

Fellowship Centre Newsletter: March 2025



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Message from the Board of Directors

This year, the first day of spring is March 20th. We survived another Alberta winter! Although March often feels wintery with cool temperatures, April is in sight.

With respect to governance of the Fellowship Centre, February was an eventful month. Most notably, the Centre's provincially registered objectives and bylaws were changed by special resolution at the Annual General Meeting on February 22nd. While the changes may seem minor to some, it is important that the Centre is in-sync with government agencies such as Alberta Mental Health and Addiction. For example, our 2020 objectives used both the terms *alcoholism* and *addiction*; our 2025 objectives use only the term *addiction*. Thank you to all those who worked to make our current objectives and bylaws something that will guide us in the next stage of providing an infrastructure to facilitate addiction recovery.



In Alberta, gambling is tightly controlled by the provincial government. Gambling is allowed if it benefits society and, consequently, charities often volunteer to work at casinos and bingos. In February the Fellowship Centre received significant funding for providing 32 volunteers in late December, most of whom worked for ten hours but three of whom worked for 20 hours. How the Centre spends the funds it receives is highly controlled by the government. The Board of Directors will ensure that the money is spent in accordance with the rules of the Alberta Gaming Commission while simultaneously ensuring that the doors of the Fellowship Centre remain open and that its programs and offerings continue to support addiction recovery. A huge thank you to the following individuals whose volunteer efforts have guaranteed the financial viability of the Fellowship Centre for at least the next two years.

**Wayne, W.
Prabhjeet A.
Doug S.
Sheila S.
Robert M.
Pat G.
Victor Q.
Lee P.
Don E.
Deryl N.
Dave L.**

**Fred K.
Dale P.
Ian G.
Taylor W.
Matt W.
Genevieve J.
Sam K.
Nick B.
Kim C.
Adrien H.
Rani F.**

**Erica F.
Paul L.
Mel T.
Brandon H.
Bruce M.
Holly C.
Jamie C.
Robert H.
Wade E.
John W.**

The Transformational Value of Step Three

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 III: Made a decision to turn our will and our lives over to the care of God *as we understood him*.

Transformational Value: Making a commitment to a new way of life – to uncover, discover, and honour our true-self, higher-self of higher power.

Hope without affirmation or appropriate action is nothing but an empty promise. We need to make a decision to cut away our dependence on our false-self and seek a new way of being that is based on a power greater than our false-self (ego) – that is based on our real-self or higher-self or on a God of our understanding.

The false-self is based on our desire for power. We wanted power and control over our lives and the feelings of others. Our false-self was going to lead us down a path that would yield top approval, perfection, security, and an ideal romance. Not once did we consider that this was the problem rather than solution – until we woke up. We realized in Step 2 that there is hope, but only if we pursue a different course, only if we listen to the part of ourselves that we abandoned long ago.

Making a decision to find our true-self is essential to changing our lives. If we don't make a wholehearted, disciplined, enduring and unwavering commitment, we won't be able to tolerate the discomfort that comes from growth. We were forewarned about this when we were told that "half measures availed us nothing" (Alcoholics Anonymous, page 59).

We have arrived at a crucial moment in our lives. The effectiveness and resilience of our effort will be determined by the depth and earnestness of our commitment. Our goal is to seek a better direction for our lives that is not driven or influenced by our false-self (ego) or our addiction. We seek a path that leads to true autonomy and independence of spirit. Our goal is freedom from our oppressive false-self, from our emotional dependency, and from our addicted self. Our goal is to recover our lost true-self.

A curious thing happens when we decide to truly commit ourselves to this new way of life. Something shifts at a very deep level. All sorts of things happen to support our decision that none of us would have foreseen. A whole stream of events flow from our decision that points the way and reinforces our decision. We begin to see that letting go doesn't result in total anarchy and chaos. Quite the contrary: we come to realize that there is a force operating in our lives. It is much greater than the false-self we had relied on. We start to realize that we can trust the process. We relinquish control and begin to discover a power greater than ourselves, whether it be a God of our understanding or the life force present in all living things. The point is that we cannot continue to rely on our false-self and its misuse of power if things are going to be different.

