

# *Fellowship Centre Newsletter: August 2024*



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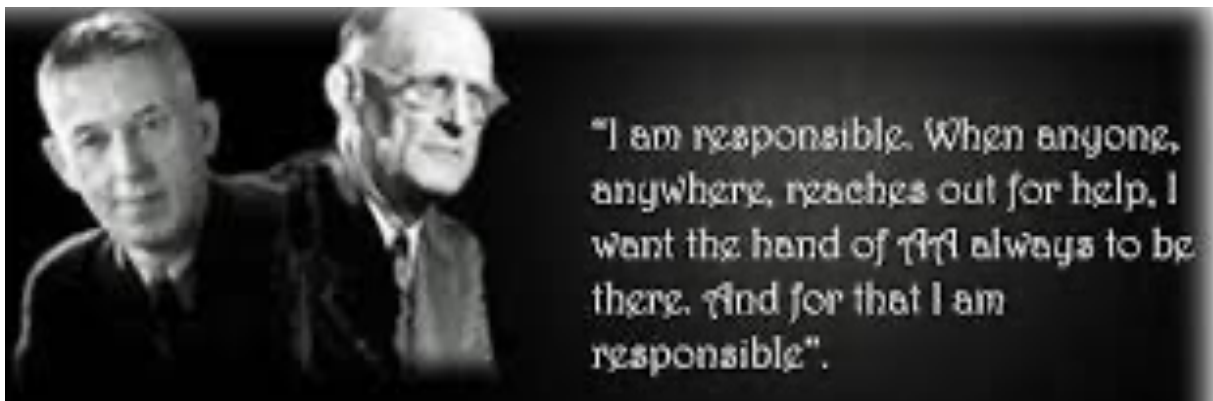
## **Message from the President**

Hello Fellow Travellers Trudging the Road of Happy Destiny!

Alberta Health Services publishes lists of resources to help individuals with a variety of health concerns. One of these 211 Resource Lists is for people with addictions. The Alano Club has been on this list for several years. Recently the South Edmonton Fellowship Centre appeared on the 211 Resources for People with Addictions (see next page of this Newsletter). This has resulted in more calls to the Fellowship Centre phonenumber as well as a greater variety of people attending meetings at the Centre. For example, a support worker may drive an individual to the Centre or, if the individual is extremely anxious, may attend the first meeting with the client to provide support. Thank you to the volunteers who worked diligently to complete all the required paperwork to have the South Edmonton Fellowship Centre on the Alberta Health Services 211 Resource List. Such volunteer efforts continue to confirm the benefits of mutual support recovery and emphasize the disease model of alcoholism and addiction as promoted by Dr. Silkworth in the Big Book of Alcoholics Anonymous. Thank you, also, to everyone who has been welcoming to all those who attend meetings at the Centre. Although the Centre has been open for less than three years, it is developing a reputation as a safe and welcoming environment for mutual support addiction/alcoholism recovery.

Step Twelve emphasizes the importance of service as does the Responsibility Statement which was recommended and accepted at the 1965 International A.A. Convention in Toronto. It remains a core principle of A.A. service today. The Responsibility Statement reminds us that A.A. is a program of mutual support. **Please see pages 3 and 4 of this Newsletter for service opportunities available at the Fellowship Centre.** Keeping the Centre sparkling clean, well-organized, and well-supplied requires a great deal of effort and volunteers are always needed. Additionally, publishing the Fellowship Newsletter, posting on the Fellowships' Facebook page, and maintaining the Fellowship Library are labor-intensive and in need volunteer support.

