

Fellowship Centre Newsletter: May 2024



9122 34A Avenue NW, Edmonton, T6E 5P4

Telephone: 780-220-7811

Email: info@fellowship-centre.org

Website: <https://fellowship-centre.org>

facebook.com/SEFellowshipcentre

MESSAGE FROM THE PRESIDENT

When we look back at how 12-Step recovery got started and how the Big Book was eventually published, it seems an absolute miracle. It is beyond fortunate that those early folks in recovery kept going and refused to give up. The Fellowship Centre was registered as a non-profit society in the province of Alberta in September 2020. Several of us kept going and refused to give up. In late November 2021, the first mutual support recovery meeting was held at the Centre. Increasing numbers of volunteers kept going and refused to give up. During the past two and a half years “a wholesale miracle has taken place” (Big Book Forward to Second Edition, page xv). The effort of the many in recovery who keep the Centre running smoothly is indeed miraculous. The Centre is managed entirely by unpaid volunteers whose efforts cannot be understated.

There are currently 26 mutual support recovery meetings held at the Centre each week. Every meeting requires that the door is opened, coffee made, attendees welcomed, the meeting chaired, newcomers supported, and after the last attendee leaves, the Centre is cleaned and locked up. Several people are responsible for multiple meetings, and one individual assumes responsibility for five of the 26 weekly meetings! The Cleaning and Maintenance Coordinator is supported by many individuals and groups who ensure that the Centre is clean and welcoming. The Supplies Coordinator frequently 1) monitors the toilet paper, paper towels, hand soap, cookies, coffee, artificial sweetener, et cetera; 2) searches for the best prices; 3) purchases and delivers the necessary supplies, and 4) ensures all receipts are given to the Treasurer. The Treasurer scans receipts into accounting software, provides a detailed list of the supplies associated with each receipt, pays all bills and maintains meticulous records as required for the annual audit.

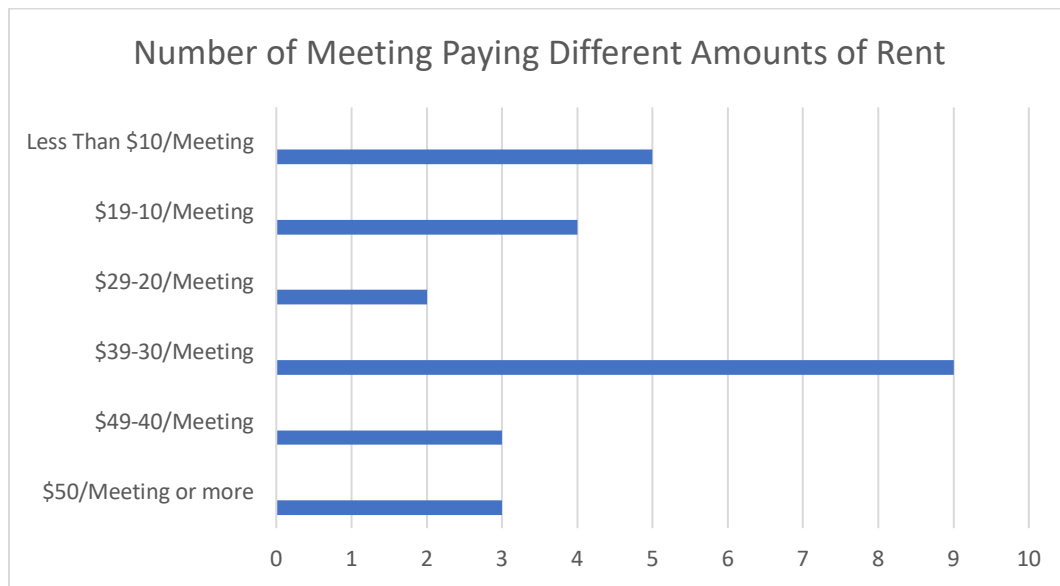
Volunteers answer the Centre’s phone which is increasingly busy. Individuals called the Centre for a variety of reasons including understanding 12 Step recovery, seeking information about specific Fellowships and meetings, trying to get help for loved ones and, most recently, professionals trying to get support for clients. The Fellowship Librarian keeps books labelled and organized. The Centre’s website is maintained and updated by volunteers. A group of volunteers frequently post inspirational messages related to recovery on the Centre’s Facebook page. The recyclables are taken to a bottle depot and the refund given to the Treasurer. I could go on and on, but you get the picture.

