

# *Fellowship Centre Newsletter: December 2024*



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## **Message from the President**

As the Fellowship Centre continues to grow and evolve, governance and services must also grow and evolve. Four ad hoc committees were struck in November, and an email was sent encouraging members of the Centre to volunteer to serve on these Committees. Based on pooled commitment and expertise, each Committee makes recommendations which are considered by the Board of Directors or by Membership at the next Annual General Meeting (February 22, 2025). Individuals, not necessarily in recovery, with commitment to the Centre and expertise in the any of following areas are encouraged to serve on these Committees. Email [info@fellowship-centre.org](mailto:info@fellowship-centre.org) to volunteer your time and expertise.

- 1) **Fund-Raising Committee:** This Committee considers and recommends ways to ensure that the Centre can satisfy its financial obligations. A Director is needed to lead this Committee.
- 2) **Technology Committee:** The Board of Directors has instructed this four-person Committee to move forward on its recommendations with respect to improvements to the Centre's website, Facebook page, telephone services, and teleconferencing infrastructure.
- 3) **Membership Committee:** This Committee determines viable strategies to encourage individuals to become Members of the Fellowship Centre (see page 4 of this Newsletter). Ample Membership is needed to ensure adequate volunteers to fill all Centre service positions as well as providing a pool of committed and experienced Members from which to nominate future Directors and Officers.
- 4) **Bylaws Committee:** This Committee updates existing Centre bylaws and recommends these revisions to Membership at the next Annual General Meeting (February 22, 2025). This three-person Committee has submitted proposed amended bylaws to all Centre Members for feedback. Article 2 of these proposed amended bylaws is on pages two and three of this Newsletter. Feedback from the recovery community is most welcome.

**On behave of the Board of Directors of the South Edmonton Fellowship Centre, I wish you a happy, safe, clean and sober holiday season full of serenity, humility and gratitude.**

Wayne W., President, South Edmonton Fellowship Centre



## **PROPOSED AMENDED CENTRE BYLAWS: ARTICLE 2 – MEMBERSHIP**

### **2.1 Admission of Members**

Members of the Centre are those persons who are Members on the date these Bylaws become effective, and any person who subsequently becomes a Member of the Centre. Such subsequent Membership shall occur where a majority of Directors vote in favor of the proposed new Membership.

### **2.2 Responsibilities of Members**

Members shall:

- a) be present at AGMs and Special Meetings or inform the President or Secretary of their inability to attend;
- b) ensure that the Secretary has their accurate contact information; and
- c) be active in their commitment to maintaining and advancing the Objectives of the Centre.

### **2.3 Rights of Members**

Members may, in-person or virtually:

- a) provide opinions and expertise on matters brought forward at AGMs and Special Meetings;
- b) vote or abstain from voting on Resolutions made at AGMs and Special Meetings;
- c) make or second Resolutions made at AGMs and Special Meetings;
- d) volunteer for ad hoc and/or standing committees that advance the Objectives of the Centre; and
- e) request from the President access to the Centre's financial accounts, records and books.

### **2.4 Cessation of Membership**

A person ceases to be a Member if:

- a) the person resigns as a Member;
- b) the Board withdraws Membership due to inactivity or any other matter concerning the welfare of the Centre;
- c) the person is requested to resign by Resolution of the Members; or
- d) the person dies.

### **2.5 Resignation of Membership**

A Member shall withdraw from Membership by giving written notice of resignation to the President, which resignation shall be effective upon receipt thereof.

### **2.6 Fees, Dues and Assessments**

There shall be no fees, dues or assessments associated with Membership.

## **ARTICLE 3 – MEETINGS OF THE MEMBERS**

### **3.1 Meetings of the Members**

The Board shall conduct an AGM each year. A Special Meeting of the Members may be convened by the Board at any time. The Board shall determine the meeting date, time and place.

### **3.2 Annual General Meetings**

At the AGM, the Members shall:

- a) receive copies of reports pertaining to the Centre;
- b) conduct elections of Directors and Officers;
- c) appoint the accountant for the next fiscal year; and
- d) such other items of business as the President may determine.

### **3.3 Special Meetings**

A Special Meeting may be called by the President and must be called by the President upon the receipt of a written request supported by at least five Members to convene a Special Meeting.