Thank you and in service, Wayne W. South Edmonton Fellowship Centre President



# Resources for People with Addictions

May 2024



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Addictions Support and Counselling / Crisis Support

Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Access 24/7, Adult Intake Services* ..... 780-424-2424  
*Addiction Helpline (24/7)*..... 1-866-332-2322  
*Opioid Dependency Program* ..... 780-342-7810  
Boyle Street Community Services ..... 780-424-4106  
*Managed Alcohol Program*..... 780-990-5912  
Canadian Mental Health Association (CMHA) - Edmonton Region  
*Distress Line (24/7)*..... 780-482-HELP (4357)  
Centre for Addiction and Mental Health  
*988 Suicide Crisis Helpline* ..... 988  
Digital Overdose Response System App ..... [www.dorsapp.ca](http://www.dorsapp.ca)  
Kids Help Phone (24/7) ..... 1-800-668-6868  
Poundmaker's Lodge Treatment Centres (18+ yrs) . 780-458-1884

## Adult Residential Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Access 24/7, Adult Intake Services* ..... 780-424-2424  
Hope Mission Edmonton (*faith-based*)..... 780-422-2018  
*Breakout Recovery Community (men; 18-60yrs; transient, indigent, and single)*..... 780-422-2018 x312  
*Wellspring Recovery Community (women; 18+yrs)* ..... 780-422-2018 x203  
Jellinek Society..... 780-488-1160  
(*men in recovery from cross-addiction and alcoholism; 18+yrs*)  
McDougall House Association..... 780-426-1409  
(*women in recovery; 18+yrs*)  
Our House (Edmonton) Limited..... 780-474-8945  
(*men; 18+yrs; alcohol, drugs*)  
Oxford House Foundation of Canada..... 587-598-6977  
(*men/women in recovery from addictions*)  
Poundmaker's Lodge Treatment Centres..... 780-458-1884  
(*men/women; 18+yrs; alcohol, drugs, gambling*)  
Recovery Acres Society - Edmonton..... 780-471-2996  
(*men; 16+yrs; alcohol, drugs, gambling*)  
Urban Manor Housing Society..... 780-425-5901  
(*hard-to-house men; 18+yrs; addictions / mental illness*)

## Detoxification Programs

Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Access 24/7, Adult Intake Services* ..... 780-424-2424  
*Detoxification Services, Adult (17+yrs)*..... 780-342-5900  
George Spady Society ..... 780-424-8335 x0  
*Medically Supported Detox Unit (18+yrs)*  
Poundmaker's Lodge Treatment Centres  
*Detox Program (18+yrs)*..... 780-458-1884

## Eating Disorders - Information / Treatment

Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Access 24/7, Adult Intake Services*.....780-424-2424  
Anorexics and Bulimics Anonymous ..... [www.aba12steps.org](http://www.aba12steps.org)  
Eating Disorder Support Network of Alberta  
*Education Services*.....780-729-3376

## Emergency Shelters for the Intoxicated

Hope Mission Edmonton.....780-422-2018  
*Emergency Shelter and Support Services (16+yrs)*

## Self Help / Support Groups

Alano Club - *12-Step Meetings*.....780-423-1807  
Alberta Gamblers Anonymous (*Edmonton*) .....780-463-0892  
Alberta Health Services (AHS) - *Provincial Health Services*  
*QuitCore (smoking group)*.....1-866-710-QUIT (7848)  
Alcoholics Anonymous in Alberta (AA) .....780-424-5900  
Anorexics and Bulimics Anonymous ..... [www.aba12steps.org](http://www.aba12steps.org)  
Canadian Assembly of Narcotics Anonymous  
*Alberta - Saskatchewan Region (24/7)* .....1-877-463-3537  
Clean Scene (*14 to 29yrs*).....780-488-0036  
Cocaine Anonymous World Services..... [www.ca.org](http://www.ca.org)  
Crystal Meth Anonymous.....1-855-638-4373  
Eating Disorder Support Network of Alberta  
*Adult Support Groups*.....780-729-3376  
Food Addicts in Recovery Anonymous ..... [www.foodaddicts.org](http://www.foodaddicts.org)  
Overeaters Anonymous (OA)..... [www.oa-southernalberta.com](http://www.oa-southernalberta.com)  
Problem Gambling Resources Network.....780-461-1259  
Sex Addicts Anonymous (SAA) .....780-394-3709  
SMART Recovery Alberta..... [www.smartrecoveryalberta.org](http://www.smartrecoveryalberta.org)  
South Edmonton Fellowship Centre .....780-220-7811  
*Addiction Recovery Information and Peer Support*

