

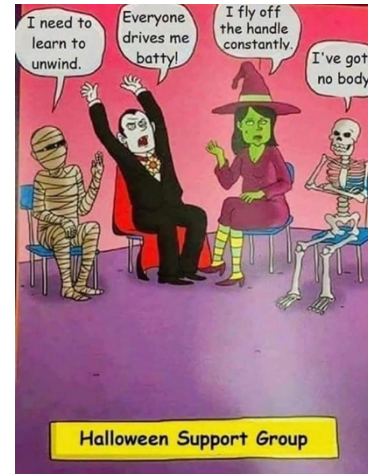
Fellowship Centre Newsletter: October 2024



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Message from the President

Welcome to our beautiful Edmonton autumn and a favorite month for children, Halloween.



Allow me to take this opportunity to review the objectives of the South Edmonton Fellowship Centre which are to:

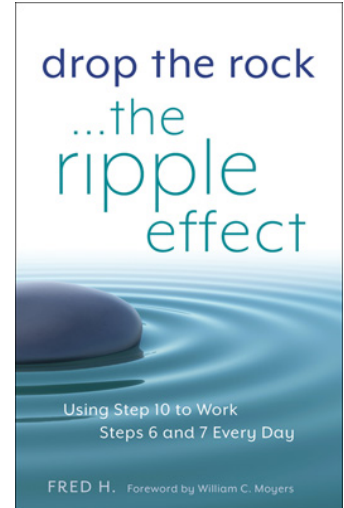
1. provide a meeting place in South Edmonton where recovering alcoholics and recovering addicts may gather to exchange ideas and enjoy fellowship;
2. provide a site for peer-to-peer recovery meetings, workshops, seminars and conferences;
3. provide opportunities for public and family involvement in the processes of recovery from alcoholism and addiction;
4. provide information on alcoholism and addiction and on methods of recovery;
5. provide recovery-oriented social activities in a non-drinking, non-drugging environment; and
6. affect its purpose without discrimination as to race, color, national origin, creed, gender or sexual orientation.

It is these objectives which establish and maintain the nonprofit status of the Fellowship Centre. Everything that happens at the Centre is governed by these objectives. All and any mutual support and nonprofit activities that support one or more of these objectives are welcome to use the facility. Each meeting, group, or activity that occurs at the Centre is encouraged to donate whatever funds they can to support the operations of the Centre. Such donations are in lieu of paying rent to use the facility. Please email me at directors@fellowship-centre.org if you would like to use the Centre to promote its stated objectives as a nonprofit society.

Yours in service,
Wayne W. South Edmonton Fellowship Centre President

The Ripple Effect: Using Step Ten to Work Step Six and Seven Every Day

In this follow-up to Drop the Rock: Removing Character Defects, Fred H. explores "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day to avoid picking up "the rock"—also known as resentment, fear, and self-pity. Drawing on the Big Book of Alcoholics Anonymous and the Twelve Steps and Twelve Traditions, Fred H. reveals Step 10 as the natural culmination of working the previous Steps, providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. The book provides multiple perspectives from people successfully working a Twelve Step Program and shows Step 10 as a key to a clean and sober life free of fear and resentment and filled with serenity and gratitude.



The Ripple Feedback Loop (pages 84-85)

There's an engine that is always on in each of us. This engine creates an ongoing feedback loop of internal ripples that look like this:

- The condition of my character shapes my thinking.
- The condition of my thinking shapes my decisions.
- The condition of my decisions shapes my actions.
- The condition of my actions shapes my practices and habits.
- The condition of my practices and habits shapes my character.

As we work Step 10, we steadily strengthen our ability to observe all aspects of this internal process. This helps us make conscious and loving choices, rather than impulsive or fearful ones.

The people who founded Alcoholics Anonymous didn't think in terms of this engine, but they were keenly aware of its elements. Steps One and Two cover our thinking. Step Three covers our decisions. Steps Four through Nine cover our actions. Steps 10 and 11 cover our practices and habits. And Step 12 covers our character. The 12-Step program offers healing and transformation at every point in this loop.

Other programs for addressing addiction intervene at specific spots in the loop, but not throughout the entire loop. For example, Rational Behavioural Therapy intervenes at the points of thinking and action. Reality Therapy intervenes at the point of action. These and other beneficial interventions help people stay out of trouble in the short term and change their behaviour for the better. But they are not spiritual programs that lead to transformed lives.

