

# *Fellowship Centre Newsletter: February 2025*



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## **Message from the Board of Directors**

Happy Valentine's Day and welcome to the February Fellowship Newsletter. The Centre is experiencing a period of growth and change, and we must *up our game*. For example, the current Fellowship Centre bylaws were written in the summer of 2020 by the founding five members of the Centre, none of whom, at that time, had knowledge or experience writing bylaws for nonprofit societies. Typically, such bylaws are written by legal professionals but, in 2020, the Centre had extremely limited financial resources which the founding members thought were best spent on a website and brochures. I am grateful that the 2020 bylaws have served us reasonably well these past years. But the Centre has grown and, luckily, so have the knowledge and experience of Directors, Members, and volunteers.

Recognizing the limitations of the 2020 bylaws, the President recently formed a Bylaws Committee comprised of volunteers with relevant knowledge and experience. Thanks to the diligent and dedicated effort of that Committee, a new set of bylaws will be presented for ratification at the Annual General Meeting on February 22, 2025, at 4:30 PM at the Fellowship Centre. All Members of the Fellowship Centre are encouraged to attend. The meeting agenda and supporting documents will be emailed to Members in early February.

To encourage community engagement and obtain feedback, the continuously changing proposed bylaws have appeared in recent past issues of the Fellowship Newsletter. In the 2024 December Newsletter, Bylaws Article 2 on Members and Article 3 on Meetings of Members appeared. In the 2025 January Newsletter, Article 5 on the Board of Directors was presented. On pages two and three of this February Newsletter, Bylaws Article 5 on Officers, Article 6 on Financial Affairs and Article 7 on the Accountant appear. Any Member wanting a complete and current set of the 2020 and/or proposed amended bylaws should email the Centre with that request. All feedback on the proposed bylaws should be sent to [info@fellowship-centre.org](mailto:info@fellowship-centre.org) no later than February 10, 2025, to be considered in the final draft prior to presentation at the Annual General Meeting on February 22, 2025.

You may have noticed that the Fellowship Centre now has a sign on the large pylon sign just west of the Centre's Street entrance. The Centre did not have control over the position or size of our sign because this was set by the Condominium Corporation in relation to unit size and location in the complex. We will continue to use the two board signs but hope that our new sign will make it easier for people to find the Centre. I look forward to seeing you at the Annual General Meeting on February 22 at 4:30 PM.

Yours in service,  
Adrien H., Treasurer and Bylaws Committee Chairperson



## **ARTICLE 5 – OFFICERS**

### **5.1 Officers**

The Officers of the Centre are a President, Past-President, Vice-President, Secretary, and Treasurer. Officers may be combined as necessary.

### **5.2 Officers' Terms of Office**

Officers shall be elected in three-year rotation at the AGM as follows:

- Year 1 – President, Past-President, and any vacant positions
- Year 2 – Treasurer, Vice-President, and any vacant positions
- Year 3 – Secretary and any vacant positions

### **5.3 President**

The President is a Director and:

- a) presides at meetings of the Members as specified in Article 3.7;
- b) may be the Chairperson of Centre ad hoc and/or standing committees; and
- c) is the Chief Executive Officer of the Centre.

### **5.4 Past-President**

The Past-President is a Director and:

- a) the most recent past president willing and able to continue to serve on the Board;
- b) may be the Chairperson of Centre ad hoc and/or standing committees; and
- c) provides support to the current Board.

### **5.5 Vice-President**

The Vice-President is a Director and:

- a) performs duties delegated by the Board;
- b) may be the Chairperson of Centre ad hoc and/or standing committees; and
- c) performs the duties of the President when necessary.

### **5.6 Treasurer**

The Treasurer is a Director and:

- a) has custody of the Centre's funds;
- b) is responsible for overseeing the keeping of the Centre's accounting records;
- c) may be the Chairperson of Centre ad hoc and/or standing committees;
- d) provides the accountant (Article 7) with all requested financial accounts and records; and
- e) provides financial statements to the Board and the Members upon their request and as required by Article 3.2a.

### **5.7 Secretary**

The Secretary is a Director and:

- a) takes minutes at meetings of the Board and of the Members;
- b) organizes and archives meeting minutes, correspondence, records of Centre activities, policy documents, and records of accounts and finances; and
- c) performs other duties delegated by the Board.

### **5.8 Election of Officers**

The Members will elect the Officers at an AGM for their respective terms of office (Article 5.2) unless the position is vacated earlier by resignation, death or removal.