Now that we have made a decision to construct a new way of life, what is next? Each Step prepares us for the life-changing task inherent in the Steps that follow. Steps 1–3 gave us a new foundation and a source of strength for our lives. They helped us deconstruct our false-self while giving us the hope that we can be free from the insanity of our addiction and all the rigidity and expectations of our false-self.

Now we need to continue the recovery of our true-self. The next four Steps use the foundation built by Steps 1–3 to support a fearless and rigorous inventory of ourselves and sharing the results with a confidant. The self-knowledge and insight we acquire from the next four Steps is critical. It allows us to support ourselves when we make amends to those we have harmed and practice self-awareness, self-regulation, and right conduct. (based on work by Allen Berger, an expert on the science of recovery)

Meditation and Addiction Recovery

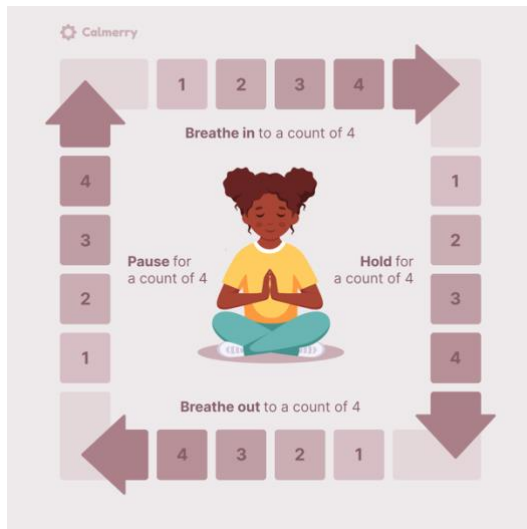
Successful addiction recovery is often related to an individual's ability to develop and use a repertoire of coping behaviors including the ability to maintain ongoing awareness of one's vulnerability. These learned behaviors serve as reliable alternatives to the routine behavior patterns of individuals who are addicted which, in the past, have led to often-repeated destructive outcomes. Incorporating meditation into the lifestyle of individuals recovering from addiction provides a consistent means of preparing for inevitable, addiction-related life challenges and a coping skill that can help maintain equilibrium in living with ever-present peril.

Meditation Tool: Square or Box Breathing (by Bruce M.)

In this session, we delve into a method you can use for your own experiments in meditation. The method is called Square or Box Breathing. The idea behind this exercise is that by giving the mind something to do, it will be suitably distracted from its normal course of activities, and you may be able to experience a period of mental quiet. Square or Box Breathing is a system of breathing with four phases:

1. Inbreath
2. Hold
3. Outbreath
4. Hold

It's called Square or Box Breathing because each of the phases last an equal duration. While you are free to use any duration you like, I'm going to suggest that we start with four seconds per phase. There are two recordings on my website (<https://www.connectron.ca/resources>) that you can use for timing. The first one consists of a series of drumbeats from Musicca (<https://www.musicca.com/>) with one beat per second and a strong beat every four seconds. The second is a metronome with one beat per second and a strong beat every four seconds. Each recording is slightly more than 30 minutes in duration which is probably ample time for most meditators. Please feel free to let me know if you need more duration.



To use Square or Box Breathing, simply count the seconds in each phase:

1. On the inbreath, the count is: In, 2, 3, 4
2. On the hold, the count is: Hold, 2, 3, 4
3. On the outbreath, the count is: Out, 2, 3, 4
4. On the hold, the count is: Hold, 2, 3, 4

It's a bit tricky to balance all those activities but the idea here is that we want to keep the mind distracted so, instead of generating those thoughts that we've come to think of as normal, there is room for new mental content. With practice, those activities become less challenging. If this is your first try at Square or Box Breathing, I suggest that you give yourself about 2 to 3 minutes to settle into the rhythm before you try to evaluate whether it's suitable for you. After the first 2 to 3 minutes, I suggest that you observe your thoughts.