These many volunteers are practicing these principles in all their affairs and carrying the message that there is a solution. They are surely continuing to grow along spiritual lines as they support the recovery of hundreds of people each week. I am in awe of the volunteers at the South Edmonton Fellowship Centre who are rarely acknowledged and never seek attention nor recognition.

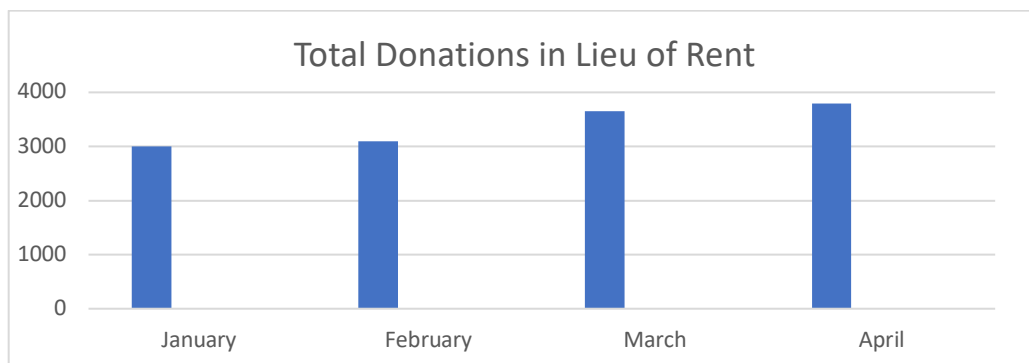
With gratitude and in recognition,
Wayne W, one among many

FROM THE TREASURER'S DESK

The many people in recovery who attend meetings at the South Edmonton Fellowship Centre are supported by the groups and meetings that donate to the Centre every month in lieu of rent. Since meeting rent includes coffee, fresh cream, cookies, herbal tea, sobriety coins, and pamphlets, the hope is that eventually each weekly meeting will donate \$50 to the Centre in lieu of rent. See below a summary of the number of meetings/groups that donate different amounts to the Centre in lieu of rent (averaged over the past two months). Only three of 26 weekly meetings donate at least \$50 per meeting. Five of the 26 weekly meetings donate less than \$10 per meeting (often less than \$5/meeting). Clearly, the point is to carry the message and many people, particularly those in early recovery, have very little to add to the Seventh Tradition.



The Board of Directors is grateful for everything the groups are doing to keep the doors of the Centre open thereby providing a safe and welcoming 12-Step recovery environment on the far southside of Edmonton. Monthly expenditures continue to increase with approximate \$5000 in monthly expenses. Attendance at weekly meeting continues to increase which results in increases in the amount each meeting can donate to the Centre in lieu of rent. We are moving in the right direction. Progress, not perfection!



Fifth Month; Fifth Step

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

In Step Five, we share our Fourth-Step inventory with the person of our choice (usually our sponsor) and continue to discover “the exact nature of our wrongs.” By taking this Step, we are able to identify areas where we have allowed our selfishness, our instincts, and our fears to control us. Sharing our inventory allows another human being to help us examine problems that we are unable to understand by ourselves (page 72). After completing Step Five, it is suggested that we go home and review the first five Steps of the program and our inventory to see whether we need to add any resentments, fears, or persons we have harmed (page 75). We ask ourselves whether we have withheld anything in our inventory. Have we illuminated “every twist of character, every dark cranny of the past” (page 75)? If so, we are ready for Step Six.



