

Fellowship Recovery Compass: July 2025



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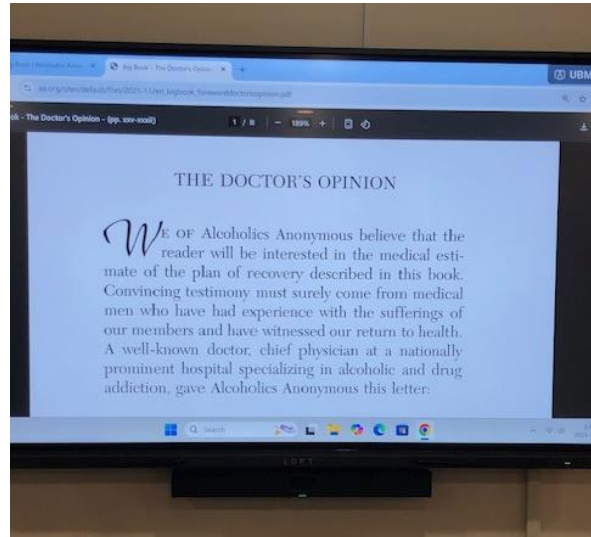
Videoconferencing and Whiteboard Technology Now at the Fellowship Centre

Thanks to those who volunteered at the major fundraiser at the end of December 2024, the Fellowship Centre is now able to offer state-of-the-art interactive digital technology to help others carry the message of addiction recovery. (Be reminded that these major funds are externally restricted and can only be used to facilitate addiction recovery programs.)

The 75-inch interactive whiteboard with an on-board Android operating system is mounted on the north wall of the Centre. This hardware supports several applications. For example, the whiteboard functions as a screen and the on-board Android as a personal computer for hybrid and fully-online addiction recovery meetings with software such as Zoom or Microsoft Teams. The audio and video bar mounted below the whiteboard combines a camera, microphone and speakers into a single unit, designed for videoconferencing. This bar simplifies the setup for video calls, providing a streamlined, high-quality audio and visual experience. In addition to recovery meetings, voting members of the Fellowship Centre will be able to attend the Annual General Meeting or any special meetings called by the Board of Directors either in person at the Centre or online via Zoom from the Centre. Such convenience will likely increase member attendance at these important meetings.

The interactive whiteboard is a touchscreen display that allows users to interact with projected computer content, often in a collaborative setting. It combines the functionality of a traditional whiteboard with the capabilities of a computer, enabling users to write, draw, manipulate files and access multimedia content directly on the screen.

On June 23rd at *Our Basic Text*, the Big Book content being read and discussed was displayed on the interactive whiteboard. At the *Fellowship Nooner* on June 26th, the Daily Reflection was accessed online and displayed during the meeting.



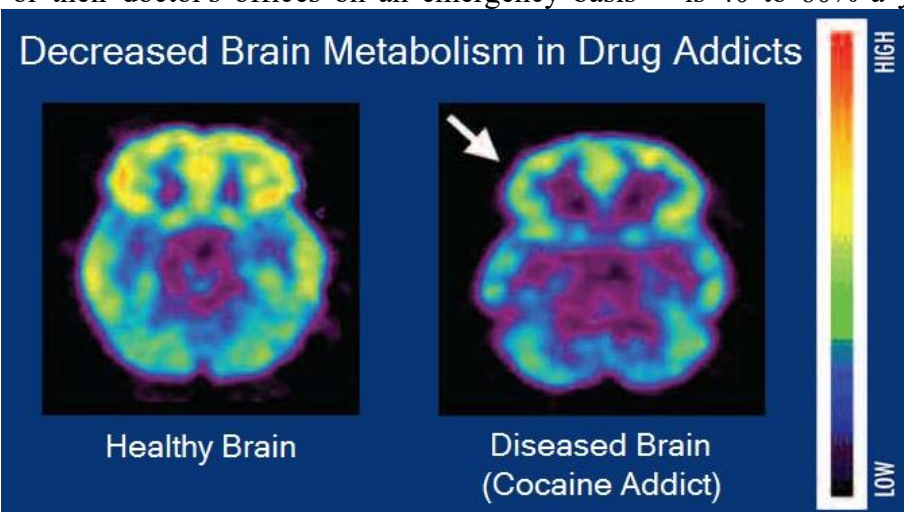
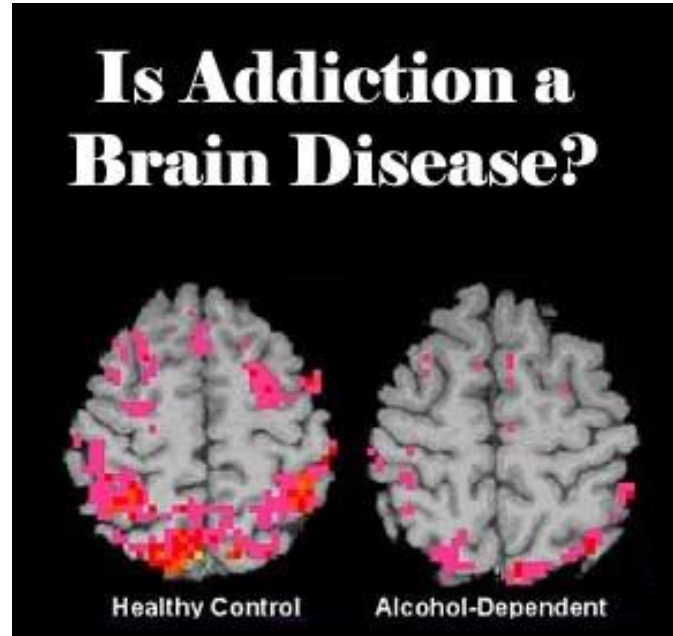
All meetings and groups are welcome to use the interactive whiteboard with on-board Android to carry the message of addiction recovery. Contact Bruce M. (587.858.3340), Scott B. (780.974.3631) or Genevieve J. (780.940.1374) for information and training.