While you are free to meditate for as long as you want, I'm going to suggest that you plan on spending 10 to 15 minutes with this type of meditation until you are familiar with how it affects you. Meditation works best as a regular practice so, if you can, consider making it part of your daily routine. You may find that you feel calmer and have more resources to help you navigate the stresses and strains of modern life.

Sunday Afternoon Meditation Group 1:30 PM every Sunday

The Top Five Regrets of the Dying: A Book for Living Sober

For many years Bonnie Ware worked in palliative care. Her patients were those who had gone home to die. Some incredibly special times were shared. Bonnie was with them for the last three to twelve weeks of their lives. When questioned about any regrets they had or anything they would do differently, common themes surfaced again and again. Here are the most common five:

1. **I wish I'd had the courage to live a life true to myself, not the life others expected of me.**

This was the most common regret of all. When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made or not made. From the moment that you lose your health; it is too late. Health brings a freedom very few realise, until they no longer have it.



2. **I wish I hadn't worked so hard.**

This came from every male patient that Bonnie nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners. All of the men Bonnie nursed deeply regretted spending so much of their lives on the treadmill of a work existence. By simplifying your lifestyle and making conscious choices along the way, it is possible to not need the income that you think you do.

3. **I wish I'd had the courage to express my feelings.**

Many people suppressed their feelings to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result. We cannot control the reactions of others. However, although people may initially react when you change the way you are by speaking honestly, in the end it raises the relationship to a whole new and healthier level. Either that or it releases the unhealthy relationship from your life.

4. **I wish I had stayed in touch with my friends.**

Many people had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying. When you are faced with your approaching death, the physical details of life fall away. People do want to get their financial affairs in order if possible. But it is not money or status that holds the true importance for them. They want to get things in order more for the benefit of those they love. Usually though, they are too ill and weary to even manage this task. It all comes down to love and relationships in the end. That is all that remains in the final weeks, love and relationships.

5. **I wish that I had let myself be happier.**

This is a surprisingly common one. Many did not realise until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again. When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying.

Are You a Tweaker?

(adapted from <https://www.midwoodaddictiontreatment.com/what-is-tweaking/>)

Methamphetamine (meth) is a potent and addictive stimulant drug that can have long-term effects on a user's body. Meth is a human-made drug that, with the arrival of other more effective and less harmful prescription stimulants, currently has minimal therapeutic use except in rare cases of difficult-to-treat ADHD and severe obesity.

Crystal meth is methamphetamine in the form of a semi-transparent white or bluish rock-like crystal, which is usually heated and then smoked in a glass pipe – less commonly it is snorted or injected. The desired effects of both meth and crystal meth include increased energy, euphoria, and suppressed appetite.

Tweaking is the 4th stage that meth users experience and is also the most dangerous. The condition occurs when the user has come to the end of a meth binge, and the drug is no longer providing the user with the desired rush or a high.

What is Tweaking?

Tweaking is a physical and psychological state that can occur following a meth binge, which can sometimes last several days. During a binge, the person continues to use meth to delay the “comedown,” a state that is hallmarked by the increasing loss of desired effects and positions the user squarely at the onset of highly unpleasant withdrawal symptoms.



After prolonged use, the person is no longer able to experience a high, and the user begins “tweaking.” At this time, the person will feel intense cravings and desperation that can no longer be sated. It is at this point that psychotic symptoms may manifest, and the user begins to suffer from delusions, hallucinations, and other altered perceptions.

The experience of a tweaking phase precedes a point in which many users seek and enter addiction treatment programs. Due to psychosis, they may begin sobriety in an inpatient mental health facility before being transferred to medical detox or inpatient rehab.

