

# ***Fellowship Recovery Compass: April 2025***



## **New Name for the Fellowship Centre Monthly Publication**

The first Fellowship Centre Newsletter was published in June 2022 and Julia J. was the editor. In her first Message from the Editor, Julia wrote:

*The Fellowship Centre is a community of individuals trying to keep their addiction at bay and carrying the message that there is a solution. Numerous members of the Centre's recovery community have asked for information about the Centre including new meetings, service opportunities, finances, and upcoming events. The Fellowship Centre monthly newsletter will serve as a conduit for communicating information about the Centre to the Centre's recovery community.*

In January 2024, Julia rotated out as the Fellowship Centre Newsletter Editor and Genevieve J. assumed editorial responsibilities. The Newsletter has evolved since its inception with increased focus on addiction recovery, self-improvement and mental health and decreased focus on news, although updates regarding the Fellowship Centre remain an integral part of the monthly publication. Given its sharpened focus on recovery and psychological wellness, the monthly publication will forthwith be entitled the Fellowship Recovery Compass.

## **A New Name and Group Status for the Fellowship Nooners**

In late November 2021, the day after the Fellowship Centre received its occupancy permit, the Fellowship Nooners meetings began at the current location. Thank you to the many individuals who have ensured that, during the past 4 1/2 years, the Fellowship Nooners were open and welcoming 365 days a year. Last month, several individuals who have been instrumental in managing the Nooners registered the meetings as an AA group with New York Central Office. As a registered AA group, the Lunchtime Lifeline Group, as it is now called, can have homegroup members, although patience is requested as current homegroup members determine processes and roles.

## **Front Entrance Vestibule**

Thanks to the many individuals who volunteered at the major fundraiser at the end of December 2024, the Centre had sufficient funds to build a small, enclosed area between the exterior door and the interior of the facility. This airlock or entry foyer provides a transition space between the outside and inside of the building which improves temperature control and keeps people more comfortable in the winter as well as the summer. Blinds will be fitted soon so that groups using the Centre have control over sunrays, particularly in the early morning and for the candlelight meetings. Watch as our front entrance vestibule continues to take shape.

## **The Transformational Value of Step Four**

The first three Steps begin the construction of a new foundation for a more positive self-concept, a foundation that will support an improved version of ourselves. In the next four Steps, we come to a much deeper understanding of ourselves and a more realistic view of ourselves. We will fearlessly face the self that we had become and begin to see the self that we can evolve into -- our possible or true-self. Steps 4 through 8 generate a complete restructuring of who we are and what we know about ourselves.

**Step 4:** Made a searching and fearless inventory of ourselves.

**Transformational Value:** Increased self-awareness

In Step 3, we decided to find a new way of life. Now we are asked to take specific action that will further the deconstruction of the false-self (ego) and start the process of constructing a more positive self-concept. This Step puts us squarely on the road to freedom from our psychic prison. The thoroughness of the inventory we are asked to do in Step 4 is the first tangible evidence of the depth and sincerity of our commitment.

It is through understanding ourselves and how we function in human relations that we increase our awareness of who we are and who we aren't. Awareness creates the possibility of change. Once we become aware of what we are doing, we can make better choices and aim at developing a better attitude toward ourselves and others. If we are going to live rewarding lives, then we need to become aware of what we do that creates problems in our relationships with ourselves and others, and what causes our self-destructive behavior, whether it is drugs, eating, sexually acting out or gambling.

The goal of the Step 4 inventory is to create an awareness of what we are doing and how we do it. Bill W. indicated that the inventory helps us... "Find exactly how, when, and where are natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what are emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be a little sobriety and contentment" (Twelve Steps and Twelve Traditions, page 43).

Did we insisted on compliance with our demands to make us feel loved? Did we manipulated people, either by establishing power over them, by being people pleasers and submitting to their will, or by emotionally withdrawing? It is important to know that we are capable of functioning in any of these ways, but our dominant style is determined by the nature of the false-self (ego). Remember our false-self was the self we thought we had to be to ensure love and acceptance; it is our path to belonging, to having power and control. Bill W. describes our behaviour in this way: "Either we insisted upon dominating the people we know, or we depend upon them far too much. If we lean too heavily on people, they will sooner or later fail us, for they are human, too, and cannot possibly meet our incessant demands... When we habitually try to manipulate others to our own wilful desires, they revolt, and resist heavily... As we redouble our efforts at control, and continue to fail, our suffering becomes acute and constant" (Twelve Steps and Twelve Traditions, page 53).