Addiction is a Chronic Medical Condition

Like diabetes, asthma, and other chronic diseases, addiction is a lifelong illness. Your diabetes is not cured simply because you take insulin and watch your diet; it may be controlled, but it is still present. It is the same with the disease of addiction; it can be controlled but never eliminated.

The length of the repair process depends on many factors including the substance that was abused, the length of use, the extent of the abuse, and the individual's genetic and biochemical makeup. As a rule, it takes at least 4 to 12 months of complete sobriety before significant brain repair is achieved.

There is no quick fix for the disease of addiction which is why addicts need ongoing care and support even when they relapse. We do not condemn a diabetic for having a sugary dessert or forgetting to take his or her medicine; we do not revile the person with hypertension who gains weight instead of losing it. Instead, we sympathize with and understand the inner urges that cause them to slip and we encourage them to take their medicines regularly and stick to a health-enhancing eating and exercise program. We are understanding, although people with critical illness such as diabetes, asthma, and elevated blood pressure often do neglect to follow their doctors' orders. Less than 50% of patients with these diseases take their medicines as prescribed, and less than 30% comply with lifestyle changes recommended by their doctors. The relapse rate for these three illnesses -- measured by the number of people who must go to emergency rooms, the hospital, or their doctor's offices on an emergency basis -- is 40 to 60% a year. And these frightening



statistics are for people who do not have a chronic brain disease. Think how difficult it must be for those who have addiction-affected brains to follow their doctor's orders! Why should we treat addicts differently, and so much more harshly, than we do other people with chronic illnesses?

(adapted from *Healing the Addicted Brain* by H. C. Urschel, 2009)

The Transformational Value of Step Seven

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 7 generate a complete restructuring of who we are and what we know about ourselves.

Step 7: Humbly asked Him to remove our shortcomings.

Transformational Value: Develops humility, and the ability to ask for help in restructuring ourselves.

There are different kinds of humility. Early in recovery, humility was the result of “a forced feeding of humble pie” (Twelve Steps and Twelve Traditions, page 74). We had to be beaten into submission and surrender to the fact of our addiction. This experience helped us understand that self-reliance wasn’t the answer to our problems, contrary to what the false-self (ego or lower-power) led us to believe. Instead, we eventually realized that our defiant self-reliance was at the heart of our problem. As our reliance on a power greater than our false-self increased, we found immense personal value in this new alliance. We began to view humility as our ally, something that would nourish a positive self-concept and help us change old and outdated ideas. One specific idea we had to change was our attitude toward pain and discomfort.