## Support / Info for Those Affected by Addictions

Al-Anon Family Groups - Edmonton (24/7).....780-443-6000  
*Al-Anon / Alateen Meetings*  
Alberta Health Services (AHS) - *Addiction and Mental Health*  
*Access 24/7, Adult Intake Services*.....780-424-2424  
*Addiction Helpline (24/7)*.....1-866-332-2322  
Bissell Centre - *FAS Services*.....780-423-2285 x157  
Catholic Social Services - *FASD Programs* .....780-975-4896  
FASD Support and Resources in Alberta . [www.fasd.typepad.com](http://www.fasd.typepad.com)  
Parents Empowering Parents (PEP) Society  
*Family Recovery Groups*..... 780-293-OPEP (0737)  
*Family Support Line* ..... 780-293-OPEP (0737)

## Youth Residential Programs

Alberta Health Services (AHS) - *Provincial Health Services*  
*Protection of Children Abusing Drugs* .....1-866-332-2322  
(*PChAD; under 18yrs*)

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at [www.ab.211.ca](http://www.ab.211.ca).

Contact 211 for more information or if you cannot find the particular service you are looking for.

*Inclusion of an agency or service on this list does not constitute an endorsement by 211.*

300, 10010 105 Street, Edmonton, AB T5J 1C4 Tel: 780.414.6300 Fax: 780.482.7498

211 Alberta - Edmonton and Area is a program of



## Service Opportunities at the Fellowship Centre

### CLEANERS

Meeting numbers and attendance have significantly increased at the Fellowship Centre (which is FANTASTIC). Thus, to maintain the desired standard, additional room cleaning and setup support is required. Thank you to those individuals and groups who have come forward to help fill this need. However, we still need additional help with the more in-depth cleaning and setup which are required three times each week (Saturday, Sunday, and Wednesday).

We are looking for individuals to do service and give back to the Centre by committing to one or more of these thorough cleaning days. Summer cleanings typically take about 1 hour and winter cleaning about 1.5 hours. Detailed instructions and training are provided. Volunteering to do service improves the quality of our recovery. Please contact Robert M. at 780-910-3942.



### THOROUGH CLEANING INVOLVES:

#### DISHWASHER

- Run if need be and time permitting before the next meeting (run time is 1 hour) or
- Empty into cupboards if dishes are clean

#### COFFEE STATION

- Remove cups and dispensers from coffee counter and wash counter
- Restock coffee cups on counter (3 rows)
- Refill dispensers as needed:
  - Regular sugar and artificial sweetener
  - mini creamer dish, cookies, serviettes
  - stir spoon cup, water kettle, tea basket
  - water bottles from cupboard to fridge

#### GARBAGE AND RECYCLING

- Empty washroom containers into coffee station container and take to dumpster
- Install new bag in coffee station can
- Empty recycle bottle blue bin into storage room blue bag

### WASHROOMS

- Refill Dispensers as needed:
  - toilet tissue rolls
  - hand wipe rolls
  - hand soap bottles
- Clean sinks, mirrors and toilets

### FLOORS AND RUGS

- Vacuum all rugs
- Move all chairs and small tables onto rugs (except those along back wall)
- Vacuum floor including washrooms lengthwise following floorboards, back and forth works best (may not seem dirty but removes significant amounts of dust)
- Empty vacuum into trash can
- Return chairs and tables to usual position

### TABLES WIPE DOWN

- Large and small tables
- using Pine Sol Disinfectant
- Reposition tissue and hand sanitizers on tables evenly around the room



## More Service Opportunities at the Fellowship Centre

### Fellowship Centre Floorboard Repair

Several of the floorboards at the Centre have become loose. There was some attempt to screw them down, but that did not work. Some baseboards must be removed, and the floorboards refitted and/or replaced. The Centre can afford to buy more floorboards but cannot afford to pay someone to install them. Please contact Robert M. at 780-910-3942.