### **3.4 Notice of Meetings**

Meetings of the Centre may be called by written notice at least fourteen days before the date of the meeting. Any such notice may include a written memorandum containing particulars of the business to be transacted at such meeting except for particulars of proposed Special Resolutions of which notice must be given pursuant to the Societies Act.

### **3.5 Accidental Omission to Given Notice**

The accidental omission of given notice of a meeting or the non-receipt of the notice by any Member shall not invalidate proceedings of the meeting.

### **3.6 Quorum**

A valid AGM or Special Meeting will have at least five Members present in addition to Directors and Officers.

### **3.7 Chairperson of Meetings**

- a) The President of the Centre or, in the absence of the President, one of the other Directors present shall preside as Chairperson of an AGM or a Special Meeting; or
- b) If the President or another Director is not present within 15 minutes after the time appointed for holding the meeting, or the President and all other Directors present are unwilling to act as Chairperson, the Members present shall choose one of the Members to be Chairperson of the meeting.

### **3.8 Resolutions**

A Resolution shall not be proposed, seconded or voted on by the Chairperson of an AGM or a Special Meeting. In the case of an equality of votes, the Chairperson shall have a vote.

### **3.9 Procedures at Meetings**

The procedures to be followed are those set out in the most recent edition of Robert's Rules of Order except as otherwise provided in these Bylaws. The Chairperson of the meeting has final authority to decide upon interpretation of procedures.

### **3.10 Votes**

Each Member who is present at a meeting of Members is entitled to one vote on each Resolution made at the meeting.

### **3.11 Voting**

Subject to the Societies Act, any Resolution at a meeting of Members shall be decided by a show of hands unless a ballot thereon is required or demanded as provided by Article 3.12. Upon a show of hands every person who is present and entitled to vote shall have one vote. Whenever a vote by show of hands is taken upon a Resolution, unless a ballot thereon is required or demanded, a declaration by the Chairperson of the meeting that the vote upon the Resolution has been carried or carried by a particular majority or not carried and an entry to that effect in the minutes of the meeting shall be prima facie evidence of the fact without proof of the number or proportion of the votes recorded in favor of or against any Resolution or other proceeding in respect of the said Resolution. The result of the vote so taken shall be the decision of the Members upon the said Resolution, unless a ballot is demanded or required immediately after the show of hands.

### **3.12 Ballots**

On any Resolution proposed for consideration at a meeting of Members, and whether or not a show of hands has been taken thereon, any Member present and entitled to vote at the meeting may require or demand a ballot. A ballot so required or demanded shall be taken in such manner as the Chairperson directs. A requirement or demand for a ballot may be withdrawn at any time prior to the taking of the ballot. If a ballot is taken, each Member present and entitled to vote shall have one vote on any Resolution, and the result of the ballot so taken as reported on by the scrutinizers (if appointed) shall be the decision of the Members upon the said Resolution.

### **3.13 Adjourned Meetings**

- a) If a quorum (Article 3.6) is not present within thirty minutes from the opening of a meeting of Members, the meeting shall be terminated. The Members present may adjourn the meeting to a fixed time (not less than seven days or more than one month from the time of the adjourned meeting) and to the same place as the adjourned meeting but may not transact any other business than the business of the meeting that was adjourned. The quorum at an adjourned meeting of Members shall be the number of Members present at such adjourned meeting.
- b) Any AGM or Special Meeting at which a quorum (Article 3.6) is present may be adjourned by Resolution of the Members then present to any time and such business may be transacted at such adjourned meeting as might have been transacted at the original meeting at which such adjournment was first made and no notice shall be required of any such adjournment.

### **3.14 Persons Entitled to be Present**

The only person entitled to be present at a meeting of Members shall be those entitled to vote thereat and others who, although not entitled to vote, are entitled or required under any provision of the Societies Act, the Application for Incorporation or the Bylaws to be present at the meeting. Any other person may be admitted only on the invitation of the President or with the consent of all Members present at the meeting.

# BECOME A MEMBER OF THE FELLOWSHIP CENTRE

## Did You Know?

1. The Fellowship Centre is a Registered Provincial Non-Profit Society and a Registered Charity with the Federal Government.
2. The Fellowship Centre's mandate is to provide a safe, welcoming, accessible and affordable space for mutual support addiction recovery meetings, workshops and activities.
3. The Fellowship Centre is run entirely by unpaid volunteers.
4. The Fellowship Centre is not affiliated with any group that uses the facility.
5. Being a member of an addiction recovery group does not make you a member of the Fellowship Centre.
6. You do not need to be in addiction recovery to be a member of the Fellowship Centre. Family and friends are most welcome.