Step Ten Review and Evening Checklist

Continue to take personal inventory and when we were wrong promptly admitted it.

The 10th Step involves self-reflection and a commitment to promptly admitting when one is wrong. Step 10 encourages individuals to take a daily inventory of their behavior, promptly admitting any wrongdoing, and continuing personal and spiritual growth. This Step aims to maintain emotional sobriety and prevent the accumulation of resentments and unresolved issues.

Steps One through Nine have taught us to see the truth about our behavior and how the rest of the world responds to our actions. With this awareness we can now clearly see what is going on during every moment of our day. The purpose of Step 10 is to demonstrate to ourselves that we can control our actions. We are no longer functioning like a robot under the weight of old habits or while not thinking about what we are doing.

An example of working Step 10 might be getting angry when someone cuts us off in traffic. Just as we begin to form the profanities to hurl from our open car window, we recognize that the other driver will not be improved by our anger and would benefit more from our demonstration of the right way to react to anger or stress. Instead of hurling abuse, we smile as we pass the driver, even if it's not a real smile. By responding to a conflict or anger with grace, we have used Step 10.

Another example might be that we did not get a recent promotion. When our boss tells us it is due to poor work performance, we disagree and, because we are angry, we tell him off. Working the 10th Step does not mean that we don't get angry ever again, or that we don't make mistakes. It means that if we do, we admit when we are wrong. So immediately after our outburst, we calm down and apologize to our boss for our inappropriate reaction.

Step 10 Evening Checklist

1. Take a deep breath and let it out slowly. Turn your mind to your Higher Power (HP) or the Spiritual Principles.
2. Review your day; remind yourself what you did today. Pause – Take a deep breath and let it out slowly. Answer the following questions:
 - Was I constantly thinking of my wants and needs?
 - Did I spend time in worry, remorse or morbid reflection?
 - Did I control my appetites and urges?
 - Was I resentful or angry?
 - Was I dishonest?
 - Did I try to puff myself up?
 - Did I gossip?
 - Do I owe an apology to anyone?
 - Was there anyone who irritated me?
 - Do I need to talk to someone about anything that I did today?
 - Was I consciously in contact with HP today?
 - Was I grandiose and self-centred?
 - What could I have done better?
3. Pause – Take a deep breath and let it out slowly. Read a passage from a spiritual reading. Reflect, pray or meditate on it.

(<https://the4thdimension.ca/wp-content/uploads/2021/03/Evening-Checklist.updated-nov-2020.docx>)

How to Stop Ruminating

Submitted by Sharmayne B. (Home Group is the *Providence Group*: Sobriety Date December 4, 2022)

While some repetitive thinking can help solve problems, negative or unhelpful rumination is defined as engaging in a repetitive negative thought process that loops continuously in the mind without end or completion. The pattern can be distressing, difficult to stop, and unusually involves repeating a negative thought or trying to solve an evasive problem. Rumination is a bit like overthinking, where you keep going over and over the same thoughts. These are often negative thoughts about the past, present, or future. They can involve self-blame, hopelessness, and negative self-esteem. Rumination contributes to feeling helpless resulting from the inability to change what has already happened. Realizing how much energy we put into ruminating over a situation can lead to even more feelings of frustration as we realize that we have let the situation continue to ruin our day.

Rumination Quiz

For each statement, 1 = rarely true, 2 = sometimes true, 3 = often true, 4 = very often true

1. When I am sad, I keep thinking about how bad I feel.
2. When something angers or upsets me, it replays in my mind for a long time.
3. I worry about bad things that might happen in the future.
4. I dwell on my problems for long periods of time.
5. In my mind, I repeatedly go over and over my embarrassing, awkward moments.

Scores of 10 to 14 indicate a moderate tendency to engage in negative or unhelpful rumination. Score of 15 to 20 indicate extreme unhelpful rumination. If you are a negative ruminator, talk to your sponsor, attend more meetings, pray and meditate, and watch and reflect on the following videos.