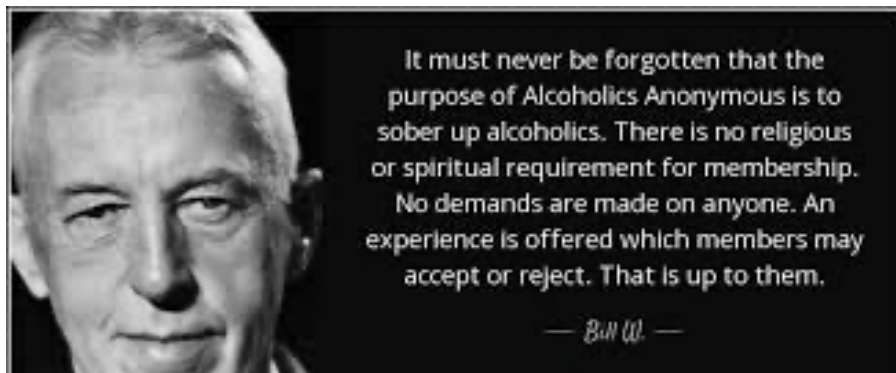
In Gamblers Anonymous, it is suggested that this Step be done shortly after completing Step Four, while the facts revealed in Step Four are still fresh in one’s mind. In Step Four one can dig inside oneself, as most compulsive gamblers accumulated loads of guilt. In Step Five one can dispose of this guilt and cope with everyday problems. One can always look back, and must in making amends, but no longer do you have to live with your personal guilt bag.

Selecting someone to help you with the Fifth Step is the next chore. The person should fill two needs; one, they should have the experience and wisdom to help see the situation more clearly and be a person who will keep the conversation completely confidential. Perhaps your sponsor will be the logical choice, your clergyman or a good friend — you must make the choice. Reread the Fourth Step and use your notes as an agenda. Honesty, open-mindedness and sincerity will make the whole thing go more smoothly. Your ego, which won’t like the idea of displaying former misdeeds to another human being, will quickly accept the healthy atmosphere. You will see yourself more clearly after Step Four and this insight will remain. Self-knowledge has no bounds. Your newfound serenity will enable you to calmly listen and learn. Your awareness will really accelerate. Your relief at having disposed of this guilt will be tremendous.

Humility is a very elusive trait which seems to fly away from one who seems to feel they possess it. If this be so, you must seek to become a well-adjusted person and in so doing, gain humility which one does not realize one has. Do not take this Step lightly or minimize its importance. Those who have done this Step feel that guilt must be disposed of, and action through this Step is the proper way to do it.

Guilt disposed of as suggested, will aid you in so many ways. Self-honesty is accelerated as you clearly see your guilt. No longer will you feel unique. Rather, you will join the human race knowing that you are not alone. What the program teaches comes true. You will realize no two gamblers are alike, yet none is an original. Upon entering the program, one now feels a sense of being understood. No longer will you be alone, and knowledge of this is exhilarating. As conflicts arise, however, one tends to pull away from this beautiful union. Now, the Fifth Step helps resolve these conflicts and you can say to all the world: “I am a human being.”

12steppers.org (a website founded in response to the rising addiction epidemic)



Admitting our wrongs to ourselves can be a difficult process and admitting them to another person can be even more challenging. As human beings, we are protective of our egos and seek to inflate them by avoiding anything that deflates them. However, in Step 5, we are forced in

the other direction, to confront our flaws and misdeeds and to share them with others.

The purpose of Step 5 is to create an honest and open relationship with our higher power. We need to admit the extent of our shortcomings and unacceptable behavior without minimizing or exaggerating. We do not do so to petition our higher power into providing us with a service of any kind, but rather to establish a healthier spiritual life.

Admitting our wrongs to God may sound simple, but it involves a complicated spiritual process. We need to focus on giving our higher power an unvarnished look at ourselves without claiming to hear or carry a spiritual message yet. We need to establish a full and healthy relationship with our higher power, which awaits us in the later stages of the program.

Admitting our wrongs to another human being can be challenging, but it is a crucial Step towards overcoming shame. Once another person has been exposed to all our secrets and still accepts us, the power of shame in our lives diminishes. It is an important part of the process by which we understand that, despite our flaws, we deserve to be happy.

Once we have completed our moral inventory (Step 4), we need to share it with another person, preferably someone with experience and struggling with addiction, who will not think less of us because of our experiences. Our sponsor is the natural and most obvious choice, but if we prefer another individual, that's fine too. We need to make the account we give to our higher power and trusted person as complete as possible and not keep particularly painful, or humiliating, recollections to ourselves.