### Fellowship Library Assistant

If you have word processing skills, organizational skills, at least one year of recovery, love books, and are eager to carry the 12-Step message of hope, please consider serving the recovery community by volunteering to be the Fellowship Library Assistant. This includes tasks such as itemizing Grapevines, labelling material as it is donated, maintaining a detailed list of Library holdings, encouraging people to both donate and borrow Fellowship Library books and CDs. Please contact Genevieve J. at 780-940-1374.

### Fellowship Newsletter Editorial Assistant

The Fellowship Newsletter is available online via the Fellowship Centre's website <<https://fellowship-centre.org>> and hardcopies are available at the Centre. Currently monthly circulation is approximately one hundred. If you have word processing skills, organizational skills, writing skills, at least one year of recovery, and are eager to carry the 12-Step message of hope, please consider serving the recovery community by volunteering to be the Fellowship Newsletter Editorial Assistant. This includes tasks such as interviewing

members and transcribing their experience, strength and hope, identifying appropriate material from other recovery newsletters, and acting as a contact person for annual recovery birthdays of members whose home groups are at the Centre. Please contact Genevieve J. at 780-940-1374.

### Fellowship Centre Facebook Assistant Manager

The Fellowship Centre has had a Facebook Page <[facebook.com/SEFellowshipcentre](https://facebook.com/SEFellowshipcentre)> since October 2023. There are currently 49 Facebook followers. If you are comfortable with Facebook and have organizational skills, writing skills, at least one year of recovery, and are eager to carry the 12-Step message of hope, please consider serving the recovery community by volunteering to be the Facebook Assistant Manager. This includes tasks such as posting recovery material on Facebook and encouraging people who attend meetings at the Centre to follow our Facebook page. Please contact Genevieve J. at 780-940-1374.



**Join our Facebook page!**  
**Keep up to date with new meetings, important events and much more!**

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

NOTE: Anonymity is always a priority. When you like our page, your personal Facebook profile is kept confidential, and NO member will have access to view your personal page.

## Definitions of Common Defects of Character (Steps 4, 5, 10)

**Self-centeredness/selfishness:** tending to focus on my own needs, while being thoughtless and inconsiderate of the needs, wants and feelings of others.

**Blaming:** not accepting responsibility for my own feelings, actions, mistakes, drinking, drugging, etc. Identifying people, places, and things instead of myself as the cause of my problems.

**Self-Justification:** a type of dishonest thinking where I defend my behaviour by rationalizing or excusing these actions; using alibis or excuses to justify my irresponsible acts.

**Pride:** excessive and unrealistic assessment of my strengths, personal abilities, or talents. Trying to protect my image, often at the expense of someone else. Having trouble admitting my human weakness or faults; unwilling to accept personal responsibility and/or being wrong.

**False Humility:** difficulty in identifying positive qualities in myself, uncomfortable when receiving compliments, low self-esteem, unassertiveness, being a “doormat” clocked in submissiveness and sweetness.

**Impulsiveness:** acting or talking before thinking of the consequences.

**Envy or Jealousy:** wanting something someone else has, fear of losing something that I already have, discomfort or resentment at the good fortune of others.

**Phoniness:** pretending to be something I am not, hiding my feelings, putting on a false front. It often includes “conning and manipulation.” I must look good to others, even when I know it is not who I really am. Being myself just doesn’t seem to be good enough.

**Conning and Manipulation:** neglecting or ignoring others, using silence, emotional distance or insults to get others to comply with my wishes. Consciously using warmth, praise, compliments, etc. to get what I want (for example, to gain money, alcohol, drugs, sex, freedom, advancement and assistance).

**People Pleasing:** being wishy-washy, compliant or passive. I disregard my own needs by not asserting myself with others. I refused to make waves. I resent the fact that I say “yes” when I need to or want to say “no” but am unable to do so. A defence mechanism, passively manipulating others to protect myself.