Mark Dejesus produced a series of YouTube videos on negative rumination. As a teacher, author, transformational consultant and podcast host, he brings decades of pastoral and ministry experience to his current work in developing materials to help people experience healing, freedom and transformation. Mark is passionate about equipping people to experience mental, emotional and relationship health. He provides grounded perspectives that help others address the core issues that influence the limitations and struggles we face. He is the author of numerous books and hundreds of teachings. I hope you will find these videos as useful and inspiring as I did.

How to Stop Ruminating

<https://www.youtube.com/watch?v=NLZ4vbH-dCA&authuser=0>

Do You Ruminates About the Past

<https://www.youtube.com/watch?v=0cX2eeCF3-I>

Are You Ruminating Venting or Processing Your Emotions

https://www.youtube.com/watch?v=_8ZidaAqdtw

Overcoming Overthinking

<https://www.youtube.com/watch?v=TZ9FNL1iI54>



Announcing: a new book from AAWS on sale November 1, 2024



The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book *Alcoholics Anonymous* “the Big Book.” It is the basic text of the A.A. program. The *Plain Language Big Book* has been written to present the original ideas and same spiritual message of the Big Book, *Alcoholics Anonymous*.

This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.’s lifesaving message.

For years, A.A. members have expressed a need for a *Plain Language Big Book*. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book *Alcoholics Anonymous*. Other people have a hard time reading, especially books that were written long ago. This *Plain Language Big Book* is written in simpler language to support readers in their recovery.

This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the *Plain Language Big Book* was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as Conference Approved Literature.

The *Plain Language Big Book* covers the core content of what is the “abridged version” (the edition without personal stories) of the original Big Book.

Readers are also encouraged to seek out the current edition of the book *Alcoholics Anonymous* and meet with A.A. members to support their own individual paths of recovery from alcoholism.

The *Plain Language Big Book* is A.A. General Service Conference-approved literature.

PLAIN LANGUAGE BIG BOOK: A Tool for Reading *Alcoholics Anonymous*

- **Publication (on-sale) date: November 1, 2024**
- **List Price \$11.**
- **Item B-90**
- **192 pages; 8 ½' x 11"**
- **Softcover format with flaps**

Twelve-Step Programs as a Design for Living

Twelve-Step programs are designed to promote emotional well-being, not just physical sobriety. Often described as a plan for living, here are some particularly useful 12-Step strategies for clean, sober, happy and healthy living:

1. Let Go of Control: Human beings are designed to seek control and to seize it whenever possible. The best gift we can give ourselves is to follow the Serenity Prayer made famous by 12-Step programs. The prayer encourages us to let go of things we cannot change and to focus only on things we can control. “Letting go” calms us and assures us that we are neither designed nor able to fix the entire world.
2. Patience: One of the central ideas of 12-Step programs is the notion that there are rarely quick-fixes. An addiction did not happen overnight, and it won’t resolve itself overnight. We can work on increasing our patience by understanding that solutions to big problems require a process that is already well underway. We can trust that process and allow it to unfold on its own timetable.
3. Keep the Focus on Oneself: Twelve-Step programs teach members that the solution to most problems resides in our own attitudes and mindsets. Spiritual teachers throughout the ages have cautioned against taking the mental stories in our heads too seriously. Two keys to calming ourselves and changing the self-narrative are gratitude and to letting go of the need to control things beyond our own individual lives.
4. Trust: Twelve-Step programs emphasize the importance of trusting that even when things seem to be going wrong, there is a deeper, more long-term perspective that we can take. Such a perspective sees the potential good in any situation. We can trust that despite appearances, a power greater than ourselves is in charge and will somehow provide solutions that we are unaware of right now.
5. Live in the Present: One of the most important tools of 12-Step recovery is the practice of staying in the present moment. Our minds can easily wander to the past, where regrets or resentments lie waiting for us, or to the future where anxieties lurk. There are no problems in the present moment, only challenges that can be met one at a time, one moment at a time. Staying in the present keeps our fears at bay and converts our problems into bite-size, manageable issues that we can easily deal with.
6. Social Connections: It has been said that every person with addiction's “sore spot” is the feelings of isolation, of being socially disconnected. Yet psychologists know that the need to belong is central to human well-being. All 12-Step programs strongly encourage their members to find a mentor, a sponsor who can walk the path of life with them. We each need to have one or more persons we can turn to for advice, for comforting words, for companionship, even if it is over Zoom or the phone.
7. Service to Others: The 12th and final Step of recovery programs states that the key to maintaining our own emotional well-being is to help, encourage, and comfort others. Each one of us possesses a gift to share with the world, whether it is painting, writing, singing, or simply listening. Research on heroism tells us that we are all designed to do what all classic heroes do — encounter adversity, seek help from friends, make mental adjustments, behave accordingly, and then share our experience, strength, and hope with others. The hero’s journey is the 12-Step journey that we benefit from during any phase of our lives and our recoveries.