### **5.9 Removal of Officers**

An Officer of the Centre shall be automatically removed if:

- a) the Officer resigns his/her post by submitting written resignation to the President of the Centre or, in the case of the resignation of the President, to the Vice-President of the Centre. In such cases the Officer may or may not continue to be a Director or Member as specified in his/her letter of resignation.
- b) resignation of an Officer is requested by Resolution of the Members. That Officer may or may not continue to be a Director or Member as specified in the Resolution of the Members;
- c) the Officer becomes bankrupt or is convicted of a criminal offence negatively affecting the welfare or reputation of the Centre. In such cases, the Officer will no longer be a Director nor a Member;

- d) the Board unanimously votes, excluding the said Officer, to remove an Officer. The removed Officer may or may not continue to be a Director or Member as specified in the Resolution of the Board; or
- e) the Officer dies.

#### **5.10 Replacement of Officers**

Any vacant Officer position may be filled by appointment by the Board to hold office until the next meeting of the Members.

#### **5.11 Remuneration**

No Officer shall receive remuneration from the Centre for services rendered as an Officer, but any expenses incurred by an Officer on behalf of the Centre may be defrayed with the approval of the Board.

#### **5.12 Committees**

The Board shall by Resolution appoint Directors, Members and other volunteers to serve on:

- a) ad hoc committees for either stated terms or until the conclusion of the next AGM to provide expertise and advice on particular matters. The Board will dissolve any ad hoc committee which is no longer required.
- b) permanent or standing committees to provide expertise and advice on ongoing issues related to governance, finance and Membership.

### **ARTICLE 6 – FINANCIAL AFFAIRS**

#### **6.1 Financial Year**

The financial year of the Centre ends on December 31 in each year unless it is changed to another date by the Board.

#### **6.2 Auditing the Financial Accounts and Books**

Each year the financial accounts and books of the Centre are reviewed by a qualified accountant as per Article 7.1. This review will result in Annual Financial Statements.

#### **6.3 Investment of Funds**

The Centre shall maintain at least one account with a chartered bank, credit union or trust company for the deposit of funds. Funds of the Centre that are not required for immediate use may be kept on deposit in a chartered bank governed by the Bank Act, S.C. 1991, c. 46.

#### **6.4 Borrowing**

The Board may borrow money on the credit of the Centre in only the following situations:

- a) deferral of rent for the facility as approved by the landlord; and
- b) bank-issued credit cards.

#### **6.5 Long Term Financial Commitments**

The Board may enter long-term financial commitments defined as greater than one year by Board majority Resolution.

### **ARTICLE 7– ACCOUNTANT**

#### **7.1 Appointment of the Accountant**

At each AGM the Members will appoint a Chartered Professional Accountant (CPA) to prepare the Annual Financial Statements. The Members can dismiss the accountant at a Special Meeting called for that purpose. If the accountant is not appointed, resigns or is dismissed, the Board can appoint an accountant.

#### **7.2 Payment of the Accountant**

The accountant's fee is set by the Board in conjunction with the accountant appointment at the AGM.

#### **7.3 Terms**

The accountant's term will start at the time of his/her appointment and will continue for a one-year term or until a replacement is appointed by the Membership or the Board.

#### **7.4 Responsibilities of the Accountant**

Before the AGM the accountant will prepare and deliver to the Members a report of the Centre's financial records and financial statements prepared during the accountant's term. The report will be titled "Notice to Reader."

#### **7.5 Rights of the Accountant**

During the performance of his/her responsibilities, the accountant and others from the accounting firm:

- a) shall have complete access to all financial records and documents of the Centre and may request explanation and information from the Officers as is necessary for the performance of his/her duties; and
- b) is entitled to attend and make an independent presentation at any meeting where his/her report is presented to the Membership.

## The Transformational Value of Step Two

The first three Steps help us demolish the foundation on which we built a life that ultimately led to our demise. These Steps help us begin to build a healthier foundation. They give us hope that a better life is possible, that we can become our best possible self, and that we can build a stronger and more resilient foundation for a new life that works under any conditions.

**Step II:** *Came to believe that a Power greater than ourselves could restore us to sanity.*

**Transformational Value:** Instills hope for a better way of life.

Coming into 12-Step recovery we felt broken, defeated, and hopeless. We begrudgingly accepted the harsh reality that our current thinking just wasn't going to cut it. We failed; our original solution to life was being deconstructed. We needed something, anything. We needed hope. Hope is critical at this juncture. Step 2 gives us hope that things can be different, that there is more to life than our false-self (ego) has led us to believe. Hope is the belief that a better solution is within our grasp.