It is important to remember that this is not a stage when we should be dealing with judgement and other people belittling us and increasing our toxic sense of shame. We may have to deal with unfriendly responses in later Steps, but we are not there yet.

Many people report an all-encompassing sense of freedom achieved by the baggage of shame being lifted from them. We need to build on this sense of liberation to maintain our recovery and well-being. We need to continue to examine our faults honestly and completely throughout this process, and, if necessary, go back to the inventory of our flaws and misdeeds again fearlessly before proceeding with the next Step.



Fellowship Community Members Answer the Question

WHAT IS YOUR EXPERIENCE WITH THE FIFTH STEP?

Step 5 was my first experience with the love, acceptance and non-judgment of a sponsor. What a blessing to tell *all* to my sponsor whom I trusted. I was *okay* in my sponsor's eyes, and I came to believe the same about myself. In the program, we say: Come, we will love you until you love yourself. How true! Over the years, I have had many sponsors; all have been loving, patient and wholly accepting of who I am at that point of my recovery. God has blessed me with many sponsors and OA buddies.

Ev A., Home Group *OA Saturday 11:00 am*; Abstinence Date March 15, 1980

A.A. Step 5

"Admitted to God, to
ourselves, and to
another human being
the exact nature of
our wrongs."

I did my first Step Five during my first year of recovery. I wasn't certain, but I thought that my sponsor might record "the exact nature of my wrongs" and use it to blackmail me given that I was such an important person. About halfway through my Fifth Step, my sponsor fell asleep, and I could not find any recording device (so much for false pride and arrogance). My second Step Five during my second year of recovery was in a confessional with a Catholic priest. This was important in terms of healing my resentment toward the Catholic Church. The priest knew exactly what the Step Fifth meant and was very kind and understanding. My third Step Five during my third year of recovery was so thorough that I had to use two different women each on multiple occasions to get through it. I can't say that I ever came out of a Fifth Step feeling transformed. However, I was willing to go to any lengths not to go back to active addiction and, over time, my committed to the 12 Steps and to my program of recovery has made me happy, joyous and free ... most of the time. Genevieve J., Home Group *Our Basic Text AA*, Sobriety Date May 7, 2011

The best thing I learned from doing my Step 5 was I was not the terrible freakish piece of garbage I had previously thought I was. As we worked through it, and I pulled out all those dark and dirty things about myself and set them on the table for me and my sponsor to look at, I learned that (a) my truths had always been lies mostly generated to keep me alone and scared, and once brought to light they magically lost their power, and (b) I was not alone in some of the things I had done, some of the things that had been done to me, and some of the thoughts that I had, as my sponsor shared some of her story with me. Magical and freeing was my experience of Step 5.

Ronnie E., Home Group *There Is a Solution CA*, Clean Date July 23, 2002

When I did my first Step 5, I was so scared. It took me several months to do it because I had heard horror stories from other people about how long they sat in church with a minister. Someone finally gave me the name of a person to do my Step 5 with, which I did. I told this person my Step 5 and we prayed together afterwards. When I walked out, I felt such a weight taken off me. It was a wonderful feeling. It was just amazing. I was so thankful that I did my Step 5.

Chris U., Home Group *Girlfriend Hour AA*, Sobriety Date June 6, 2019

POSITIVE AFFIRMATIONS

Positive affirmations are positive phrases or statements that are repeated until they are believed. They can be helpful in shifting from negative self-talk (I am a bad person who should suffer) to more positive and affirming beliefs (I am a good person who deserves to be happy.) Steps Four and Five focus on the things we have done wrong. It is not unusual for people in recovery to feel so bad about themselves that they cannot continue with their 12-Step program. While we must do “a searching and fearless moral inventory, “and we must “admit to God to ourselves and to another human being the exact nature of our wrongs,” we should also remind ourselves that we are worthwhile human beings, who are trying to change. Here are some positive affirmations that if repeated frequently can help us see ourselves as the worthwhile human being that we truly are.