After experiencing days of insomnia and a loss of appetite, most people do little more than sleep during the days following an episode of tweaking. After this crash comes a period – one that can last up to two weeks – in which the person will be hungry, thirsty, and fatigued as their body tries to re-balance itself after exposure to the substance.

Short-Term Effects of Using Meth

People that use meth are typically looking for the immediate, long-lasting and intense effects for which the drug has gained its reputation. Because meth acts as a powerful stimulant, there is a near-instant euphoric effect after exposure that can last up to 30 minutes, followed by a significant increase in energy, alertness, motivation, and confidence that can last up to 12 hours. The desirable high of meth, however, quickly gives way to the much less pleasant effects of the substance – even short-term use can result in erratic and violent behavior when consumed in large doses. Other side effects include:

Poor appetite and weight loss
Sleep disturbances
Severe mood swings

Unpredictable behavior
Tremors or convulsions
Hyperthermia

Elevated blood pressure
Increased heart rate
Irregular heart rhythm

Long-Term Effects of Using Meth

When used for a prolonged period, meth use can result in severe physical and psychological issues as acute effects increase in intensity. Signs and symptoms of long-term meth use include:

Cardiac arrest, stroke, coma
Sores from skin-picking
Confusion/bizarre behavior
A feeling of bugs crawling on the skin

Psychosis—delusions, hallucinations, and paranoia
Depression, anxiety, and social isolation
Breathing problems caused by smoke inhalation
Irreversible damage to blood vessels in heart and brain

Crystal Meth Anonymous (CMA) <https://www.crystalmeth.org/>

CMA's 24-Hour Helpline is available to provide information and offer support to anyone seeking recovery from crystal meth addiction. The Helpline is not a crisis hotline. Volunteers do not respond to emergencies nor answer medical or legal questions. **Call the CMA Helpline at: (855) METH-FREE (855) 638-4373**

Cherish Today's Lessons

"I'm broken-hearted about my divorce," the man said. "I've spent four years searching for a new wife, trying to recreate my family, trying to jam the pieces of the picture back in place. All I've gotten from my desperate search is more pain and anguish. It's hurt other people. It's hurt me. I'm tired of trying to manipulate other people to meet my own needs, to postpone my own grief."

Some of us may be desperate to recreate the life we once had. But fear, pain, and desperation won't attract the answer we're seeking. Desperation attracts desperation. Pain attracts pain. And so the downward spiral goes. Yes, loss hurts. Sometimes life hurts, too. But lost can't be negotiated. Becoming obsessed with putting the pieces back in place is an understandable reaction, but it won't work. Yesterday can't be superimposed on today. We need to go one step further.

Feel the obsession, and let it go. Feel the desperation, then release that. Come back to the lessons of today. They're different from the lessons of yesterday, but just as valuable.

We faced many losses along the way. People we love disappear from our lives; we may lose a career, money, or something else we valued. We can lose our dreams, too. But looking for quick replacements to avoid pain about the loss won't work. And we'll miss the lesson. Because we can go on, we must feel our sadness about what we have lost. Loss demands acceptance.

Eventually life will send you new people and dreams. Cherish this time to grow and learn. Cherish what the universe is teaching you now.

See How Powerful You Are

People who believe they are victims get to be right. Each experience they have convinces them of that. They don't open themselves to the lessons, the growth, and the beauty of each situation they encounter. All they see is their victimization.

Many of us have done the hard work to shift our belief system about being a victim. As we did that, we noticed that the scenery in our lives changed. When we believe something different, we get to see something different.

People who believe they have powers, get to be right, too. Although we know there is much in life we can't control, we also know we have the power to think, to feel, to choose, and to take responsibility for ourselves and our lives. We are discovering our creative powers, and our power to love, including our power to love ourselves. We've embraced our powers to grow, to change, to move forward. We know we have the power to claim our lives and take responsibility for ourselves in any situation life brings. Although life may deal us certain hard blows, we have learned to see beyond that. We see life's beauty, gifts, and lessons, and it's mysterious and sometimes magical nature.