**Self-Pity:** feeling sorry for myself, that people just don’t understand me, don’t respect me or love me enough. For example, feelings of hopelessness, like a victim of circumstances, poor me. Blaming others for my misfortune. Making others responsible for my unhappiness rather than being responsible for it myself.

## More Definitions of Common Defects of Character (Steps 4, 5, 10)

**Perfectionism:** having unreasonably high and unrealistic expectations of others or myself. Expressing frustration when I or others do not meet those expectations. Fear of making or admitting my mistakes.

**Intolerance:** being unable to accept other people as they are. Being narrowminded, opinionated, prejudiced. Refusing to accept others' mistakes. By focussing my attention on others and their faults, I avoid looking at myself. This, then, is a deliberate choice of deflection.

**Sarcasm:** is a further extension of intolerance. A form of deliberate caustic humour or wit intended to wound and/or to make its victim the object of ridicule. Often, I mean the exact opposite of what I am saying. It takes the focus off my own inadequacies and insecurities. It allows me to express anger through supposed humor.

**Taking Things for Granted:** forgetting to be grateful for the blessings I have such as my health, family, possessions, freedom, relationships, etc. Failing to appreciate, take notice of, or compliment others when they truly deserve it.

**Impatience:** wanting right now that which may take time to achieve or acquire. Expecting others or myself to perform flawlessly without allowing room for others or myself to make mistakes. The results are often frustration, anger, and/or discontent.

**Withdrawing:** keeping to myself, refusing to share my thoughts and feelings with others. For example, isolating, escaping through television, computers, daydreaming, novels, hobbies and hiding in groups of people.

**Avoidance:** simply ignoring or avoiding tension, problems, people, etc. whenever my personal sense of worth or esteem is threatened.

**Violence:** acting out my anger, either physically or verbally. For example, yelling, threatening, swearing, throwing objects, punching walls, driving too fast with others as my hostages. Hostile, rude, disrespectful or defiant behavior.

**Gossiping:** running down others (while they are not present). Often done to build up my own self-esteem at someone else's expense.

**Lying:** consciously deceiving others to escape consequences or avoid conflict, obtain something I desire, or appear more competent and interesting than I feel I am.

**Laziness:** inactivity or lack of exertion and effort to begin and complete important tasks despite having the ability and need to do so.

**Negative Thinking:** a pattern of thinking negatively about myself and my surroundings, excessive worrying and anxiety about the future and regrets about the past.

## **Eighth Month; Eighth Step**

***Made a list of all persons we had harmed became willing to make amends to them all.***

Step Eight is the beginning of the process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves. By making a list of the people we harmed and becoming willing to make amends, we take action toward healing the past with others and learning how to live in the world with our head held high, looking people right in the eye.

Step Eight is mostly about identifying the damage you have done to others and listing those names. It doesn't matter if the harm you caused was from selfishness, carelessness, anger, arrogance, dishonesty or any other character defect. It doesn't even matter if you did not intend to cause harm.

You are going to make a completely thorough list, considering all the ways in which it is possible to cause harm to another person. Some situations are obvious, for instance if you stole money from a person or business, or if you exhibited physical or emotional abuse. The names on your list could be people you bullied, cheated on or treated coldly. Whether they are living or dead or will want to hear from you or not, it doesn't matter. You are just making a list.

There will be fear and there are going to be people who come to mind who caused you harm. A lot of people delay in starting to work on Step Eight because they are not willing to make amends to these people because they resent them too much. Even if you are so unwilling that you do not even want to pray for willingness because you cannot imagine having any compassion for certain people, put their names on the list anyway. The truth is that forgiving someone who harmed us may mean swallowing some pride. Unfortunately, not forgiving that person costs us our freedom.

The greatest thing about recovery is that much to our own surprise we become willing to let go of resentment, blame and self-pity, and recognize that we are all just ordinary, garden variety, human beings. Instead of getting caught up in those tricky old feelings, get out your pen and paper and put those names on a list.

Before you can rebuild relationships, you need to identify the relationships that were damaged. That is why you are making a Step Eight list. You get to take responsibility for your own part, not someone else's, and to clean up your side of the street.