## Become a Member!

The Fellowship Centre is currently recruiting members to:

- enhance the future and betterment of the Society.
- participate in the decision-making process.
- provide ideas and feedback on how the Centre can be improved.
- select and appoint the Board of Directors and Officers.
- volunteer for committees that make recommendations to the Board of Directors.
- provide service that further enhances the mandate of the Centre.



## BE PART OF THE CONTRIBUTION TO ENHANCE A LOCATION DEDICATED 100% TO ADDICTION RECOVERY



## How do I Become a Member?

Email [info@fellowship-centre.org](mailto:info@fellowship-centre.org) and provide your name, phone number and email address along with a request to join. New Members will be approved at the next Annual General Meeting on February 22, 2025.

## **Ten Tips for a Clean and Sober Holiday Season**

### **Choose Your Events Carefully**

During this time of year, your inbox and voicemail can be filled with holiday invitations. While it is important to be social, you must choose those events that have the lowest risk for relapse. If you are early in your recovery, it may be wise to stick to family-oriented events and surround yourself with those who support your recovery.

### **Have an Escape Plan**

Whether it is a work party, social gathering or family event, you need an escape plan in the event the urges to use run high. Bring a supportive friend with you or have cab fare with you. If you do leave, just leave! You can always call or email the host or your friends explaining why you left so abruptly.

### **Avoid High Risk People, Places, and Things**

A saying often heard in recovery is to stay away from the people, places and things that can make you think about using substances. This is especially true during the holidays. If you get an invite from friends and family who still use, it is best to avoid those situations at all costs. Remember, your sobriety is priority one.

### **Know Where the Meetings Are**

Twelve-Step meetings are an important part of your recovery program. During the holiday season, it is important to know where your local meetings are and at what times. If you are traveling, it would be wise to do a bit of research to find meetings in the areas you are traveling for the holidays.

### **Bring Your Own**

Another great way to stay sober for the holidays is to bring your own non-alcoholic beverages. Always ask in advance if your host will be providing any non-alcoholic drinks. If not, ask if you can bring seltzer water, soda or sparkling grape juice.

### **Stick to Your Routine**

The holiday season can be very hectic. Despite your busy schedule, it is important to stick to your normal healthy routine. Be sure to eat well, get plenty of sleep, get exercise and fill your day with other recovery-friendly activities.

### **Create Your Own Traditions**

Look at your recovery as an opportunity to create new holiday traditions. Host a movie night or board game night. You may also want to consider fun activities such as ice skating, sledding, or even volunteering your time to a worthy cause.

### **H.A.L.T**

One of the first things you learn in recovery is the acronym H.A.L.T (hungry, angry, lonely, tired). If left unchecked, these basic emotions can run riot and can lead you to a relapse. It's simple: if you are hungry, eat. If you feel angry, phone a family member or friend. You get the idea.

### **Create a Contact List**

The urge to use drugs and alcohol can strike at any moment. When those feelings strike, you need to contact your support people. Always have your phone handy and always have ready the numbers of family, friends, and others supportive of your recovery.

### **Meditate on Gratitude**

Perhaps the most important tip in staying sober during the holidays is always feeling gratitude. Be thankful for your sobriety and the people in your life. Realize that overcoming addiction is something to be proud of.

## Twelfth Month: Twelfth Step

*Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

Here is an analysis of Step 12 from the Betty Ford Clinic (<https://www.hazeldenbettyford.org/articles/step-12>).

### 1) The concept of a "spiritual awakening"

This has many meanings. For Bill W., the co-founder of AA, it was a sudden, dramatic and life-changing event. In his autobiography, Bill recalled that he was bathed in light and seized by an ecstasy beyond words. "I stood upon a summit where a great wind blew. A wind not of air, but of spirit. In great, clean strength it blew right through me. Then came the blazing thought, You are a free man." After that moment, Bill never took another drink. Yet in the book Alcoholics Anonymous, he explains that this kind of experience is not required for recovery. Instead, most spiritual awakenings happen slowly over time in a subtle and gradual way.