Twelve-Step meetings provide a very special and safe place to heal. Meetings are based on authenticity, on owning shortcomings, and on sharing our experience, strength and hope. They are based on working together toward the primary purpose of the group. People in 12-Step recovery encourage us to face ourselves as we are, and to own our mistakes and grow from them. Meetings and 12-Step fellowship fill us with hope and the belief that we can achieve personal freedom from our fears and insecurities, without using alcohol, other drugs or compulsive behaviours.

Twelve-Step recovery helps us understand our addiction. It provides an explanation of our problem that permits us to keep our dignity. We are told that we suffer from a medical disease that consists of a physical allergy coupled with a mental obsession. This allows us to forgive ourselves enough for the horrible things we have done, to ourselves and to others, and to begin the recovery process.

Twelve-Step recovery provides us with a healing roadmap, which gives us hope. We are told that “rarely have we seen a person fail who has thoroughly followed our path” (Alcoholics Anonymous, page 58). This means that there is a method for recovering from addiction. That there are steps – 12 Steps – we can take to give us a design for living that will set us free. There is hope!

The 12-Step fellowship provides an emotionally charged, confidential, and loving relationship – both with fellow members of the program and through a very special relationship with a sponsor. We learn that recovery is a process, not an event. We learn that we strive for progress, not perfection.

We establish a relationship with a sponsor. Our sponsor helps us reconstruct our lives by challenging our personal myths and stinking thinking. We are restoring our wholeness. Our sponsor helps us extract our true-self (higher-power) from the tangled knots of our false-self (ego). Our cynicism slowly dies, and we begin to clearly see change taking place in our lives. We are on the road to recovery.

Step One had us admit powerlessness. We realized that we could not lick this problem on our own. Step Two tells us there is a solution, that with help we can find our way out of this mess. Step Two generates hope. Hope resolves the crisis that emerged from Step One. Step Two also continues to deconstruct the false-self (ego). The solution to our problem needs to be found in a new way of thinking and living, not in the thought and action created by the false-self. We are taught in the program that we cannot solve a problem with the thinking that created it. We cannot continue obeying the false-self if we are going to recover from a “seemingly hopeless state of mind and body” (Alcoholics Anonymous, page xiii). (based on work by Allen Berger, an expert on the science of recovery)

## Daily Affirmations

### ***Lesson: Embrace Your Uniqueness and Appreciate Yourself***

Embrace your uniqueness: Instead of trying to fit in with everyone else, embrace your uniqueness and celebrate what makes you different. Your individuality is what makes you special, and it's important to recognize and appreciate that.

Don't compare yourself to others: Comparing yourself to others can be detrimental to your self-esteem and self-worth. Instead of comparing yourself to others, focus on your own journey and appreciate the progress you've made.

Practice self-appreciation: Take time each day to appreciate yourself and your accomplishments. Acknowledge your strengths and positive qualities and celebrate the things you do well. This can help boost your self-esteem and cultivate a positive mindset.

Take care of yourself: Taking care of yourself, both physically and mentally, is important for self-appreciation. Prioritize self-care activities such as exercise, healthy eating, meditation, and spending time with loved ones.

### ***Lesson: The Power of Living in the Moment***

The present is a gift: The present moment is a gift that should be cherished. It is important to take time to appreciate what you have right now, rather than constantly focussing on what you want in the future. Embrace the present and make the most of every moment.

Mindfulness can help you: Practicing mindfulness can help you stay present and aware of your thoughts and feelings. Take time each day to meditate, practice deep breathing exercises or simply sit in silence and focus on the present moment. This can help you reduce stress and anxiety and improve your overall well-being.

Don't miss out on life: When you constantly focus on the future, you can miss out on what's happening in your life right now. Don't let your goals and aspirations distract you from enjoying the present moment and experiencing life to the fullest.

Set intentions for the present: While it's important to have goals for the future, it's also important to set intentions for the present moment. Take time to reflect on what you want to achieve in the present and set small goals that can be achieved daily. This can help you stay focussed on the present and feel a sense of accomplishment.

### ***Lesson: The Importance of Self-Awareness and Self-Worth***

Self-awareness is key: Self-awareness is crucial for understanding your needs and desires. Take time to reflect on your thoughts and emotions and identify areas where you may need to work on yourself. Self-awareness can help you make better decisions and lead to personal growth.