Treat Yourself with Kindness

It is easy to be hard on ourselves, especially when things don’t go as planned. However, it is important to remember to treat yourself with kindness and compassion. Speak to yourself as you would do a close friend, with empathy and understanding.

Recognize Your Efforts

It is important to recognize and celebrate your efforts, no matter how small they seem. Acknowledge your hard work and progress, even if you have not yet reached your end goal. This can help boost your confidence and motivate you to keep going.

Accept Yourself as You Are

Accepting yourself is an important step towards self-love and self-care. You are not your character defects so embrace your flaws and imperfections and remember they are what make you unique and special. Do not compare yourself to others or hold yourself to impossible standards.

Remember that You are Enough

No matter what challenges you may face, remember that you were enough. You are worthy of love and acceptance wherever you are in your journey of recovery. Don’t let negative thoughts or self-doubt hold you back from realizing your full potential.

Be Authentic

Being authentic means being true to who you are. Don’t try to be someone you are not or change yourself to fit in with others. Embrace your uniqueness and let it shine through in everything you do.

Act in Accordance with Your Values

Your values are the principles that guide your life. Acting in accordance with your values means living in alignment with what you believe in. This can bring a sense of purpose and fulfilment to your life.

Speak Your Mind

Speaking your mind means expressing your thoughts and opinions honestly and openly. Don’t be afraid to share your ideas, even if they differ from others. Your voice is important, your perspective can bring valuable insights and solutions.

DAILY AFFIRMATIONS THAT HELP MAINTAIN SOBRIETY

Nothing changes if nothing changes.

It sounds so simple and self-explanatory, but it was hard for me to grasp initially. When I was drinking, I always expected things to change or improve over time, as if by magic. It didn't occur to me that to change the things that were happening as a side effect of my drinking, I would have to change the way I drank. If I didn't, nothing would change. Once I got sober, this realization hit me quickly. Life started to improve in many areas, such as my physical appearance, my relationships, and my self-esteem. And the common factor in all these things was that I had made a change and taken alcohol out of the equation. Making that change was the catalyst for making other positive life changes.

Sobriety is a journey, not a destination.

I'm the type of person who always wants to complete a task and move forward, and it frustrated me that sobriety didn't allow me to do this. I wanted so badly to check "get sober" off my to-do list, and it took me a long time to realize that this was never something I was going to be able to do. People would talk about sobriety being a lifelong journey, and that just sounded so daunting to me. I didn't want to think about the fact that sobriety would be something I have to choose every single day for the rest of my life. But today, I am content with that idea. Sobriety truly is about the process rather than the outcome, and that process has taught me so much about life and who I am.

It works if you work it.

In early sobriety, people were always telling me, "Keep coming back, it works if you work it." This annoyed me. I didn't want to keep coming back, because again, it seemed too daunting to do that forever. I eventually found my way and found a program that worked well for me. And I realized that yes, this was because I worked it and put forth the effort to heal and be a better version of myself. If I had failed to do any work in a program, I likely would not have stayed sober as long as I have. It's true; it works if you work it.

We're responsible for the effort, not the outcome.

While I am responsible for doing my part in all situations, I cannot control the overall outcomes. When I was drinking, I spent so much time trying to control the outcome of every situation because I didn't like being caught off guard. Today, I can put that need for control aside and take comfort in the fact that I always do as much as I can do, and that maybe the rest isn't up to me.

Strive for progress, not perfection.

I have always been a type-A perfectionist, and this was the case when I was drinking too. I would set these standards for myself and then not live up to them, resulting in a feeling of defeat that I then covered with alcohol. I never paid attention to whether or not I progressed in certain areas, as I cared more about being perfect in those areas. But in sobriety, I've realized that perfection is truly unattainable. I will never be a perfect human being. No one will. So the best I can do is continually strive to be a better version of myself and do better than I did the day before. Perfection is no longer on my radar, but progress always is.

Beth L.

