Big Book. This link provides the famous Joe and Charlie recordings

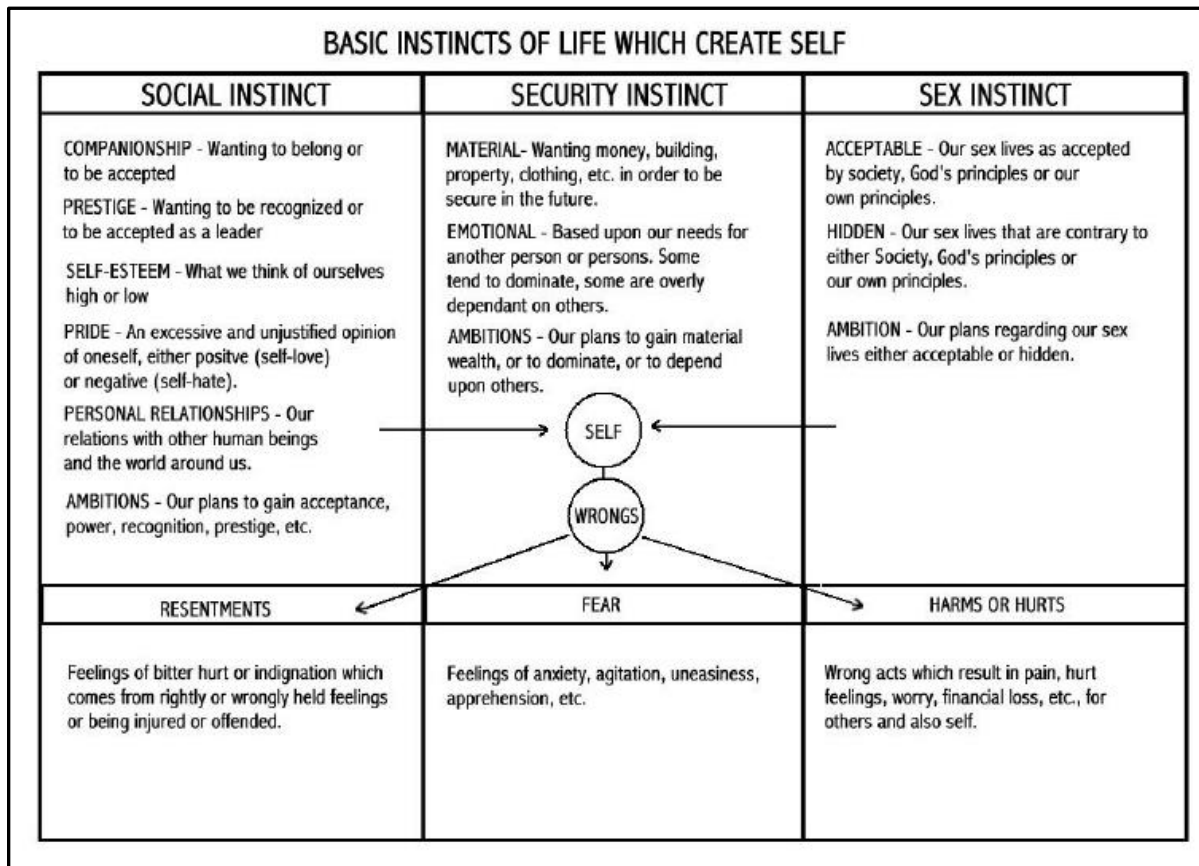
<https://www.wpaarea60.org/audio/big-book-studies/joe-and-charlie-the-big-book-comes-alive/>

Over the years, many have attempted to organize Joe and Charlie's take on Step 4 by producing worksheets and charts. This newsletter includes some of these which may be useful in doing Step 4 yourself or helping others.



Charlie P.

Joe McQ.



REVIEW OF RESENTMENTS

INSTRUCTIONS FOR COMPLETION

- Instruction 1. In dealing with resentments we set them on paper. We listed people, institutions or principles with whom we were angry. Complete Column 1 from top to bottom. Do nothing on Columns 2, 3 or 4 until Column 1 is complete.)
- Instruction 2. We asked ourselves why we were angry. Complete Column 2 from top to bottom. Do nothing on Columns 3, or 4 until Column 2 is complete.)
- Instruction 3. On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete.)
- Instruction 4. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions we complete each column within Column 4.)
- Instruction 5. Reading from left to right, we now see the resentment (Column 1), the cause (Column 2), the part of self that had been affected (Column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (Column 4).

"SELF"

COLUMN 3

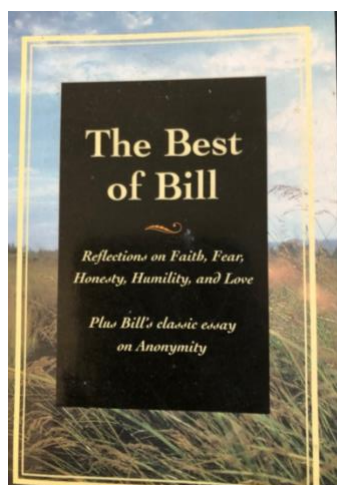
COLUMN 4

COLUMN 1		COLUMN 2		AFFECTS MY (Which part of self is affected)								What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings				
I'm resentful at:		The cause:		Social Instinct	Security Instinct	Sex Instinct	Ambitions									
				Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																
8																