Our false-self (ego) dictated who we should be. Any time we broke its rules, we felt ashamed and hated ourselves. Any trait or characteristic that wasn't acceptable to it became our despised self. This hated self was a depository for all the parts of us that we had to disown, that we weren't proud of, that weren't acceptable to the false-self. To be rigorously honest with ourself we cannot let our false-self influence the nature of our inventory. We need to own those things that we have despised or hated about ourselves. This truth seeking about ourselves requires extraordinary courage and boldness to see ourselves as we are.

Once we have completed our searching and fearless moral inventory, we are ready to take the next step in the development of a positive self-concept. A Step 4 solitary appraisal is insufficient. We need to reconnect with our humanity in Step 5. We need to surrender our self-reliance and experience the value of an enlightened witness.

(Based on work by Allen Berger, an expert on the science of recovery)

## Just for Today

Just for today I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appal me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. Most folks are as happy as they make up their minds to be.

Just for today I will adjust myself to what is and not try to adjust everything to my own desires. I will take my 'luck' as it comes and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: 1) I will do somebody a good turn and not get found out; if anybody knows of it, it will not count. 2) I will do at least two things I don't want to do - just for exercise. 3) I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.

Just for today I will have a program of recovery. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

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**Newcomer: "I've noticed that all the meetings here serve coffee, but not tea. Why?"**

**Old-timer: "Alcoholics have a hard time with tea."**

**Newcomer: "Any kind of tea?"**

**Old-timer: "Sure. Like ... humility, sanity, honesty, integrity, responsibility, dependability"**

## Looking For What's Right

Take time to notice what's right in ourselves, in others, and in the world around us. We may become so concerned with correcting ourselves that we become habituated to seeing what's wrong. Not just seeing it -- constantly looking for it. The question itself -- what's wrong? -- is enough to keep us on the edge.

There are times to take stock, do an inventory. Times to learn and grow. But spirituality and joy do not stem from trudging around in the muck of what's wrong with others, ourselves, and life. We do not have to seek out mistakes and errors, poking and picking at ourselves to continue our growth. Poking and picking hurts. Our lessons will be revealed to us, and they will present themselves naturally. Growth will occur.

*Give yourself a break. Ask yourself what's right, what's good, what's true, what's beautiful. Sometimes the lesson isn't in discovering what's wrong. Sometimes the lesson is discovering that the world is all right -- and so are you.*

## Value Your Past

Value your past and all the lessons you have learned. How easy it is to diminish the importance of our past and look on our history with a critical eye. We see the mistakes, we see what we think we should have known, we see what we could have done better. What we forget is that the reason we can see so clearly is because of the past and because of what we have learned. Often, it is the very experiences we regret that have created our clear vision.

Value what you've learned in your past. Each lesson has led to the next. Every person and event in each part of your life has been invaluable in shaping and forming you -- in creating the person you are today. Each part of your past, each person who has come into your life and shared experience with you has helped you to open your heart more to life, love, others and yourself. Even those experiences you think of as wrong, or mistakes, have been an important and necessary part in creating you. Sometimes, those experiences formed the most important parts of you because they created in you compassion and understanding for others. Often the most painful events in your life are the ones that opened you to your ability to bring healing, help, and hope to others. Your past has taught you love -- for others and yourself. It has helped you become a channel for love and a force for good in the world.

*When you look back at your past, look tenderly and gently at all you have been through. Look with the eyes of the soul. See that each experience was necessary to bring you home to your heart.*

## Redefining Service

Service is a key, an important one. It's a key to joy, to love. And a gold key to the journey. How long we thought service meant doing everything for everyone. How long we thought service had to be hard, taxing, boring -- that it meant doing something we didn't want to do to help someone who didn't want to be helped.

Now, we're defining service differently. Service is joyful. It's an attitude, a belief, a way of looking at ourselves and our lives. Our very life is service. Our being is service. Service arises and springs naturally out of self-love. It arises from being who we are and from doing the things we want to do and are led to do. The things that bring us the most joy will bring the most service to the world. Doing things we don't want to do will leave us and the world around us cold, untouched, unmoved.

*Service is love and joy. Service is being who you are. Bask in self-love. Service will flow naturally from that. It will be freely given and freely received. And now what you do will really help.*

(Adapted from Journey to the Heart by Melody Beattie 1996)

## The Law of the Garbage Truck!

How often do you let other people's nonsense change your mood? Do you let a bad driver, rude waiter, curt boss, or an insensitive employee ruin your day? Unless you're the Terminator, you're probably set back on your heels. However, the mark of your success is how quickly you can refocus on what's important in your life. Sixteen years ago, I learned this lesson. I learned it in the back of a New York City taxicab. Here's what happened.