Your worth is not defined by others: Your worth is not defined by others, and you should never let anyone tell you otherwise. Recognize your value and know that you deserve to be treated with respect and kindness. Don't settle for less than what you deserve.

Asking for what you deserve is not selfish: Asking for what you deserve is not selfish, it's necessary for your happiness and well-being. Don't feel guilty for speaking up and advocating for yourself. You have the right to ask for what you need and to set boundaries.

Love yourself first: Having a desire for love doesn't mean you don't love yourself. In fact, loving yourself is critical for creating healthy relationships. Focus on building a strong sense of self-love and respect, and the right kind of love will come naturally.

(Based on the work of R. Delgado and D. Steele, 2023)

## **I am Powerless**

(<https://aa-semi.org/wp-content/uploads/2023/12/OTB-January-2024.pdf>)

Hi my name is Brian and I am an alcoholic. I had a hard time in my teens. It was decided that I would see a psychiatrist. I was put on a variety of medications and different therapy plans, but nothing seemed to do the trick. I always felt off -- different from others. I had a hard time connecting to people and was always looking for a way to feel better. Then I discovered alcohol. I must have been 15. Suddenly, the fear, the anxiety, everything seemed to just melt off and all of a sudden, I could be myself and I wasn't worried about what anybody thought of me. I spent the next 11 years chasing that feeling with alcohol or weed or prescription pills wherever I could.

Over time that relief stopped coming. I was alone. I had been fired from my job. The girl I was dating left me. The family didn't want me at the holiday parties if I was going to be drunk -- which I absolutely was. But I went on drinking. Then the seizures started, waking up in the hospital, not knowing why I was in a neck brace. Not knowing what day it was. But I kept on drinking, surely drinking wasn't the problem. I tried to stop and realized I could not. As much as I wanted to put that bottle down, I could not. It kept coming back up to my lips.

I realized I was in trouble and asked if I could be sent to a rehab. I went but still I was not convinced that I was powerless over alcohol. After I got out of treatment, I was told to attend AA meetings and so that's what I started to do. I went to a few until I found a group I felt comfortable at. I attended the weekly meetings, listened (sort of) and shared when it was my turn. However, I was still stubborn and refused to get a sponsor and work the program of alcoholics anonymous. This stint of "3 stepping" would only last 90 days until I found it necessary to pick up a drink. I thought I could have one on the way to work, bought one before heading home and was back to my fifth the next morning.

I returned to my homegroup before long and was afraid to tell them I had relapsed, but I was eventually compelled to do so and I'm glad I did. Someone asked me why I think this happened and what I would do differently. Being terrified of being gripped by my alcoholism, back to the hospitals, back to the seizures, alone, and out of control, I listened. I was given the gift of desperation. It was suggested to do "90 in 90," so I did. It was suggested to do service work, so I started making coffee and eventually got a key. Most importantly I needed a sponsor, so I chose the man who asked me what I would do differently. He is still my sponsor.

I began working the steps as they are written, with a sponsor and my life soon began to change. Turning my will and life over to the care of a higher power daily gave me strength to go through these steps. They let me figure out who I really am, clear up the wreckage of my past, recognize my defects when they appear, have a relationship with a higher power, and most importantly get outside of myself. I can now share what was so freely given to me -- my recovery. I can look the world in the eyes today and deal with life on life's terms. One day at a time, dependent on the maintenance of my spiritual condition, I am free from the insanity of my alcoholism. I have already done so many things I never thought I could in my life and have no idea what the future holds for me. All I know is that I want to be there when the next alcoholic walks in wondering if they are powerless, so I can share my experience, strength and hope with them. Today I know I am powerless. Without my higher power, this program and the people in it, I would be dead. Thank you for this opportunity to share.

## **Cocaine Anonymous - What it is and How it Works**

<https://www.recoverlution.com/knowledge/cocaine-anonymous-information-meetings>

Cocaine Anonymous is one of the more recent additions to 12-Step Fellowship recovery groups. Due to its success, it has seen tremendous growth within a relatively short space of time.

Cocaine Anonymous was founded in 1982 and it's known by its members as CA. The group aims to help anyone who is suffering from a drug problem to find recovery. Contrary to popular belief, CA is not just for cocaine addicts. They welcome anyone with an addiction problem. The 12-Step program can be easily adapted to treat any substance abuse problem. It also works in treating process (behavioural) addictions, such as sex addiction.