By Scott T. Allison (adapted from <https://www.psychologytoday.com/ca/blog/why-we-need-heroes/202003/how-the-wisdom-12-step-programs-can-help-us-covid-19>)

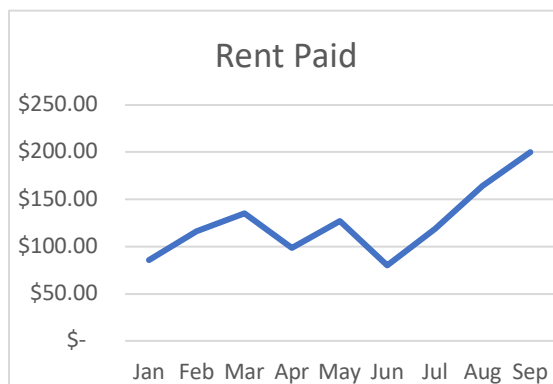
Girlfriend Hour Used Clothing Sale

As you may have noticed, during the month of August and into September there was a corner of the Centre that was used to accept donations of used clothing and recycle that clothing either free of charge or for any monetary donation. The Girlfriend Hour Group organized and managed this community-building recovery activity.

The Girlfriend Hour is an Alcoholics Anonymous ladies meeting held at the Fellowship Centre at 10:30 AM every Sunday. Starting as a meeting in July 2023, the Girlfriend Hour registered as a group with AA Central Office in New York in April 2024. It currently has five home group members and several regular attendees. As a Group, the Girlfriend Hour seeks to be fully self-supporting (Tradition 7). Given that attendee weekly donations have not been sufficient to cover the cost of birthdays, literature and rent, it sought to raise funds while helping the recovery community. For example and as shown in the graph below, in September the Girlfriend Hour was finally able to donate the anticipated \$50/meeting or \$200/month to the Fellowship Centre in lieu of rent.



The Girlfriend Hour would like to thank the many individuals who donated gently used clothing to the community building fundraising event. \$311.05 was raised to contribute to the operations of the Girlfriend Hour. While the fundraiser allowed the Girlfriend Hour to pay its full rent in September, perhaps more importantly, many people were able to improve their wardrobes, which is important for several aspects of recovery such as employment and self-esteem.



Based on a group conscious decision by the Girlfriend Hour, all used clothing which was not taken by someone in the Fellowship Centre recovery community was donated to the More Than a Fad Thrift Store, a local non-profit thrift store led by a small team of staff and a dedicated body of volunteers. All profits from the thrift store directly support the Adeara Recovery Centre, an addiction recovery centre for women and their children in Edmonton. Those who donated used clothing to the Girlfriend Hour community building fundraiser also helped the Adeara Recovery Centre to:

- provide safe shelter for women in long-term addiction recovery. Those who have come from a background of houselessness, incarceration, or a general absence of security can rely on a secure home for themselves and their young children.
- guide women through a recovery program that offers rounded healing from addiction: biologically, psychologically, socially, and spiritually.
- rebuild families through helping women regain custody of their children and allowing children to live in the centre with their mothers.

Thank you so much to everyone who donated gently used clothing as well as purchased that clothing.