I hopped in a taxi, and we took off for Grand Central Station. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, the car skidded, the tires squealed, and at the last moment our car stopped just one inch from the other car's back-end.

I couldn't believe it. But then I couldn't believe what happened next. The driver of the other car, the guy who almost caused a big accident, whipped his head around and started swearing at us. But then here's what really blew me away. My taxi driver just smiled and waved at the guy. I mean, he was friendly. So, I said, "Why did you just do that!? That guy could have killed us!" This is when my taxi driver told me what I now call, *The Law of the Garbage Truck*. He said:

"Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they look for a place to dump it. And if you let them, they'll dump it on you. When someone wants to dump on you, don't take it personally. Just smile, wave, wish them well, and move on. Believe me. You'll be happier."

I started thinking, how often do I let Garbage Trucks run right over me? How often do I take their garbage and spread it to other people at work, at home, or on the street? It was then that I said, "I don't want their garbage and I'm not going to spread it anymore."

I began to see Garbage Trucks. Like in the movie "The Sixth Sense," the little boy said, "I see Dead People." Well now "I see Garbage Trucks." I see the load they're carrying. I see them coming to dump it. Like my taxi driver, I don't take it personally; I just smile, wave, wish them well, and move on.

One of my favorite football players of all time was Walter Payton. Every day on the football field, after being tackled, he would jump up as quickly as he hit the ground. He never dwelled on a hit. Payton was ready to make the next play his best. Over the years the best players from around the world in every sport have played this way: Muhammad Ali, Nadia Comaneci, Bjorn Borg, Chris Evert, Michael Jordan, Jackie Robinson, and Pele are just some of those players. The most inspiring leaders have lived this way: Nelson Mandela, Mother Theresa, Gandhi, and Martin Luther King.

Roy Baumeister, a psychology researcher from Florida State University, found in his extensive research that you remember bad things more often than good things in your life. You store the bad memories more easily, and you recall them more frequently.

So the odds are against you when a Garbage Truck comes your way. But when you follow *The Law of the Garbage Truck* you take back control of your life. You make room for the good by letting go of the bad.

The best leaders know that they must be ready for their next meeting. The best salespeople know that they have to be ready for their next client. The best parents know that they have to be ready to greet their children with hugs and kisses, no matter how many Garbage Trucks they might have faced that day. All of us know that we must be fully present, and at our best for the people we care about.

The bottom line is that successful people do not let Garbage Trucks take over their lives. What about you? What would happen in your life, starting today, if you let more Garbage Trucks pass you by? Here's my bet: You'll be happier.

By David J. Pollay, acclaimed speaker and the creator and author of the international phenomenon, *The Law of the Garbage Truck*. <https://proctorgallagherinstitute.com/insight-of-the-day/the-law-of-the-garbage-truck/>

### THE NO GARBAGE TRUCKS!™ PLEDGE

I do not accept garbage in my life.

When I see Garbage Trucks,  
I do not take them personally.  
I just smile. I wave.  
I wish them well.  
And I move on.

And I do not spread garbage to others.  
I am not a Garbage Truck!

I do not accept garbage in my life.

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## Relapse Prevention Skills

Regardless of the amount of time we have not used substances or engaged in compulsive behaviours, there is always a risk of relapse. Common signs of pending relapse include boredom, stress, money problems, relationship issues, certain people or places, falling into old habits and anger. There is a common misconception that relapse prevention skills should only be used when someone is having a desire to use or act out. However, relapse prevention skills should be implemented into each recovering person's daily routine to reduce the risk of cravings.

**Self-Care.** Common withdrawal symptoms when recovering from addiction include insomnia and fatigue which are often triggers for relapse. By implementing physical exercise and a balanced diet, quality of sleep can improve. Set up and follow a structured sleep, exercise, and eating schedule. By doing this, one can retrain the body to sleep better and reduce the risk of relapse.

**HALT.** is an acronym for Hungry, Angry, Lonely, and Tired. Whenever feeling a craving to use, or in general feeling anxious or "off," ask yourself if you are feeling any of these four symptoms. If so, eat, sleep, breath and reach out.