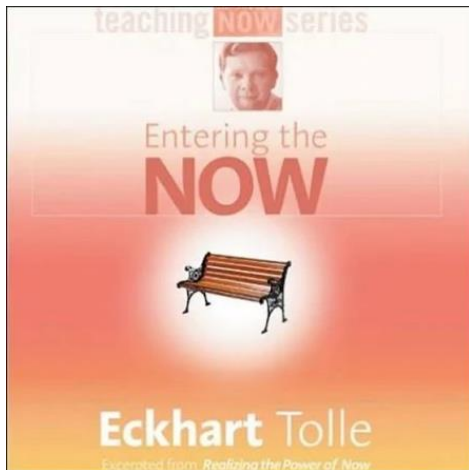
On the road to freedom, we may have made a stopover. We believed we were victims, and we got to be right. Now, our journey has let us someplace else. We know we have power; we know we have choices. And we no longer need to be right. Just free.

See how powerful you are!

(From Journey to the Heart by Melody Beattie)

News from the Fellowship Library

Thank you to the anonymous and generous people who donate books, Grapevine magazines, and audio recovery material to the Fellowship Library. The library has proven popular, and material is 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 addiction 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 Eckhart Tolle CDs.



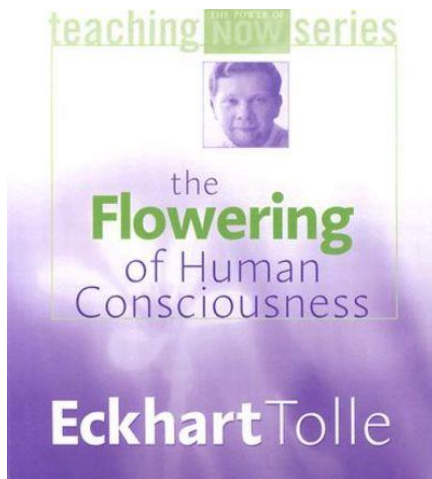
Entering the Now

A walk in nature. A personal crisis. A moment of laughter. These can all serve as portals that lead us to the depth and wonder of the *Now*.

Bestselling author Eckhart Tolle has captivated nearly a million readers with his lessons on discovering the profound state of being he calls presence. On Entering the Now, an all-new title in the Power of Now teaching series, this remarkable speaker shares practices and insights to take listeners into the timeless dimension, a luminous place found only in this very moment that transcends the struggles and anxiety of our busy lives. In two compelling sessions, Eckhart Tolle guides listeners past the obstacles that keep us trapped in longing and unhappiness and reveals the keys to experiencing what it really

means to be alive. With easy-to-follow instruction and his one-of-a-kind teaching style, he shows listeners:

- The peace that unfolds when we say yes to what is
- How to use sense perceptions and the inner body to find a happiness independent of conditions
- How to step out of the constant stream of thought and open to authentic creativity, and much more



The Flowering of Human Consciousness

With his first international bestseller The Power of Now and also his New York Times bestseller A New Earth, Eckhart Tolle continues to grow in popularity. What is it about this humble man that has so many seeking his guidance?

"They don't come to be with me," he says. "They come to be with themselves, to be themselves more fully." In this profound statement lies the force behind The Flowering of Human Consciousness, Eckhart Tolle's hopeful news of a universal awakening for the human species, what he calls the one thing of absolute importance ... the deeper purpose of our lives.

In this part of the Power of Now teaching series, Eckhart Tolle invites listeners to unfold the miraculous state of presence they always carry within: our original way of being that is free from the relentless thoughts, fears, and ambitions created by the ego. From

using the inner body to put an end to stress and suffering, to insights into the nature of the pain-body and its role in relationship, to accessing a creativity and intelligence far greater than the mind, here is Eckhart Tolle's depiction of a new world that awaits us as we take the next step in our collective evolution, The Flowering of Human Consciousness.