Putting names on paper takes the ideas out of our heads, where they may have grown to massive proportions, and right-sizes them. You have already catalogued your character defects and moral inventory, and now you are going to examine some of the same situations from another angle and perspective. For your Eighth Step list you should include every name you think of, even if you are not sure that you owe any amends in that particular situation. You can put your name on that list, with an awareness that the way we make amends to ourselves is the ongoing process of stopping irresponsible and self-destructive behavior.

Take the list and break it into four categories with your sponsor:

1. People to make amends to now. *Once on a good sober footing.*
2. People to make partial amends to in order to not injure them or others.
3. People to make amends to later.
4. People we "*may*" never be able to make direct personal contact.

You are going to get to practice the principle of courage while working the Eighth Step because you cannot restrict your list only to those amends that you think will turn out OK. Remember to be incredibly honest, even if what you discover in the truth is painful to accept.

### **Forgiveness and Spiritual Principles**

*“There is no love without forgiveness, and there is no forgiveness without love.”– B. McGill*

Spiritual principles abound in Step Eight. Forgiveness, honesty, courage, willingness, accountability, humility and compassion are some of the biggies. By listing who we believe we have harmed, we are holding ourselves accountable. By admitting we are human and have made mistakes, we develop compassion for ourselves. By forgiving those who have harmed us we are set free. Extending a decent dose of authentic love requires humility and knowing that these actions will not only help in your recovery but also benefit the greater good, requires a fair amount of trust.

### **Repairing Burned Bridges: Step Eight Questions and Actions**

Step Eight helps build awareness that, little by little, we are gaining new attitudes about ourselves and how we deal with other people. Here are some questions to help guide you through working Step Eight. Rather than simply answering, yes or no, provide a description of your feelings, reflect on your answers, and discuss answers with your sponsor.

- Are resentments in the way of your willingness to make amends?
- Are you hesitating in any way before working on the Eighth Step?
- Why is it valuable to determine the exact nature of your wrongs?
- Why is it so essential that you are very clear about your responsibility?
- Are there people to whom you owe an amends who may be a threat to your safety or about whom you are concerned in some other way?
- Why is simply saying, “I’m sorry” not sufficient to repair the damage that you have caused?
- Why is only changing your behavior not sufficient to repair the damage you have caused?
- Do you have amends to make that are financial and therefore you do not want to make them?
- Can you imagine what your life would be like if you had already made these amends?
- Do you have amends to make to people who have harmed you?

### **Finishing Step Eight**

There is a level of honesty in working the Twelve Steps that some members exalt in, because of the freedom it brings. The reason one of our slogans is “happy, joyous and free!” is because without alcohol/drugs/acting out in our lives we have freedom to take a deep breath and exist in the day, relieved of that feeling of waiting for the other shoe to drop, the jig to be up, or the police to come knocking.

Remember that it takes time to heal from traumas. As addicts we want to rush to the end result. However, there is no prize for doing any of the Steps as fast as you can. Impulsively rushing in to make amends without taking the time to work with your sponsor could be as detrimental as not making amends. It is never too late, but sometimes it is too early.





# **Daily Affirmations**

## ***Say to Yourself Often and Reflect on During Step 11 Meditation***

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### **Gratitude and Positivity**

#### Gratitude Breeds Positivity

Gratitude is born out of a positive attitude. When you choose to focus on the good in your life, you naturally feel more positive and optimistic about the future. Gratitude can help you shift your perspective and see things in a more positive light.

#### Positive Thinking Leads to Positive Actions

Positive thinking can lead to positive actions. When you focus on the good in your life, you are more likely to take actions that lead to positive outcomes. Positive thinking can also help you to overcome challenges and obstacles, as it gives you the strength and resilience to keep moving forward.

#### Positive Words Have Power

The words you speak have power. When you speak positively, you are more likely to attract positive things into your life. Conversely, when you speak negatively, you are more likely to attract negative things. Choose your words carefully and focus on speaking positively, even during challenging times.