Our false-self (lower-power) told us that the goal of life was to feel comfortable, to feel in control, to be free of anxiety, and to be happy. It told us that life should be easy. This philosophy encouraged us to avoid painful experiences or emotional discomfort. We became obsessed with feeling good and would do anything or use anything to achieve this state of mind. We became masters in the art of avoidance and manipulation. Because we avoided discomfort, we never learned to manage our anxiety or soothe our pain or lick our wounds. We never learned to regulate and modulate our feelings. Our immaturity forced us to rely on drugs/alcohol/activities and manipulation to manage our feelings.

We must be willing to experience frustration or sadness or pain or uncertainty and accept that we may look foolish to stop acting foolishly. Fully experiencing and being present to our feelings is a new way of being for us. We must endure pain or frustration because we need to restore our true-self (higher-power). We begin to see that facing our anxiety, and sitting with discomfort, leads to growth. We realize that the more discomfort we are willing to tolerate, the more peace of mind and serenity we will eventually enjoy.

Because of the work we have done in the previous Steps, we have come to realize that our values are all wrong, that we lost sight of what was truly important. Bill W. stated it this way: “We had lacked the perspective to see the character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living” (Twelve Steps and Twelve Traditions, page 71). We learned that we had to shift our consciousness from a life based on having (materialism) to one based on being (spirituality). We shifted our focus to what we *are* rather than what we *had*.

When we shift our emotional center to within ourselves, we no longer focus on the outcome of our actions for validation. We realize that doing the right thing is intrinsically rewarding. We shift our emotional security from an other-validated self-esteem to a self-validated self-esteem. Steps 1 through 7 have reconstructed our relationship with ourselves. We let go of our reliance on our false-self and have begun to replace it with a higher-self, a true-self. We are aiming to become our best self, and to do that we accept responsibility for change. We asked for help to remove our shortcomings, and next we are guided to take a very specific action to help us rid ourselves of our character defects, an action that will help us develop the best possible attitude we can toward human relations.

(Adapted from the work of Allen Berger, expert on the science of recovery).

Eight Steps to Handle Criticism

No one is perfect. We all receive criticism from time to time. It isn't much fun to hear someone highlight our shortcomings, but criticism can be helpful. If we can accept feedback and act on it, we can make progress in many areas of our lives and our recovery.

1. Remind yourself that criticism doesn't determine your self-worth

You are a valuable and worthy human being regardless of what anyone may say about you. Making mistakes this doesn't mean that you are a bad person. When you remember this, criticism doesn't seem quite so threatening.



2. Take a deep breath and wait a moment before reacting

Give yourself a moment to process what the other person has said.

It's better to pause for a few moments, or even to take a few moments alone, then to say or do something you regret.

3. Consider the source

Not all criticism is created equal. Do not assume that it is true or justified. Feedback can be completely accurate and fair or total nonsense. Most of the time it's somewhere in between. Avoid all or nothing thinking. Be prepared to take to heart the criticism that makes sense and dismiss the rest if it's irrelevant or given out of spite. Talk to a person you trust if you find it hard to differentiate between constructive and destructive criticism. They may be able to help you take a step back and assess the situation.

4. Ask clarifying questions if the other person is being vague

If someone gives you a piece of generally negative feedback, ask for more information. Some people are not good at communicating what they mean, so you may need to put some effort into finding out what they're trying to say. For example, if someone tells you, "I suppose you'll find it hard to complete this project because you aren't very well organized," ask them, "In what ways do you think I'm not very organized?"

5. Try to focus on the words, not the tone

Some people lack self-awareness and communication skills and may not know how to keep their tone of voice steady. Keep your focus on what they're saying, not how they're saying it.

6. Defuse the criticism if it's destructive, inaccurate or unfair

You can agree with criticism in part, agree in principle, or agree in probability. The best option depends on the situation and the person's temperament, but all three techniques work in the same way. They take the sting out of the criticism and lessen the other persons hold on you.

- a. First, you can agree in part if the criticism is partly correct, pick out the relevant details and repeat it back to the other person. This lets you diffuse the situation without validating the rest of their feedback.
- b. Alternatively, if the other person's logic is correct but their criticism is flawed, you could agree in principle. For example, if someone says, "You aren't using the right software for compiling this report. It has lots of security bugs. We'll lose our most important data." You might simply respond, "True, if there are security bugs, then we could lose some data."
- c. Finally, you agree in probability. This involves acknowledging that, in theory, something could come to pass. However, it doesn't mean that you must agree with the criticism in its entirety. For example, if someone says, "If you don't start keeping to a strict budget, you won't be able to meet your basic expenses. You'll be broke by next year." You might simply reply, "You're right, I could run out of money."