### 2) Carrying the message of recovery to other people

This needs to be done carefully. Some key points to remember are:

- Talk to people when they are ready  
The Twelve Steps are a program of attraction, not promotion. We draw people into the Steps by our own example. When the right time comes, they'll ask: "How can I get what you've got?"
- Keep it simple  
Our message for the person who's dependent on drugs/alcohol is simply this: "I once was like you. Then I had a spiritual awakening as the result of the first eleven Steps. I have not gotten drunk or stoned since then."
- Let go of labels  
When talking to people, don't refer to them as alcoholics or addicts. We merely tell our story and let other people decide if it rings true for them.
- Avoid "two-stepping"  
This takes place when people fly directly from Step One to Step Twelve. Flush with euphoria, these people are ready to carry the message before they've done Steps Two through Eleven.

### 3) Practicing these principles "in all our affairs"

- The first three Steps are about honesty. They remind us to tell the truth when our efforts to solve any problem have failed. In turn, being honest allows us to ask for help.
- In Step Four, we go deeper, practicing the principle of self-observation. This means taking a "moral inventory" that shines a light on our strengths and shortcomings.
- In Step Five, we take what we've learned about ourselves and share it with others.
- Steps Six through Ten remind us to practice the principles of willingness and humility as we admit our mistakes and make amends.
- Step Eleven focuses on the principle of change. Nothing is static. We either grow in recovery or "coast" and become complacent. Prayer and meditation offer a source of guidance for acting wisely in any situation.
- Step Twelve boils down to the principle of brotherly love.



## Step 12 Analysis from an Addiction Psychiatrist

(<https://www.psychologytoday.com/ca/blog/healing-from-addiction/202310/aas-step-twelve-expanding-integrity-and-reaching-back>)

The first eleven Steps focus on the individual answering questions about finding freedom from addiction. Even the eighth and ninth Steps, which call for making amends to those that one has harmed, are suggested to free recovering people from the burden of shame. The final twelfth Step now turns attention outward while also expanding the concept of recovery well beyond the problem of addiction. There are many ways to understand the meaning and implications of each Step. What follows is only one perspective on Step Twelve filtered through my experience as an addiction psychiatrist.

### 1) Spiritual Awakening

A brief review of 12-Step literature and conversations with people who achieve successful recovery, quickly establishes that few experience spiritual awakening in a momentous flash. Although a lucky few experience a sudden falling of the scales from their eyes, most describe a slow shift away from seeing themselves as isolated independent entities, analogous to solitary rocks circling through space, to experiencing themselves as legitimate manifestations of a larger interconnected world.

For some, this means seeing themselves as members of the recovering community that extends well beyond them, both through history and around the globe. For others, it means communion with nature, which sustains them throughout life, and must receive proper stewardship in return. Still others find a connection to the divine, within and beyond. Spiritual awakening takes an infinite variety of forms but always contains an expansion of one's sense of self to include intimate connections to something greater.

### 2) Carrying the Message

The second portion of Step Twelve, trying to carry this message to people with substance use disorders, naturally emerges from having had a spiritual awakening. All who have fallen into addiction share the common fate of never intending to hurt themselves or others. They begin playing with chemicals to relieve whatever tension, fears, pain, ennui, or other discomfort disturbed them. As they wrestled with trying to control forces that none of us have control over, their brains, minds, and personalities changed; they became isolated inside their secrets and shame. Those who recover usually do so with help from others in recovery, and this recovering community remains connected to those who still suffer by remembering their own dark times. "Carrying the message" means sharing your recovery experience and how it was achieved with others seeking relief from addiction. The message should embody the same level of humility that is required to achieve recovery.



**I didn't get here  
because I was  
working a 1st  
Step. I got here  
because  
someone else  
was working a  
12th Step.**

### 3) Practicing these Principle

Finally, the Twelfth Step expands integrity by calling on you to practice the principles supporting recovery from addiction throughout your life. This expansion has genuine practical importance for maintaining recovery. Dishonesty in your relationships and secrets kept from others are like an area of rot happening deep in a healthy fruit basket. In time, the decay will spread and spoil the whole lot. Once dishonesty and secrets are tolerated in any part of one's life, they will spread. The spread will eventually reach your ability to be honest about any desire for alcohol and other drugs and their use. Secrets can even spread to the point of hiding the desire for chemicals, even from your awareness. It's a very slippery slope.