(<https://www.palmerlakerecovery.com/resources/daily-affirmations-sobriety/>)

A Truly Inclusive Path

In Tibetan, the term *shul* is defined as “an impression,” a mark that remains after that which made it has passed by – a footprint, for example. *Shul* is used to describe the scarred hollow in the ground where a house once stood, the channel worn through rock where a river runs in flood, the indentation in the grass where an animal slept last night. All these are *shul*: the impression of something that used to be there. A path is a *shul* because it is an impression in the ground left by the regular tread of feet, which has kept it clear of obstructions and maintained it for the use of others. Following a well-travelled path is increasingly straightforward because of the many who have previously travelled the path.

Shul reminds me of 12-Step recovery. So many have gone before me that the path is clear and unobstructed. I must simply follow the path that is cleared before me, one step at a time. But what if the details of the forest surrounding the path as well as the details of those who currently walk the path have changed dramatically over time? What happens to those who are on the path if that path does not adjust to the changing nature of the thick forest?

In 1961 Bill W. wrote in the Grapevine that “the Steps and Traditions represent the approximate truths which we need for our particular purpose. The more we practice them the more we like them. So, there is a little doubt that A.A. principles will continue to be advocated in the form they now stand. If our basics are so firmly fixed as all this, then what is left to change or improve? The answer will immediately occur to us. While we need not alter our truths, we can surely improve their application to ourselves, to A.A. as a whole, and to our relationship with the world.”

Bill W. recognized that the A.A. *shul* would have to adapt and change with changing times. How does any path through a thick, overgrown, dangerous forest change? Someone must start moving their feet slightly off the path -- one step at a time. Anyone on the path who deviates from the path, however slightly, must maintain the general direction of the *shul* and the specific goal of locating the desired clearing in the forest (such as recovery, a full and useful life, a spiritual awaking). It seems unlikely that a sharp transgression from the well-worn *shul* would be prudent.

When the Big Book was written, there wasn't anything equivalent to contemporary detox and rehabilitation facilities. There wasn't an opioid crisis. There weren't 35 recovery fellowships based on the 12 Steps (https://en.wikipedia.org/wiki/List_of_twelve-step_groups). There wasn't 12 Step recovery for children and families of addicts and alcoholics. There wasn't widespread science-based evidence that addiction is not a choice nor moral weakness. The thick, overgrown, dangerous forest has changed. So how does the *shul* have to change.

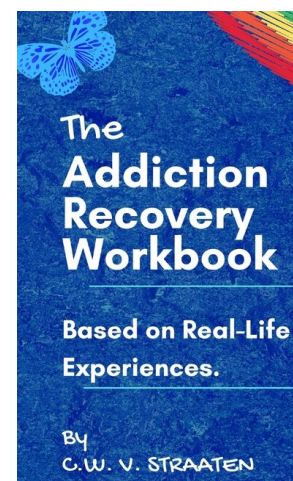
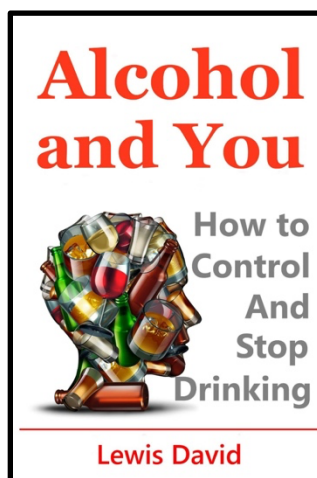
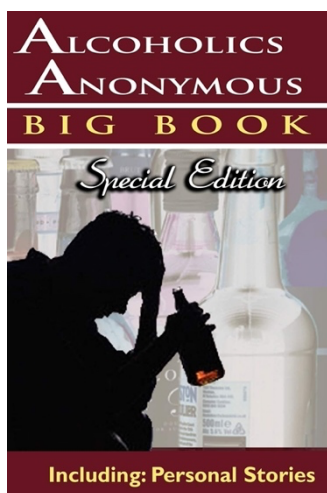
Since the 1930s, the substance of A.A. - its core literature, its program of recovery and its ways of looking at life - has changed very little. But in terms of the numbers and diversity of its members, A.A. today would be unrecognizable to its pioneers. In the early years, A.A. members were almost exclusively male, white, middle-class, middle-aged and of Western European extraction. They were men who had fallen very far, often from the top of their businesses and professions.