7. Apologized if necessary

If you have made a mistake, admit to it. Make apologies or amends as appropriate.

8. Decide on an action plan and share it if appropriate

If the criticism is fair, explain what you'll do differently in the future. Be specific. For instance, if your boss criticized your public speaking ability, you could tell him/her about the speaking course you intend to take.

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

Dangers of a Big Ego in Recovery

(adapted from https://addictionfreedomnow.com/blog/dangers-of-big-ego/#google_vignette)

Having a healthy ego can be beneficial, but when that shifts, a big ego can be dangerous. There are four main obstacles a big ego can pose that get in the way of addiction recovery.

Lack of Awareness

When someone with a big ego focuses all their attention on how superior they are to those around them, they lose sight of the harm addiction is causing to others. This can cause significant issues with remaining clean and sober.

False Contentment

While failing to see the big picture or the world as it is changing, someone with a big ego may fall into the trap of false contentment. Living in complacency can make ego-driven people fail to strive for more. Recovery is a continuous process and falling into complacency can prevent progress.

Carelessness

Living with an unchecked ego can result in carelessness that leaves the individual without the drive to put effort into any of their endeavors. When an ego-driven person thinks what they seek will come to them without any work, they may struggle with their sobriety and lose sight of their goal.

Isolation

By isolating themselves from those who wish to help them, egotistical people in recovery may cause more harm to their potential for recovery than they realize. Eventually, those who isolate themselves will end up without the support system so vital to the recovery journey.

Replacing Ego with Humility

Humility is the spiritual opposite of egoism. You can find humility in several ways:

Practice Mindfulness

While many people benefit from classes and training in mindfulness, others choose to live within the present moment rather than the past or future. Understanding the purpose of the here and now can help you focus on the world around you rather than just yourself.

Be an Active Listener

People love to talk about themselves, when sometimes what they really need is to listen. The trouble with egotistical personalities is that being self-absorbed makes it nearly impossible for you to listen to those around you. Taking time to really hear what people are saying can help give you a better perspective and force you to focus on others.

Stop Isolating Yourself

Having a healthy support system is crucial to your successful recovery. Only being able to rely on yourself as a resource and a sounding board keeps both problems and solutions internal. That can lead to a great sense of self-importance, which in turn continues the cycle of grandiosity and isolation.

Be Authentic

When you can authentically represent yourself, you're able to be more open and honest. A big trap many people in recovery can fall into is not being honest about their issues. When you feel like you need to keep secrets or hide what you're doing, you may fall into old behaviors. When you can be open and honest with others, you're able to be more open and honest with yourself.

Be Thankful

Recognize and understand what you have and try to be thankful for it. This allows you to focus on those around you instead of just yourself. When you can turn outward and be thankful, you'll have fewer reasons to believe that the world revolves around you.

Ask for Help

Many people with ego issues are so self-assured that they might not seek help from external sources, even when they need it most. When you do this, you risk falling back into patterns of isolation. However, if you are humble enough to seek help when you need it, you can admit that you aren't the only person of value and open yourself to truly receiving the tools you need for recovery.

Recovery Slogans

When people first join 12-Step recovery, they may raise their eyebrows at some of the common slogans and phrases. These slogans can sound cheesy, especially when they get constantly repeated by people who say them without the context of their deeper meanings. The newcomer simply hears someone spouting clichés without bothering to explain them. But the most well-known slogans exist for a reason. People wouldn't bother repeating them if they held no deeper meaning. With just a bit of understanding, every newcomer can come to appreciate this. On this page and the next are some common slogans and their deeper meaning.

1. One Day at a Time

This simple phrase carries two essential messages. First, we must focus on the present. We cannot see the future, and we cannot control the universe. But we can control our actions right now. We often become despondent when we worry about the future. We fear that we may never sober up and respond by throwing in the towel. By focusing on the now, we forgo this trouble and allow ourselves to maintain our sobriety daily. Second, we must realize that life is little more than a series of moments. While the most prominent slogans tell us to take life one day at a time, we often hear members say that they must take life one hour or one minute at a time. It may sound like they're joking, but quite often they are not. Every moment of every day, we can choose to do the next right thing.