Addiction and Memory

Addiction is a short circuiting of the brain's mechanisms responsible for learning and memory. Chronic substance abuse can lead to permanent changes in the neural circuits that control the learning process. It interferes with the normal creation, movement, and consumption of neurotransmitters – the brain's messengers. Many drugs are chemically similar to those neurotransmitters, and they can foul up the messaging processes – changing the way the brain thinks, reacts, and processes memories.

This can be particularly harmful to young people as the human brain continues to develop until the age of 25. Drug or alcohol use can significantly impact the growing brain. Students who use drugs or alcohol have reduced abilities to concentrate and learn and as a result lower grades and greater chances of dropping out.

Research shows that excessive or chronic substance abuse can cause amnesia or memory loss. Even smoking reduces the amount of oxygen that gets to the brain, reducing the ability to form, preserve, and recall memories. Drugs change the chemical balance of the brain, interfering with both short- and long-term memory.

Many prescription drugs (including benzodiazepines, cholesterol lowering drugs, sleep aids, and anti-seizure meds) list memory loss as a possible side effect – even when used as directed. Illicit drugs are significantly riskier. Anyone who has ever “blacked out” from too much drinking has experienced a form of drug-induced amnesia. Many people who suffer memory impairment due to substance abuse aren't even aware of it. The problem is widespread – studies show that almost 75 percent of ecstasy users have some level of memory impairment.

A study published in 2010 found that many recreational drugs adversely impact “prospective memory” (this enables a person to remember to do something they want or need to do but can't do immediately – like calling someone later or going to an appointment next week). Prospective memory is closely linked to organizational and planning skills, and interference can leave people feeling that they have forgotten to do something or makes them actually forget to do it.

Fortunately, our brains have an incredible ability to adapt and repair – even after prolonged addiction. The brain continues to build brain cells and neural pathways throughout our life, and its ability to adapt and change – called neuroplasticity – allows it to modify, grow and reorganise itself after addiction. But it takes time for the brain to heal and repair itself. How long it takes often depends on the substance/s taken and the specific damage done and some addiction-related brain damage is irreversible. For the brain to start healing, it needs to be free from the drug being used or the amount needs to be significantly reduced.

You can support your brain (and body) to recover and improve brain health and neuroplasticity, through:

- regular exercise, which can increase the size of the hippocampus – a part of the brain vulnerable to drug use
- practicing mindfulness, such as meditation, which can help strengthen brain circuits damaged by drug use
- eating a balanced and nutritious diet to help offset vitamin and mineral deficiencies that typically occur with drug use
- regular sleep, which is when the brain flushes out toxins. Establishing good sleep habits can help brain recovery.

(adapted from <https://www.risingphoenixaz.com/blog/addiction-learning-and-concentration/>)



Cognitive Behavioral Therapy for Addiction

Cognitive Behavioral Therapy (CBT) teaches those recovering from addiction to find connections between their thoughts, feelings, and actions and increase awareness of how these things impact recovery. Cognition is another word for mental processes including thoughts. CBT addiction treatment is broken down into four stages.

Stage 1: Assessment. In your journal, answer the following questions.

- a. When do I engage in addictive behavior? Do I find it harder to control my addictions at certain times?
- b. Where do I buy substances or where do I engage in addictive behavior?
- c. Why am I compelled to use a substance or engage in addictive behavior?
- d. Who, if anyone, is normally around when I act on my cravings?
- e. What feelings do I get when I act on cravings?

Stage 2: Behaviour Change

- a. Workout how much time your addiction currently takes up and choose activities that will fill this spare time completely. The less time you have to dwell on your addiction, the better.
- b. Choose activities that are incompatible with your trigger situations (identified in Stage 1). For example, do not join a hobby group that meets near a mall if you're trying to overcome a shopping addiction.
- c. Try to find hobbies and interests that genuinely excite you. Addiction gives your brain a big jolt of pleasure. You might have to try a few new activities before you find one that fills the void.
- d. Reward yourself every time you pick up a healthy activity rather than spending time in a high-risk situation.
- e. Spend time with individuals who lead balanced lives and don't depend on compulsive behavior to have a good time.