#### Gratitude is a Daily Habit

Gratitude is a habit that must be practised daily. Take time each day to reflect on the good in your life, and to expressed gratitude for the blessings you have. This may help you maintain a positive state of mind.

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### **Letting Go of the Past and Embracing Your Present Self**

#### Learn from the Past

While it is important to let go of the past, it is also important to learn from it. Reflect on past experiences and mistakes and think about what you can do differently moving forward. This will help you grow and become a better version of yourself.

#### Forgive Yourself

Forgiving yourself for past mistakes is essential for moving forward. Holding onto guilt and shame will only weigh you down and prevent you from embracing your present self. Be kind to yourself and practice self-forgiveness.

#### Letting Go of What No Longer Serves You

Letting go of negative emotions or experiences that no longer serve you is critical for embracing your present self. Say out loud “that’s the old way and I’m not going to be influenced by it anymore” to release any negative energy.

#### Embrace the Present Self

Embrace who you are in the present moment. Focus on your strengths and achievements and celebrate your progress. Remember that you are constantly evolving and growing.

# August 2024 South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>2:30 Overeaters Anonymous</li> <li>6:30 PM The Steps We Took (AA)</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 Seeking Serenity by Candlelight (AA)</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>10:00 AM Fellowship Breakfast Group (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>2:00 PM Gamblers Anonymous</li> <li>7:00 PM Sex Addicts Anonymous</li> </ul>
<b>4</b> <ul style="list-style-type: none"> <li>10:30 AM Girlfriend Hour (AA Women Only)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>2:00 Sunday Afternoon Meditation Group (AA)</li> <li>6:00 PM Sunday Night Step Group (CA)</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>6:30 PM Our Basic Text (AA)</li> <li>8:00 PM Awakenings Men's Meeting (AA)</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>10:30 AM Sunshine (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM ISMs (AA)</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM There is a Solution (CA)</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>2:30 Overeaters Anonymous</li> <li>6:30 PM The Steps We Took (AA)</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 Seeking Serenity by Candlelight (AA)</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>10:00 AM Fellowship Breakfast Group (AA)</li> <li>12:00 PM Fellowship Nooner</li> <li>2:00 PM Gamblers Anonymous</li> <li>7:00 PM Sex Addicts Anonymous</li> </ul>
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<b>18</b> <ul style="list-style-type: none"> <li>10:30 AM Girlfriend Hour (AA Women Only)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>2:00 Sunday Afternoon Meditation Group (AA)</li> <li>6:00 PM Sunday Night Step Group (CA)</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>6:30 PM Our Basic Text (AA)</li> <li>8:00 PM Awakenings Men's Meeting (AA)</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>10:30 AM Sunshine (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM ISMs (AA)</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM There is a Solution (CA)</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>2:30 Overeaters Anonymous</li> <li>6:30 PM The Steps We Took (AA)</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 Seeking Serenity by Candlelight (AA)</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>10:00 AM Fellowship Breakfast Group (AA)</li> <li>12:00 PM Fellowship Nooner</li> <li>2:00 PM Gamblers Anonymous</li> <li>7:00 PM Sex Addicts Anonymous</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>10:30 AM Girlfriend Hour (AA Women Only)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>2:00 Sunday Afternoon Meditation Group (AA)</li> <li>6:00 PM Sunday Night Step Group (CA)</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>6:30 PM Our Basic Text (AA)</li> <li>8:00 PM Awakenings Men's Meeting (AA)</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>10:30 AM Sunshine (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM ISMs (AA)</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM There is a Solution (CA)</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>2:30 PM Overeaters Anonymous</li> <li>3:30 PM OA Business</li> <li>6:30 PM The Steps We Took (AA)</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 Seeking Serenity by Candlelight (AA)</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>10:00 AM Fellowship Breakfast Group (AA)</li> <li>12:00 PM Fellowship Nooner</li> <li>2:00 PM Gamblers Anonymous</li> <li>7:00 PM Sex Addicts Anonymous</li> </ul>