**Mindfulness Meditation.** is a concept that teaches individuals to become more self-aware. When we are more self-aware, we are better able to cope with potential triggers to relapse. A study by NCBI found outcomes that suggest significant improvement in individuals in recovery who follow a mindfulness meditation relapse prevention program versus those who do not use mindfulness meditation. The individuals using mindfulness meditation remained clean and sober longer and reported less cravings and increased awareness and acceptance.

**Know Your Triggers.** Triggers can be internal (anxiety, irritability, stress, anger, low self-esteem) or external (people, places, or things that remind one of their past use). Making a list of internal and external triggers is an efficient way to gain awareness and learn how to cope with them to reduce the risk of relapse.

**Attend Mutual Support Meetings.** Participating regularly in mutual support groups such as Cocaine Anonymous or Gamblers anonymous increases accountability, education, and the ability to meet peers who understand what you are going through. A sponsor and peer support are important elements of recovery. Meeting attendance prevents relapse as it decreases feelings of loneliness and the risk of isolation, both of which are common triggers for relapse.

**Deep Breathing.** Breathing is not only connected to various essential functions throughout your body, but it also has a large effect on your brain chemistry. Breathing greatly impacts your emotions and helps regulate your overall mood. This is why deep breathing is essential for one's mental health.

**Emergency Contact List.** When an urge comes, it can be difficult to manage it, especially in early recovery. Have a list of healthy family members or friends who are also in recovery that you can call for support. Having a safe person to talk to can help you get past the craving and remember why you do not want to return to previous behaviors. Keeping that list on you at all times is important because it is a readily available resource you can use by quickly calling someone safe.

**Play the Tape Through.** In your mind, play out what will ultimately happen if you use or act out. Imagine what will happen in the short and long-term future. Think of the consequences that would occur if you used versus if you did not use. This can help with your decision-making and reduce the risk of relapse.



## Practical Tips for Beating Procrastination

Procrastination is choosing to delay or not complete a task for no good reason, even though doing so will have negative consequences. Usually, procrastination involves doing something else that isn't as important, just to fill in the time or provide a distraction. You can think of procrastination as a bad habit that might affect several areas of your life, or you might only procrastinate in some situations. For example, you might be organized at work yet procrastinate on projects at home. You might feel as though you can only motivate yourself in some situations or when you are working for a paycheck. Here are some tips for beating procrastination.

1. **Do the Worst First:** Is there a task you are dreading? Get it out of the way, and you will find it easier to face the rest of the day. You'll also feel proud of yourself for taking charge of the situation.
2. **Prioritize Tasks:** Common sense tells us that we should work on our most important tasks first, so spend a few minutes grading the items on your To-Do List. For each task, ask yourself whether it is important, urgent, or both. Work through your tasks in this order; Urgent and important, urgent and unimportant, non-urgent and important, and non-urgent and non-important.
3. **Break Tasks into Small Chunks:** Take big projects step by step. Write down your final deadline, then break the big project into small tasks you need to accomplish between now and then. Keep breaking tasks down until you no longer feel overwhelmed. If it's a very big project, ask your supervisor or someone with more experience to check your plan to ensure that it makes sense.
4. **Build Momentum:** Can't find the energy to start a task? Do something you like for a few minutes, then dive into the task. The momentum can give you a jump start.
5. **Keep a Time Log:** Scheduling is much easier if you can confidently predict how long a task will take. Start keeping notes detailing how many minutes, hours, or days you need for each task. You can then refer to your notes when scheduling similar tasks in the future.
6. **Set a Timer:** Set a timer and challenge yourself to work for five minutes. Five minutes is barely any time at all. You'll probably find that it isn't too hard to keep going when the timer goes off.
7. **Use Rewards:** You deserve a reward for getting your tasks done. It doesn't have to be expensive. A magazine, a movie, a cup of coffee, or having a long bath with your favorite bath oil are all good choices.
8. **Make It Easy to Pick up a Task Again:** If you need to work on a task over several days, finish each session by setting yourself up for success when you pick it up again. For example, if you are writing a report, leave a couple of sentences half finished.
9. **Get an Accountability Buddy:** Tell a friend or colleague what you plan to achieve and when. Ask them to check in on you. You could take it further by having a consequence. For instance, you could tell your friend that you will have done task X by day X or you'll buy them lunch.



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

## Choosing Happiness

Children seemed naturally happy. Adults, on the other hand, frequently seemed stressed out and unhappy. How do we connect with natural happiness? You choose to, as simple as that. One step at a time, you make the choice. Despite life throwing challenges and growth at you regularly, what you choose to focus on is still your right.