CIRCLES OF INFLUENCE

@ReachOutRecovery

IN MY CONTROL

MY ACTIONS
MY RESPONSES
MY VALUES
MY GOALS
MY MINDSET
MY BOUNDARIES
MY BELIEFS
MY CHOICES
MY PERSPECTIVE
HOW I SPEAK TO MYSELF
WHAT I FOCUS ON
HOW I SPEND MY FREE TIME
HOW I ENGAGE
WHO I SPEND TIME WITH
THE WORDS I SPEAK

IN MY INFLUENCE

MY HEALTH
MY WELLBEING
MY FRIENDSHIPS
RELATIONSHIP DYNAMICS
MY REPUTATION
FAMILY DYNAMICS
WORK ENVIRONMENT
MY FINANCES
DECISION MAKING
CERTAIN ASPECTS OF THE FUTURE
WHAT I VOTE
MY HABITS AND ROUTINES
WHERE I GET MY NEWS FROM
WHO I FOLLOW ON SOCIAL MEDIA

NOT IN MY CONTROL

AGING
LOSS
ILLNESS
TIME
THE PAST
MY MEMORIES
MY REGRETS
OTHERS FEELINGS
OTHERS THOUGHTS
OTHERS WORDS
OTHERS BELIEFS
OTHERS BEHAVIOR
OTHERS RESPONSES
NATURAL DISASTERS
THE FUTURE
THE WEATHER
THE OUTCOME OF MY EFFORTS

A Script/Letter to Support Step Nine Amends

(Anonymously submitted to help others)

Hello ____ and thanks for meeting with me and taking this letter. As you are aware, I am an alcoholic in recovery. I have now been sober for over 6 months. As part of my recovery, I want to make amends to you. Making amends will assist me in the treatment of my disease. I now see that I was wrong, and I now see that this has hurt you. I have many character flaws, particularly that effected my past conduct with you including:

- I feel most comfortable when I control everything and everyone. When things do not work in my favour, I react harshly to make myself feel better. This “puppet mastery” leads me to an even more unfavourable mindset and negativity. This was my reaction to me being vulnerable and having a low self-esteem.
- My brain is full of instability, nervousness, weakness, apprehension and the only time I ever felt emotionally stable was when I had a couple drinks in me; then I had too much, and my emotional instability took over to complete insanity deeming me useless to everyone and everything; hurting you.
- I get extremely nervous, shy and apprehensive in situations that I am not in control, and this included situations with you. My desire for power and prestige created further emotional withdrawal from you.

I fully recognize my character flaws and that I hurt you and many others, including myself.

I do not remember many details of my insanity when I was an active alcoholic; but I know I hurt you. I wish I could change that, but I cannot. If there are any specifics you would like to discuss, please ask and I will do my best to recollect.

I will always be an alcoholic, hopefully in recovery. This disease never goes away, through AA I have been given the strength for it to be subdued. I have been putting my sobriety in front of everything else these past 6 months, and with God’s will, I will continue to have the strength to do this. I have learned a lot about myself and feel that I have grown as an individual. I do not believe before AA I had ever had a spiritual side; this spiritual side is now providing me strength to continue my journey.

I would like to read my prayer.

God give me the strength to replace my defects of character including my need for acceptance, my fears, my social anxiety, my need for control and my ego with the principles. Give me patience, humility, courage and awareness. With your will I welcome and accept a new happiness, a new freedom and a new experience in life. Today, with your will and guidance I choose to be vulnerable and to accept and love myself.

____, I was wrong, and my behavior has caused you harm. Please accept our conversation and this letter as my attempt to make amends to you. I can only hope that in time I can prove to you that I am getting better. I love you and care about you. I want to be a person that you trust.

October 2024 South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <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) 	2 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 8:00 AM Robert Cleans 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	3 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 2:30 PM Overeaters Anonymous 6:30 PM The Steps We Took (AA) 	4 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM Serenity by Candlelight (AA) 8:30 PM Dolly Cleans 	5 <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
6 <ul style="list-style-type: none"> 6:00 AM Robert Cleans 10:30 AM Girlfriend Hour (AA Women Only) 12:00 PM Fellowship Nooner (AA) 2:00 PM Sunday Afternoon Meditation Group (AA) 6:00 PM Sunday Night Step Group (CA) 	7 <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) 	8 <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) 	9 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 8:00 AM Robert Cleans 12:00 PM Fellowship Nooner (AA) 7:00 PM There is a Solution (CA) 	10 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 2:30 PM Overeaters Anonymous 6:30 PM The Steps We Took (AA) 	11 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooner (AA) 7:00 PM Serenity by Candlelight (AA) 8:30 PM Dolly Cleans 	12 <ul style="list-style-type: none"> 10:00 AM Fellowship Breakfast Group (AA) 12:00 PM Fellowship Nooner (AA) 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
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