## Tradition Twelve

**Short Form:** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

**Long Form:** And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

### Principles First – People Second

Why are we repeatedly asked in the Traditions to give up ourselves for the greater good? The answer is because any relationship we have that does not involve sacrifice is a relationship that likely will not endure. Each Tradition straightens out a disastrous attitude we had about relationships. The Twelfth Tradition teaches us that a spirit of sacrifice (often through anonymity) is vital to good relationships.



Giving up the expectation of rewards for doing good is difficult for most of us.

It's easy for us to give and then think, "Well, I'll get a reward, even if I don't get public recognition for what I did." To remove that reward symbol from the back of our minds for whatever good we do is part of practicing anonymity. The next time you hear a speaker at a meeting whose personality is exciting from the platform, see if you can hear the principles behind their words? To which step, tradition, or concept can you relate their pitch? Setting ourselves aside and focusing on the principles of our program is a crucial component in the foundation we need for studying the Traditions and learning how to be in healthier relationships with our fellows and with those in the world around us.

### Step-Tradition Parallel

The Twelfth Step poses the question, "What is a spiritual awakening?" I believe that the evidence of a spiritual awakenings is found in a person who practices the Twelfth Tradition in all their affairs. Such a person sacrifices self in order to practice principles. Their motive in practicing all of the Traditions is anonymity: they sacrifice to help others. The Twelfth Tradition completes the Twelfth Step in the following way: I become spiritually awake when I carry the message by anonymously practicing sober principles. (From the Traditions Study developed by the Unity Insures Recovery Through Service A.A. Group, Los Angeles, CA.)

Tradition's Checklist (first published in the Grapevine and adapted for this article)

1. Why is it good idea for me to place the common welfare of all members before individual welfare?
2. What would happen to me if AA as a whole disappeared?
3. When I do not trust the Fellowship's current servants, who do I wish had the authority to straighten them out?
4. In my opinions of and remarks about other members, am I implying membership requirements other than a desire to stay clean and sober?
5. Do I ever try to get a certain group to conform to my standards, not its own?
6. Have I a personal responsibility in helping a group fulfill its primary purpose? What is my part?
7. Does my personal behavior reflect the Sixth Tradition—or belie it?
8. Do I do all I can do to support my fellowship financially?
9. Do I complain about certain members' behavior—especially if they are paid for their work? Who made me so smart?
10. Do I fulfill all fellowship responsibilities in such a way as to please privately even my own conscience?
11. Do my utterances always reflect the Tenth Tradition, or do I give critics real ammunition?
12. Should I keep my membership a secret, or reveal it in private conversation when that may help another addict (and therefore me)? Is my brand of recovery so attractive that others want it?
13. What is the real importance of me among more than a million AAs?



## DAILY AFFIRMATIONS

### Lesson: Embracing Pain for Growth and Healing

#### *Stand firm:*

It's important to stand firm and face pain, even when it feels overwhelming. Running away from pain only prolongs the healing process and can lead to further pain down the road. By standing firm, you can confront the faint pain and begin the process of healing.

#### *Ask pain what it wishes to teach you:*

Pain is often a messenger, and it's important to listen to what it has to say. Take time to reflect on the pain and ask it what it wishes to teach you. This can help you gain valuable insight and grow from the experience.



#### *Understand its answer:*

Understanding the answer to what pain is trying to teach you is critical for growth and healing. Take time to reflect on the lessons you can learn from the pain and make changes in your life to prevent similar pain from occurring in the future.

#### *Allow the process to take its course:*

Healing and growth take time, and it's important to allow the process to take its course. Be patient with yourself and the healing process. Remember that pain is temporary, and with time and effort, you can overcome it.

### Lesson: The Importance of Self-Awareness and Owning Your Faults

#### *Embrace your imperfections:*

No one is perfect. Embrace your imperfections and understand that they do not define who you are. Acknowledge your faults and use them as an opportunity to learn and grow.

#### *Taking responsibility:*

Take responsibility for your actions and own up to your mistakes. This shows maturity and a willingness to learn from your experience. Avoid making excuses and focus on finding solutions to the problems you encounter.