Cocaine Anonymous is an independent organisation classed as a mutual aid support group. The success of the 12-Step model of recovery has resulted in it being considered an evidence-based treatment method. Many rehabilitation treatment centres include aspects of the 12-Step program and introduce their patients to CA meetings. Cocaine Anonymous relies solely on voluntary contributions from its members. This helps to keep its meetings running and helps the organisation to grow.

Based on the concept that only an addict can help another addict, Cocaine Anonymous members go through the process of the 12-Steps with an experienced member of CA. They do this not only to overcome their own addiction but also to help other addicts to find recovery. Just like Alcoholics Anonymous, Cocaine Anonymous follows a similar set of traditions and concepts. This helps to ensure that group meetings run smoothly and protect its member's anonymity.

Because most CA meetings use the Big Book of Alcoholics Anonymous as their basic text, many alcoholics also choose to attend CA meetings as a means of connecting with like-minded others.

The organisation does not differentiate between substances. It recognises that addiction is both an illness of the body and mind and that substances are merely a symptom.

Cocaine Anonymous offers many benefits to those seeking recovery from addiction. It appeals mostly to people who have tried other methods of stopping substance abuse that has not worked.

The benefits of Cocaine Anonymous include that it:

- is very accessible.
- is very supportive .
- encourages anonymity.
- is free of cost (voluntary donations are welcome but now required).
- is open to all who have a desire to overcome a problem with substances.
- provides a sense of belonging and purpose.
- regularly hold conventions, sober recovery events, and camp outs for members to attend.
- encourages a healthy recovery from drug addiction.

### **What to expect at your first meeting of Cocaine Anonymous**

Cocaine Anonymous places importance on welcoming new people seeking recovery from addiction into their meetings. At your first meeting, you will be encouraged to sit back and listen and keep an open mind. You can swap numbers with members of the same gender after the meeting has finished. Same-gender support is encouraged to help keep newcomers safe both inside and outside of meetings. CA meetings follow a set format that consists of their own literature readings and a personal story of recovery from one of its members. Some meetings offer meditation or big book readings. At a meeting of Cocaine Anonymous, you are likely to hear the mention of a sponsor. A sponsor is another member who has been through the program of recovery and who applies it to their daily life. As such, they can show others how they attained their recovery from addiction through the process of the Steps, and act as a recovery mentor.

### **How Cocaine Anonymous works**

Cocaine Anonymous members apply the 12 Steps of Alcoholics Anonymous to their lives. This brings about a huge shift in thinking and behaviour that enables them to stay clean from substances. The organisation also places importance on connection with like-minded others and encourages members to help and support one another. While addiction in any form cannot be cured, thankfully it can be successfully treated. Cocaine Anonymous offers a method of treatment that is free to access, that has proven effective and has stood the test of time.

When attending a meeting of Cocaine Anonymous, you are likely to hear the word God mentioned. For some people, this can act as a deterrent. This is why CA encourages new members to attend a few different meetings before deciding whether the program is right for them. While, like AA, CA will refer to finding a God to help overcome addiction, this “God” is to be of your own understanding. It is important to understand that your own concept of a God does not have to be a religious one. It can be as simple as connecting to your own consciousness.

CA members use the 12-Step program of recovery to clear the mind of all obstructions and obstacles to recovery. This then frees them to connect with their inner conscience or a power that is greater than addiction. As a spiritual program of progress, your own understanding of God may evolve over time and with undertaking the process of the 12 Steps. This is a very common occurrence for many who attend CA. By using the 12-Step program principles and applying them to their daily lives, CA members can help those who are still struggling with addiction. In doing so, members of Cocaine Anonymous find a new purpose and meaning to life, one that replaces their previous desire for substances.

### **What Cocaine Anonymous cannot help with**

Cocaine Anonymous is not a substitute for medical care or professional therapy. The CA program can complement other traditional drug treatment methods. CA can provide you with support and motivation while you try to quit substances and while you may be accessing other forms of treatment for your addiction. Such support can prove invaluable. You may want to consider appropriate services for rehabilitation and detoxification. Professional therapy and counselling are recommended for anyone suffering from an addiction. Therapy complements CA methods of addiction recovery and helps with the healing process.

## **Cocaine Anonymous Meetings at the Fellowship Centre**

The **Sunday Night Step Group** holds a Cocaine Anonymous (CA) meeting at 6:00 PM every Sunday. The first Sunday Night Step Group meeting was held in a private residence in April 1994. After many years in a church, the group moved to the Centre in June 2023. The meeting format is based on reading and sharing on a Step from the Twelve Steps and Twelve Traditions. Books are supplied. In the winter months the meeting goes candlelight after the Step is read. All are welcome regardless of the nature of their addiction.