2. Easy Does It

It's hard to simplify an already simple slogan, but the main point of this adage is that we must take things slowly. In this regard, it bears some similarities to "one day at a time." When we first enter recovery, we sometimes try to get ahead of ourselves. We try to make amends before reaching Step Nine. Perhaps we try to get a new job or enter a new relationship despite the recommendation that we do not seek new commitments during our first year of recovery. Naturally, those who enter recovery often wish to turn their lives around as fast as possible. This slogan reminds us that change is a process. We must respect that process, or else risk relapse.

3. Let Go and Let God

This slogan reminds us that we cannot control everything. Perhaps we need to find a job or a place to live, but we cannot make these things happen by sheer force of will. We do our part, and then we hope for the best. After that, it's up to fate. Fate, of course, represents God in this slogan. Those who dislike slogans such as this one often find the word "God" offensive. We must remember, however, that faith is not exclusively religious. We can maintain faith in the universe without defining our Higher Power as some extraterrestrial deity. If you believe in God, then you shouldn't struggle with this slogan. But if you maintain an atheistic or agnostic point of view, simply remember that God doesn't define this slogan. The point lies far outside of religion. It's about giving up control. And if you can't accept that, then you're precisely the type of person who might benefit from letting go occasionally.

4. Spirituality versus Religion

Religion is for people who are afraid of hell. Spirituality is for people who have been there. Those who dislike this slogan tend to focus on the aspect of living in hell. To be fair, it does sound rather egotistical for anyone to compare their life of excessive partying to a netherworld of fire and brimstone. Furthermore, it may insult some of the more religiously inclined members to hear their faith reduced to nothing but fear. If you look past these complaints, you'll see that this is a valuable slogan. Perhaps our lives were not hellish, but we didn't wind up in recovery because of how well things were going. Ultimately, you only need to take two things from this slogan. Remember that religion and spirituality aren't the same. You do not need one to practice the other. Remember that sobriety holds the key to a better life. Because whether you liken addiction to hell, limbo, purgatory or otherwise, there's never a good reason for going back to it.

5. Keep It Simple

Simply put, this slogan reminds us not to over-complicate our recovery. Some say addiction recovery becomes more difficult when we possess a high IQ. We like to intellectualize our addiction, and we feel

that our intellect holds the key to solving our problems. But the 12 Steps are spiritual, not intellectual. Many of us drank, drugged or acted out to overcome our feelings. We do this because our intellect tells us it's a good idea. In other words, our best thinking didn't get us clean and sober. If anything, it just made things worse. If it seems like these slogans reek of simplicity, they should. We need a bit of simplicity in our lives. Because if we continue to rationalize everything, we may wind up in the middle of a relapse. And that won't do a whole lot to strengthen the intellect in which we place so much pride.

6. Progress, Not Perfection

Unlike some of the other slogans, this slogan originates from the text of Alcoholics Anonymous itself. Many 12-Step meetings open with an excerpt from Chapter 5 (*How It Works*) that contains this very phrase. In this specific context, *How It Works* reminds us that we may never fully overcome our spiritual defects - but our willingness to try will elevate us to new heights. In other words, don't beat yourself up every time you fail to maintain 12-Step Principles. Perhaps you forget one of the common slogans and begin intellectualizing your recovery or fretting over the future. This just makes you human. We are not saints, let alone gods. Nobody can expect us to be perfect. We can, however, try to become better by working the Steps and attempting to adhere to the Spiritual Principles. Remember that the only true failure is giving up. Keep your eyes on the recovery path, and you will always continue moving in the right direction. Even if this, unfortunately, means taking a step backward every now and then.

7. Nothing Changes If Nothing Changes

Despite being one of the more commonly repeated slogans, this one might confuse you at first. It sounds simple, yet its meaning can elude those who hear it for the first time. Like many slogans, this refers to how we work the Spiritual Principles. Do we sit around and wait for things to get better? Or do we transform into the person we wish to become by rolling up our sleeves and working at it? We can stop drinking, drugging, or acting out. But if we continue living essentially the same lifestyle, we can't expect to make much progress as human beings. We usually hear this one when complaining about our lives. People say this not to dismiss us, but to tell us that we possess a choice. We can either let go and hope for the best, or we can make some necessary changes in our lives that may better our circumstances. Most of our problems are of our own making and only change will rectify them.