Even if you are in chronic pain, suffering a debilitating disease, for example, you could ask, where is the happiness in that? But does a smile still not come your way at times from someone who cares? Is the rest of your body not working perfectly and supporting your other internal systems? Are there not sounds of nature nearby to inspire and enjoy?

Despite whatever challenge life throws your way, choosing to focus on something positive is always a choice you can make. It is not denying what is, as the new thing you focus on is a part of that as well. A bad day or a bad week doesn't have to make a bad life. Feel sad, angry, or whatever needs to be felt. Then choose happiness again.

You always need to accept that you are actually worthy of happiness. You are worthy. This acceptance will come through developing self-love, self-forgiveness, gratitude, and, of course, self-consciousness. Be kind to yourself. It is a new start. Find something to make you smile even if just for a moment. It takes practice, but like anything, you will get better with practice.

The crazy thing about life is that it flows best when you are happy. The happy person creates more luck than someone focused on the negative. It is easy to be waiting for a change in your life that will then supposedly make you happy, be it a new job, a new relationship, a new anything. Change arrives in the other order, though; happiness comes first. The rest then follows. Despite the situation, the only way to make things change and improve is to put in the effort, mentally and physically, to be happier. Smile at strangers, exercise, observe life, and find surprising things to smile at. Your heart will thank you.

Delight is infectious, in the best possible way. Happiness attracts happiness, so the happier you become, the happier you become! This is your life. Create it with joy, one step at a time.

(Adapted from the work of Bronnie Ware, 2014)

- **Happiness is not a destination; it's a journey marked by the little choices we make every day.**
- **Choose to be happy, not because everything is good, but because you can see the good in everything.**
- **Happiness is not something you postpone for the future; it is something you create for the present.**
- **The happiness of your life depends upon the quality of your thoughts.**
- **If you want to be happy, be.**
- **Happiness is a choice, not a result.**
- **Choose happiness, it is a decision, not a destination.**
- **The only way to find true happiness is to risk being completely cut open.**
- **If you want others to be happy, practice compassion. If you want to be happy, practice compassion.**



**Happiness is always a choice. You can't wait for circumstances to get better. You have to create your own good fortune. So look for ways to be happy every day.**

JOEL OSTEEN



## Twelve Intentional Actions to Choose Happiness Today

1. Count your blessings. Happy people choose to focus on the positive aspects of life rather than the negative. They set their minds on specific reasons to be grateful. They express it when possible. And they quickly discover there is always, always, something to be grateful for.
2. Carry a smile. A smile is a wonderful beautifier. But more than that, studies indicate that making an emotion-filled face carries influence over the feelings processed by the brain. Our facial expression can influence our brain in just the same way our brains influence our face. In other words, you can program yourself to experience happiness by choosing to smile.
3. Speak daily affirmation into your life. Affirmations are positive thoughts accompanied with affirmative beliefs and personal statements of truth. They are recited in the first person, present tense ("I am..."). Affirmations used daily can release stress, build confidence, and improve outlook. Affirmations should be chosen carefully, be based in truth, and address current needs.
4. Wake up on your terms. Most of us have alarm clocks programmed because of the expectations of others: a workplace, a school, or a waking child. That's probably not going to change. But that doesn't mean we have to lose control over our mornings in the process. Wake up just a little bit early and establish an empowering, meaningful, morning routine.
5. Hold back a complaint. The next time you want to lash out in verbal complaint towards a person, a situation, or yourself, don't. Instead, humbly keep it to yourself. You'll likely diffuse an unhealthy, unhappy environment. But more than that, you'll experience joy by choosing peace in a difficult situation.
6. Practice one life-improving discipline. There is happiness and fulfillment to be found in personal growth. To know that you have intentionally devoted time and energy to personal improvement is one of the most satisfying feelings you'll ever experience. Embrace and practice at least one act of self-discipline each day. This could be exercise, budgeting, or guided-learning... whatever your life needs today to continue growing. Find it. Practice it. Celebrate it.
7. Use your strengths. Each of us have natural talents, strengths, and abilities. When we use them effectively, we feel alive and comfortable in our skin. They help us find joy and happiness. Embrace your strengths and choose to operate within your giftedness each day.
8. Accomplish one important task. Because happy people choose happiness, they take control over their lives. They don't make decisions based on a need to pursue joy. Instead, they operate out of the satisfaction they have already chosen. They realize there are demands on their time, helpful pursuits to accomplish, and important contributions to make to the world around them. Choose one important task that you can accomplish each day. Find joy in your contribution.
9. Eat a healthy meal/snack. We are spiritual, emotional, and mental beings. We are also physical bodies. Our lives cannot be wholly separated into its parts. As a result, one aspect always influences the others. For example, our physical bodies will always have impact over our spiritual and emotional well-being. Therefore, caring for our physical well-being can have significant benefit for our emotional standing. One simple action to choose happiness today is to eat healthy foods. Your physical body will thank you... and so will your emotional well-being.
10. Treat others well. Everyone wants to be treated kindly. But more than that, deep down, we also want to treat others with the same respect that we would like given to us. Treat everyone you meet with kindness, patience, and grace. This brings growing satisfaction in yourself as you seek to treat others as you would like to be treated.
11. Meditate. Find time alone in solitude. As our world increases in speed and noise, the ability to withdraw becomes even more essential. Studies confirm the importance and life-giving benefits of meditation. Take time to search inward, connect spiritually, and improve your happiness today.
12. Search for benefit in your pain. This life can be difficult. Nobody escapes without pain. Remind yourself that the trials may be difficult, but they will pass. Search deep to find meaning in the pain. Choose to look for the benefits that can be found in your trial. At the very least, perseverance is being built. Most likely, an ability to comfort others in their pain is also being developed.