#### *Learning from your mistakes:*

Mistakes are opportunities for learning and growth. Take the time to reflect on your mistakes and learn from them. This can help you avoid making the same mistakes in the future and improve your overall performance.

#### *Seek feedback:*

Seek feedback from others and listen to their constructive criticism. This can provide valuable insights into areas where you can improve and help you develop greater self-awareness.

# December 2024 South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <ul style="list-style-type: none"> <li>6:00 AM Centre Cleaned</li> <li>10:30 AM Girlfriend Hour (AA Women Only)</li> <li>12:00 PM Nooner (AA)</li> <li>2:00 PM Meditation (AA)</li> <li>3:30 Mental Health Support</li> <li>6:00 PM Step Group (CA)</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>6:30 PM Our Basic Text (AA)</li> <li>8:00 PM Awakenings Men's Meeting (AA)</li> </ul>	<b>3</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>4</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>8:00 AM Centre Cleaned</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM There is a Solution (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>2:30 PM Overeaters Anonymous</li> <li>6:30 PM Steps We Took (AA)</li> </ul>	<b>6</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 Serenity by Candlelight (AA)</li> <li>8:30 PM Centre Cleaned</li> </ul>	<b>7</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>8</b> <ul style="list-style-type: none"> <li>6:00 AM Centre Cleaned</li> <li>10:30 AM Girlfriend Hour (AA Women Only)</li> <li>12:00 PM Nooner (AA)</li> <li>2:00 PM Meditation (AA)</li> <li>3:30 Mental Health Support</li> <li>6:00 PM Step Group (CA)</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>6:30 PM Our Basic Text (AA)</li> <li>8:00 PM Awakenings Men's Meeting (AA)</li> </ul>	<b>10</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>11</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>8:00 AM Centre Cleaned</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM There is a Solution (CA)</li> </ul>	<b>12</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>6:30 PM Steps We Took (AA)</li> </ul>	<b>13</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 Serenity by Candlelight (AA)</li> <li>8:30 PM Centre Cleaned</li> </ul>	<b>14</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>15</b> <ul style="list-style-type: none"> <li>6:00 AM Centre Cleaned</li> <li>10:30 AM Girlfriend Hour (AA Women Only)</li> <li>12:00 PM Nooner (AA)</li> <li>2:00 PM Meditation (AA)</li> <li>3:30 Mental Health Support</li> <li>6:00 PM Step Group (CA)</li> </ul>	<b>16</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>17</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>18</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>8:00 AM Centre Cleaned</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM There is a Solution (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>2:30 PM Overeaters Anonymous</li> <li>6:30 PM Steps We Took (AA)</li> </ul>	<b>20</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 Serenity by Candlelight (AA)</li> <li>8:30 PM Centre Cleaned</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>8:30 AM Breakfast Group Business meeting</li> <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>22</b> <ul style="list-style-type: none"> <li>6:00 AM Centre Cleaned</li> <li>10:30 AM Girlfriend Hour (AA Women Only)</li> <li>12:00 PM Nooner (AA)</li> <li>2:00 PM Meditation (AA)</li> <li>3:30 Mental Health Support</li> <li>6:00 PM Step Group (CA)</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>6:30 PM Our Basic Text (AA)</li> <li>8:00 PM Awakenings Men's Meeting (AA)</li> </ul>	<b>24</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>25</b> <ul style="list-style-type: none"> <li>7:00 AM Sunrise (AA)</li> <li>8:00 AM Centre Cleaned</li> <li>12:00 PM Fellowship Nooner (AA)</li> <li>7:00 PM There is a Solution (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>2:30 PM Overeaters Anonymous</li> <li>3:30 PM OA Business</li> <li>6:30 PM Steps We Took (AA)</li> </ul>	<b>27</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 Serenity by Candlelight (AA)</li> <li>8:30 PM Centre Cleaned</li> </ul>	<b>28</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>29</b> <ul style="list-style-type: none"> <li>6:00 AM Centre Cleaned</li> <li>10:30 AM Girlfriend Hour (AA Women Only)</li> <li>12:00 PM Nooner (AA)</li> <li>2:00 PM Meditation (AA)</li> <li>3:30 Mental Health Support</li> <li>6:00 PM Step Group (CA)</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>6:30 PM Our Basic Text (AA)</li> <li>8:00 PM Awakenings Men's Meeting (AA)</li> </ul>	<b>31</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>				