While current AA membership is much more inclusive, there are still some who are nervous to identify in A.A. meetings as both alcoholics and addicts. Is this one of the first and most obvious places where our collective footsteps can now begin to form a truly inclusive *shul*?

Genevieve J. (Home Group -- Our Basic Text)

Fellowship Library News

The generosity of the recovery community is beautiful, magnificent, and a privilege to be a part of. Thank you to the anonymous individual or individuals who have added magnificent and brand-new books to the Fellowship Library. These books will be well used and will help many to continue their journey of recovery. As the Big Books states on page 164: “Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as your trudge the Road of Happy Destiny.”



Fellowship + Service = Recovery

My name is Rebecca and I'm an alcoholic. I've been sober since February 14, 1994 from the tender age of 18. I quit drinking while at university. People ask me how hard it was to get sober being at university where most young people party hard. Besides strong sponsorship and working the Steps, the two things that helped me to stay sober back then and continue to help me stay sober today are fellowship and service work. When I was younger, I was lucky enough to find a group of fellow students that were also trying to live a sober life. We went to meetings together, had game nights, had study breaks at coffee shops and shared openly and honestly about our struggles and victories. I'm still in touch with most of these people nearly 30 years later and we're all still actively sober. Fellowship can be as easy as showing up to a meeting early and chatting with your fellow alcoholics or going out for coffee with people after the meeting. It's important to let people get to know you...that's how you stay accountable. When I miss a meeting at my homegroup, I get text messages of women checking in. When I seem upset or share about tough things, people can relate and share their experience, strength and hope. The more accountable I am, the greater the chances I'll stay sober. My first sponsor told me that I had to have a service commitment at all times. I didn't understand why at first; I just did what she told me. I now know that being of service helps me to stay sober because it gets my butt into a seat at a meeting. It also helps meetings run and makes AA available for anyone that wants and needs it. Service work could mean setting up a meeting or making coffee, working the AA hotline, going on a 12 Step call, or talking to a newcomer. Whenever I am wallowing in self-pity and self-centredness, being of service gets me outside of myself and focuses my thinking on others. To stay sober, I believe you must jump into the middle of AA and that's where fellowship and service come in.

May 2024 South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <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) 	2 <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) 	3 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM Serenity by Candlelight (AA) 	4 <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
5 <ul style="list-style-type: none"> 10:30 AM Girlfriend Hour (AA Women) 12:00 PM Fellowship Nooner (AA) 2:00 Sunday Afternoon Meditation Group (AA) 6:00 PM Sunday Night Step Group (CA) 	6 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	7 <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) 	8 <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) 	9 <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) 	10 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM Serenity by Candlelight (AA) 	11 <ul style="list-style-type: none"> 10:00 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
12 <ul style="list-style-type: none"> 10:30 AM Girlfriend Hour (AA Women) 12:00 PM Fellowship Nooner (AA) 2:00 Sunday Afternoon Meditation Group (AA) 6:00 PM Sunday Night Step Group (CA) 	13 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	14 <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) 	15 <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) 	16 <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) 	17 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM Serenity by Candlelight (AA) 	18 <ul style="list-style-type: none"> 10:00 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
19 <ul style="list-style-type: none"> 10:30 AM Girlfriend Hour (AA Women) 12:00 PM Fellowship Nooner (AA) 2:00 Sunday Afternoon Meditation Group (AA) 6:00 PM Sunday Night Step Group (CA) 	20 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	21 <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) 	22 <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) 	23 <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) 	24 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM Serenity by Candlelight (AA) 	25 <ul style="list-style-type: none"> 10:00 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
26 <ul style="list-style-type: none"> 10:30 AM Girlfriend Hour (AA Women) 12:00 PM Fellowship Nooner (AA) 2:00 Sunday Afternoon Meditation Group (AA) 6:00 PM Sunday Night Step Group (CA) 	27 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	28 <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) 	29 <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) 	30 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 2:30 PM Overeaters Anonymous 3:30 PM OA Business 6:00 PM Dinner with Bill (AA) 	31 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM Serenity by Candlelight (AA) 	