# April 2025 South Edmonton Fellowship Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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) 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> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM ISMs (AA)	<b>2</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA)	<b>3</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:30 PM Plain Language Big Book Study (AA)	<b>4</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 1:30 PM SMART Recovery <input type="checkbox"/> 7:00 PM Serenity by Candlelight (AA)	<b>5</b> <input type="checkbox"/> 10:00 AM Imagine a New Freedom (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous
<b>6</b> <input type="checkbox"/> 10:30 AM Girlfriend Hour (Women Only AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 1:30 PM Meditation (AA) <input type="checkbox"/> 3:00 PM Mental Health and Addiction Support <input type="checkbox"/> 6:00 PM Step Group (CA)	<b>7</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA)	<b>8</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM ISMs (AA)	<b>9</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA)	<b>10</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:30 PM Plain Language Big Book Study (AA)	<b>11</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 1:30 PM SMART Recovery <input type="checkbox"/> 7:00 PM Serenity by Candlelight (AA)	<b>12</b> <input type="checkbox"/> 10:00 AM Imagine a New Freedom (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous
<b>13</b> <input type="checkbox"/> 10:30 AM Girlfriend Hour (Women Only AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 1:30 PM Meditation (AA) <input type="checkbox"/> 3:00 PM Mental Health and Addiction Support <input type="checkbox"/> 6:00 PM Step Group (CA)	<b>14</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA)	<b>15</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM ISMs (AA)	<b>16</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA)	<b>17</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:30 PM Plain Language Big Book Study (AA)	<b>18</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 1:30 PM SMART Recovery <input type="checkbox"/> 7:00 PM Serenity by Candlelight (AA)	<b>19</b> <input type="checkbox"/> 10:00 AM Imagine a New Freedom (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous
<b>20</b> <input type="checkbox"/> 10:30 AM Girlfriend Hour (Women Only AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 1:30 PM Meditation (AA) <input type="checkbox"/> 3:00 PM Mental Health and Addiction Support <input type="checkbox"/> 6:00 PM Step Group (CA)	<b>21</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA)	<b>22</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM ISMs (AA)	<b>23</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA)	<b>24</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:30 PM Plain Language Big Book Study (AA)	<b>25</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 1:30 PM SMART Recovery <input type="checkbox"/> 7:00 PM Serenity by Candlelight (AA)	<b>26</b> <input type="checkbox"/> 10:00 AM Imagine a New Freedom (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous
<b>27</b> <input type="checkbox"/> 10:30 AM Girlfriend Hour (Women Only AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 1:30 PM Meditation (AA) <input type="checkbox"/> 3:00 PM Mental Health and Addiction Support <input type="checkbox"/> 6:00 PM Step Group (CA)	<b>28</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA)	<b>29</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM ISMs (AA)	<b>30</b> <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Lunchtime Lifeline (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA)	<b>Fellowship Centre 9122 34A Ave. NW, Edmonton</b> <b>Email: <a href="mailto:info@fellowship-centre.org">info@fellowship-centre.org</a></b> <b>Website: <a href="https://fellowship-centre.org">https://fellowship-centre.org</a></b> <b>Facebook: <a href="https://facebook.com/SEFellowshipcentre">facebook.com/SEFellowshipcentre</a></b> <b>Telephone: 780-220-7811</b>		