8. First Things First

To live a more balanced existence, you must recognize that not doing everything that comes along is okay. There's no need to overextend yourself. All it takes is realizing that it's all right to say "no" when necessary and then focus on your highest priorities. In this sense, the slogans "first things first" and "easy does it" bear some similarities. We must remember that the Twelve Steps go in numerical order for a reason. If we try to get too far ahead of ourselves, we may wind up stressing ourselves out while making very little progress. Open a cocoon before the caterpillar's transformation is complete, and you will never see a butterfly. Respect the process of change and prioritize accordingly.

9. Faith Without Works Is Dead

We can tell people that we aren't drinking, drugging, or acting out. They may not smell it on us or catch us in the act. But if they see us living the same life that we lived in addiction, why should they believe us? Unlike some of the more simplistic slogans, many people might misinterpret this one. It doesn't say that faith without works is meaningless. Faith is a powerful thing, and important to our spiritual experience. But our actions are evidence that our faith in the program has paid off. If we ever feel like others don't give us enough credit for our sobriety, we should look at our actions. Perhaps we simply aren't doing much to earn the trust of those we love. We must put our money where our mouth is and show people that we are embracing a new lifestyle. As we do, we'll find our personal relationships healing. More importantly, we'll rediscover faith in ourselves. This will make our sobriety much more meaningful, and much easier to maintain.

(Adapted from <https://www.amethystrecovery.org/10-aa-slogans-deeper-meanings/>)

Give Yourself a Break

Learn to appreciate yourself in recovery. Knowing we desire growth and improvement is one thing. Constantly driving ourselves is another. Maybe the answer isn't that we need to do better, try harder, push more. Maybe the answer is recognizing and appreciating how well we already do things. How hard we try. How much we have done to stay clean and sober. How well others are doing, too.



Pushing ourselves has become so habitual that we deny ourselves any feelings of satisfaction. No matter how well or how much we do, the urge to try harder, do better, do more keeps pushing us on. It doesn't let us rest. We still feel it isn't quite good enough.

If you've been pushing yourself that hard, you may need more than a coffee break. Take a real break. Give yourself permission to put that drive aside. Quiet that part of you that wants to do more, be more, accomplish more. Learn to value how well you do things, even if no one else sees or

appreciates your efforts. Applaud your own efforts and the efforts of those you love. For today and for one week, instead of demanding more from yourself, tell yourself how well you've done. For today and for one week, instead of demanding more from those around you, tell them that they are doing well, too.

Tell yourself how well you do. You may discover you're doing better in recovery than you thought.

Are You Angry?

Anger ranks high on the list of perplexing, troublesome emotions in recovery. We want to be kind, but then suddenly we feel a jolt in our heart, an edge to our voice. Something has been trapped deep inside. It could be a chunk of old anger, something we weren't conscious of or safe enough to feel back then. It may be current. Something has come into our life today, and our reaction is anger.

Oh no, we may think, *I shouldn't be this angry in recovery*. But denying anger will not bring us joy. Hiding it, tucking it away deep inside is not the answer. We may even turn it upon ourselves. Not feeling anger won't make it go away. Its energy will still be there, pounding away inside us and in subtle ways pounding away at others. Until we acknowledge our anger, feel it, and release it, it will keep us off balance, on edge, and irritable. We need to give ourselves permission to feel all our emotions, including anger.



But allowing yourself to feel anger doesn't mean giving yourself permission to rage, to hack and cleave at the world, to verbally abuse those around you. Find ways to express your anger with grace and dignity. Park your car, rolled down the windows, and yell. Find a solitary place, a spot where you are safe, then speak loudly about how you feel. Write it out. Shout it out. Pounded out. Go to the gym and work it out.

Anger can be a guide. Used creatively it can help you decide where to go and where not to go. It can help you get to the next place in your life and in your recovery. Feeling and expressing your anger in appropriate ways will take you forward to a place of power within yourself.

Let yourself feel angry when anger is what you really feel. Then get the anger out of your head and out of your body. Once that's happened, you'll feel clear. You'll know what to do next. The path to your heart, to your inner voice, will be opened. Sometimes getting angry is exactly what we need to do next.

(Adapted from Journey to the Heart by Melody Beattie)

Ten Steps to Mastering the Art of Joyful Living

Are you moving too fast to enjoy life? Are you caught up in problems and struggles? Joyful living takes commitment. Integrate these ten steps in your recovery, and the seeds of joy will flourish endlessly.