**There is a Solution** is a Cocaine Anonymous (CA) meeting held at the Centre every Wednesday at 7:00 PM. The first meeting was held January 5, 2021. Topics for discussion focus on the solution to our common malady and are selected from the Big Book as read by a member at the beginning of each meeting. Currently, there are ten home group members. The last Wednesday of each month, members meet at Pho Marble Restaurant at about 5:15 PM for good food and fellowship before the meeting. All are welcome regardless of the nature of their addiction.

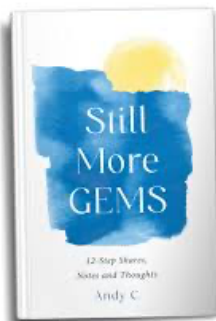


## News from the Fellowship Library

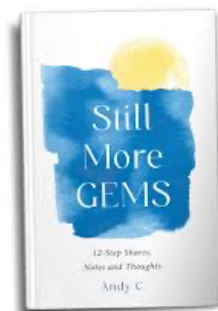
Thank you to the anonymous and generous people who donate books to the Fellowship Library. The Library has proven popular and many books are frequently on loan. To encourage use of the library and to guarantee anonymity, there is no formal sign out procedure for borrowing library material. Feel free to take a book or CD and return it when you are finished. More books are always needed so please consider donating any sort of recovery material to the Fellowship Library. Simply leave donated material on the library shelves, and the librarian will process your much appreciated and valued contribution to carrying the message of addiction recovery.

A generous and anonymous individual recently donated two copies of Still More GEMS written by old-timer and alcoholic Andy C. On his website [the4thdimension.ca](http://the4thdimension.ca), Andy introduces himself like this:

*My name is Andy C., and I am an alcoholic. I have been sober since November 3rd, 1977. I am sponsored, have sponsees, am involved in service work and use the Steps. In keeping with our traditions and principles of anonymity, I have not published my last name. But I am eager to engage with you. Send me a note by clicking on the 'message' button below. I will get back to you as soon as I can. You know you are in AA when you don't know the last names of all your best friends. There can be too much anonymity. The apocryphal story of the guy showing up at the hospital admission desk asking for "Big Mike from the Monday night meeting" is a story that shows the problem with too much anonymity. We are not a secret society; we are an anonymous society. So, feel free to contact me. I will reply.*



I have my own copy of this book and have used it as part of my morning “prayer and meditation” (Step 11) which, for me, may more appropriately be referred to as “reading and quiet reflection.” Discover the power of recovery and spiritual growth through Still More GEMS: 12-Step Meeting Shares, Notes and Thoughts. This helpful guide provides readers with a collection of meditations on recovery in the 12-Step Recovery Community.



This collection of reflections and insights offers a unique look at the spiritual growth that happens in 12-Step programs together with ways to support and foster it. This book is an invaluable resource for anyone in recovery. Stories and notes included are intended to:

- enhance your recovery journey,
- cultivate positive habits and attitudes, and
- find peace in the midst of uncertainty.

Still More GEMS is for anyone who wants to deepen their recovery experience and spiritual life. Take a copy from the library selves. Return it when you have finished so others can also benefit.

Yours in Service,  
Genevieve J., Fellowship Librarian

# February 2025 South Edmonton Fellowship Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AA = Alcoholics Anonymous Meeting</b> <b>CA = Cocaine Anonymous Meeting</b> <b>SMART Recovery = Self-Management and Recovery Training (based on psychological treatment methods)</b> <b>every Friday at 1:30 PM</b> <b>Mental Health and Addiction Support every Sunday at 3:00 PM, facilitated by a Canadian Certified Counsellor, for anyone seeking help with mental health issues related to addiction</b>						<b>1</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>26</b> <ul style="list-style-type: none"> <li>10:30 AM Girlfriend Hour (Women Only AA)</li> <li>12:00 PM Nooner (AA)</li> <li>1:30 PM Meditation (AA)</li> <li>3:00 PM Mental Health and Addiction Support</li> <li>6:00 PM Step Group (CA)</li> </ul>	<b>3</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>4</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>5</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>6</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 Plain Language Big Book Study (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>1:30 PM SMART Recovery</li> <li>7:00 PM Serenity by Candlelight (AA)</li> </ul>	<b>8</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>
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