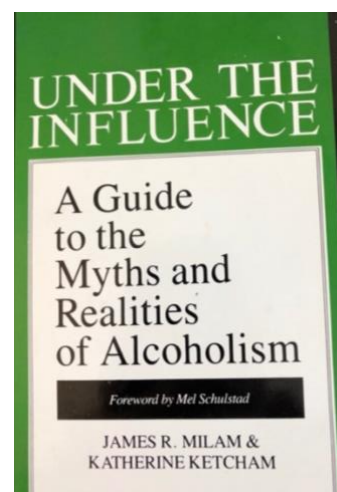
12step.org provides a link to a PDF that provides detailed support for the Step 4 inventory including fear and resentment prompts. The site notes that to be able to start Step 4 the previous three steps have been completed "so before starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready." 12step.org cautions that "many people get loaded or act out in some way when they reach this step. Why? They will tell you that the pain of dredging up memories long buried was too much to endure, or any one of a thousand other excuses. The plain and simple fact is just this, the pain does not come in writing this inventory, the pain comes in resisting the writing. Alcoholics and addicts, time after time, would rather get loaded again than have to face some inner truths. The freedom from self is made impossible by holding on to fears and secrets we've harbored all our lives, the way of strength, paradoxically, is in becoming vulnerable." The entire 4th Step inventory support can be found at

https://12step.org/docs/Step4_Inventory.pdf

Fellowship Library News



Thank you to those individuals who have donated books to the Fellowship Library. Anyone who attends the Centre regularly is encouraged to borrow books and return them to the Fellowship Library when finished. More books are needed so please consider donating used recovery books, recovery CDs, and editions of the Grapevine to the Fellowship Library. The Fellowship Library currently hold 18 recovery books and 17 Grapevine Magazines.



Gratitude from the Cleaning Coordinator

Meeting numbers and attendance have significantly increased at the Centre (which is FANTASTIC). Thus, in order to maintain the standard we desire at the Centre additional cleaning was required. Thank you so much to those individuals and groups who have come forward filling this need. Service “you have to give it away to keep it.”

Robert M.

Weekly Cleaning Schedule

	Kitchen counters, cupboards, walls, coffeemaker. Refill as needed	Bathrooms toilets, sinks, floors, walls. Refill as needed	Tables disinfect tables, trays, chairs. Refill as needed	Floors move chairs/trays, vacuum, wash floor, return chairs/trays	Outside sweep/shovel, pick up trash, clean butt can
Sunday	Girlfriend Hour		Girlfriend Hour	Matthew 8 AM	
Monday	Our Basic Text	Holly 11AM			Men's Meeting
Tuesday					ISM's
Wednesday		Robert 8 AM	Kalob 8 PM	Robert 8 AM	Robert 8 AM
Thursday	Dinner with Bill		OA 3:30 PM		
Friday					
Saturday		Robert 7 AM		Robert 7 AM	Robert 7 AM

April 2024 South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA) 	2 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM ISMs (AA) 	3 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA) 	4 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:00 PM Dinner with Bill (AA) 	5 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM Serenity by Candlelight (AA) 	6 <ul style="list-style-type: none"> <input type="checkbox"/> 10:00 AM Fellowship Breakfast Group (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous
7 <ul style="list-style-type: none"> <input type="checkbox"/> 10:30 AM Girlfriend Hour (AA Women Only) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 Sunday Afternoon Meditation Group (AA) <input type="checkbox"/> 6:00 PM Sunday Night Step Group (CA) 	8 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA) 	9 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM ISMs (AA) 	10 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA) 	11 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:00 PM Dinner with Bill (AA) 	12 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM Serenity by Candlelight (AA) 	13 <ul style="list-style-type: none"> <input type="checkbox"/> 10:00 AM Fellowship Breakfast Group (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous
14 <ul style="list-style-type: none"> <input type="checkbox"/> 10:30 AM Girlfriend Hour (AA Women Only) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 Sunday Afternoon Meditation Group (AA) <input type="checkbox"/> 6:00 PM Sunday Night Step Group (CA) 	15 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA) 	16 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM ISMs (AA) 	17 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA) 	18 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:00 PM Dinner with Bill (AA) 	19 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM Serenity by Candlelight (AA) <input type="checkbox"/> 	20 <ul style="list-style-type: none"> <input type="checkbox"/> 10:00 AM Fellowship Breakfast Group (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous
21 <ul style="list-style-type: none"> <input type="checkbox"/> 10:30 AM Girlfriend Hour (AA Women Only) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 Sunday Afternoon Meditation Group (AA) <input type="checkbox"/> 6:00 PM Sunday Night Step Group (CA) 	22 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA) 	23 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM ISMs (AA) 	24 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA) 	25 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 3:30 PM OA Business <input type="checkbox"/> 6:00 PM Dinner with Bill (AA) 	26 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM Serenity by Candlelight (AA) 	27 <ul style="list-style-type: none"> <input type="checkbox"/> 10:00 AM Fellowship Breakfast Group (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous
28 <ul style="list-style-type: none"> <input type="checkbox"/> 10:30 AM Girlfriend Hour (AA Women Only) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 Sunday Afternoon Meditation Group (AA) <input type="checkbox"/> 6:00 PM Sunday Night Step Group (CA) 	29 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA) 	30 <ul style="list-style-type: none"> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM ISMs (AA) 				