1. Bring silence and stillness into your life

If we turn down the volume on all the noise in our lives, we discover the amazing fact that silence and stillness are already here. When we intentionally allow ourselves to be still, we naturally open to a deep appreciation of the present moment. We become relaxed and stress begins to melt away.

2. Clean up

Do you feel disgusted when you look into your basement or garage because of all the clutter. It's a shame because every moment of disgust is a moment empty of joy. If there is anything you are procrastinating about, anything you can easily fix, anyone who drags you down, pay attention. Don't wait or settle for good enough. Carve out the time, figure out a solution, and clean it up.

3. Mind your own business

Do you want to be unhappy and frustrated? Then try controlling things you can't do anything about -- like other people or most situations or the past or future. If you are caught in an emotional reaction, turn the mirror onto yourself. Let the story go and see what is true in your direct experience. Bring compassion into the places where it is needed most.

4. Give to others whatever you feel you are lacking

So many of us want attention, love, and understanding. We live in a state of lack, thinking that life can begin if only we get what we think we need. Consider that you may not actually need what you think you need. It might just be an old story that has outworn its welcome. In recovery, give to others what you want or need. Pull out the stops in offering attention, interest, and caring. Your sense of lack will be transformed into fullness.

5. Use your senses

Life is abundant right before our very eyes. Slow down and take the time to see, hear, taste, touch, and smell. In recovery, eating an apple can become a sensual delight, mowing the lawn a symphony.

6. Recognize what is working

It is easy to focus on problems and unhappy feelings. Take stock of what is working in your life. Is your living situation a good one? Do you know people who you love and appreciate? Do you enjoy your daily runs or a good home-cooked meal? Simply look around you, and you may be surprised by the bounty that is already present in clean and sober living.

7. Live in forgiveness

If a grudge is interfering with your joy of life, then it requires your loving attention. Don't let the minutes tick by while you live in self-righteousness or regret. Neutralize the stories from the past and make the choice to live joyfully now. Then live in amends. If you feel wronged by someone or you hurt another, deal with it. Don't let it fester. Make recovery a life free from hurts and grudges.

8. Learn from life experiences

If you want to master joyful living, be open to learning from the challenges that life brings. Difficult life experiences are designed to show us the areas in our lives where we are not yet free. Use these situations for your own liberation. If there is a self-defeating pattern playing out in your life, slow it down so you can become conscious of what you are doing. Then make different, better choices with your eyes wide open.

9. Be pleasant

No matter what is going on in your life, show up in an open, good-natured way. Stop complaining, and instead be patient, open, kind, and agreeable in your day-to-day life of recovery.

10. Lean into joy

Every moment offers a choice. Look at your life, and it will show you what you value. Are you choosing stress, conflict, and unhappiness? Joy provides the perfect barometer for navigating through life. All you need to do is recognize what brings you joy, then follow it. Make room in your life for what is positive, light, and life-affirming. You will have mastered the art of joyful living.

(Adapted from <https://gailbrenner.com/2011/06/10-steps-to-mastering-the-art-of-joyful-living/>)

South Edmonton Fellowship Centre

<https://fellowship-centre.org> 9122 34A Avenue NW, Edmonton

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	7:00 AM Alcoholics Anonymous	7:00 AM Alcoholics Anonymous	7:00 AM Alcoholics Anonymous	7:00 AM Alcoholics Anonymous	7:00 AM Alcoholics Anonymous	
10:30 AM Alcoholics Anonymous (Women Only)		10:30 AM Alcoholics Anonymous				10:00 AM Alcoholics Anonymous
12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous
1:30 PM Alcoholics Anonymous (Meditation)					1:30 PM SMART Recovery	2:00 PM Gamblers Anonymous
3:00 PM Mental Health and Addiction				2:30 PM Overeaters Anonymous		
6:00 PM Cocaine Anonymous	6:30 PM Alcoholics Anonymous	7:00 PM Alcoholics Anonymous	7:00 PM Cocaine Anonymous	6:30 PM Alcoholics Anonymous	7:00 PM Alcoholics Anonymous	7:00 PM Sex Addicts Anonymous
	8:00 PM Alcoholics Anonymous (Men Only)					

Mental Health and Addiction group support offered Sundays at 3:00 PM by a Canadian Certified Counselor is for anyone seeking help with mental health issues related to addiction.

Self-Management and Addiction Recovery Training (SMART Recovery) offered Fridays at 1:30 PM based on psychological treatment of addiction.