Stage 3: Cognitive Change. Challenge unhelpful beliefs such as:

- a. *If I have a craving, that means I'm going to give in.* It's hard to believe when you're in the grip of craving, but you don't have to act on your urges. Cravings can indeed feel compelling, but if you teach yourself that giving in isn't inevitable, you'll discover that you can resist them.
- b. *I can't cope with my cravings.* Overcoming addiction is tough. But people can and do recover. They aren't injured or killed by their cravings. They get through them and keep making strides toward recovery. You can do the same.
- c. *If I have a relapse and give into a craving, all the days I've spent free from addictive behavior don't count.* A relapse doesn't undo all your good work. This is a classic example of "all or nothing thinking." A healthier way to look at the situation is to congratulate yourself for your recent progress, remind yourself why you want to quit your addiction, and then proceed as best you can.
- d. *If I have a relapse, it means I'll never be able to quit. I'm doomed to stay an addict forever.* You have a choice after a relapse. You can indulge in "doom and gloom" thinking, which will only make you feel worse. Or you can look at the situation, try to learn from it, and vow to do better next time.
- e. *I can have just one drink or visit one store or spend one hour at the casino.* Your brain and actions influence one another. Every time you act on a craving, you are reinforcing addictive behavior, which will lead to further cravings in the future.

Stage 4: Relapse Prevention

- a. Relapses are discouraging, but they don't necessarily mean you are spiraling back into full addiction. If you frame your relapse as a slight set back, instead of a complete disaster, you can quickly get back on track. Instead of telling yourself that you are a failure, remind yourself that the road to abstinence is often bumpy. Instead of telling yourself that you'll always be an addict, remind yourself that many people can and do recover.
- b. In front of the mirror, practice saying *no*. "No thank you. I don't do that anymore." "No thanks. I quit."
- c. A friend who wants the best for you. Anyone who tries to stand in the way of your sobriety or tempts you to engage in addictive behaviors is not your friend. People who respect you will respect your boundaries. If they have an addiction, it's their choice to continue, but they have no right to belittle you.

(Adapted from *Cognitive behavioural Therapy and Mindfulness* by Olivia Telford, 2021)

March 2025 South Edmonton Fellowship Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AA = Alcoholics Anonymous Meeting CA = Cocaine Anonymous Meeting SMART Recovery = Self-Management and Recovery Training (based on psychological treatment methods) every Friday at 1:30 PM 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						1 <ul style="list-style-type: none"> 10:00 AM Imagine a New Freedom (AA) 12:00 PM Fellowship Nooners (AA) 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
26 <ul style="list-style-type: none"> 10:30 AM Girlfriend Hour (Women Only AA) 12:00 PM Fellowship Nooners (AA) 1:30 PM Meditation (AA) 3:00 PM Mental Health and Addiction Support 6:00 PM Step Group (CA) 	3 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooners (AA) 6:30 PM Our Basic Text (AA) 8:00 PM Awakenings Men's Meeting (AA) 	4 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 10:30 AM Sunshine (AA) 12:00 PM Fellowship Nooners (AA) 7:00 PM ISMs (AA) 	5 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooners (AA) 7:00 PM There is a Solution (CA) 	6 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooners (AA) 2:30 PM Overeaters Anonymous 6:30 PM Plain Language Big Book Study (AA) 	7 <ul style="list-style-type: none"> 7:00 AM Sunrise (AA) 12:00 PM Fellowship Nooners (AA) 1:30 PM SMART Recovery 7:00 PM Serenity by Candlelight (AA) 	8 <ul style="list-style-type: none"> 10:00 AM Imagine a New Freedom (AA) 12:00 PM Fellowship Nooners (AA) 2:00 PM Gamblers Anonymous 7:00 PM Sex Addicts Anonymous
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