

Fellowship Recovery Compass: September 2025



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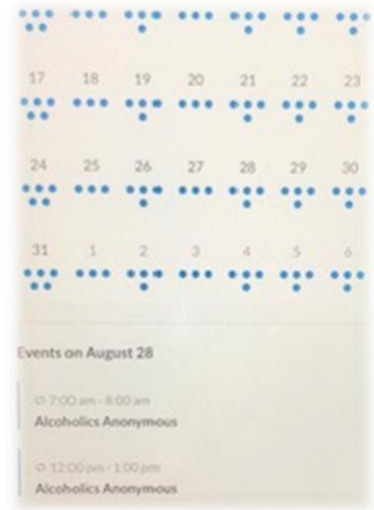
Website: <https://fellowship-centre.org>

facebook.com/SEFellowshipcentre

Fellowship Centre Website

The Fellowship Centre will soon have a new improved website. The current website is not phone-friendly and the calendar which displays meetings is particularly problematic when accessed on a mobile phone. While this will be improved soon, when you currently use your phone to access meeting times:

1. Go to **fellowship-centre.org**
2. Click on **Meetings**
3. You will see a calendar with blue dots on each day.
4. Click on any day then **scroll down** to see the meetings held at the Centre on that day.



Add the Centre's Website as an Icon on your Phone.

iPhone / iPad (iOS – Safari)

1. Open **Safari** and go to **fellowship-centre.org**.
2. Tap the **Share** button (the square with an arrow pointing up, at the bottom of the screen).
3. Scroll down and select **Add to Home Screen**.
4. Edit the name if you like, then tap **Add** (top right).

 The website icon will now appear on your Home Screen like an app.

Android (Google Chrome)

1. Open **Chrome** and go to **fellowship-centre.org**.
2. Tap the **three dots menu** (top-right corner).
3. Select **Add to Home screen**.
4. Edit the name if you want, then tap **Add**.
5. Choose **Add automatically** or drag it to your Home Screen.

Sobriety: It's Definitely the Best Thing for Me

Morgan Wallen's journey of transformation following his 2024 arrest is a compelling narrative that underscores the challenges and pressures of fame, especially in the entertainment industry. The chair-throwing incident, which drew significant media attention, served as a wake-up call for Wallen. It forced him not just to confront his behaviour in a very public way but also to evaluate the underlying issues that contributed to that behaviour.



The decision to embrace sobriety was not just about refraining from alcohol; it represented a holistic approach to improving his life. Wallen has openly discussed how the chaos of his previous lifestyle impacted his mental health. By removing alcohol from the equation, he found clarity and a renewed sense of purpose. This newfound sobriety has allowed him to reconnect with himself and those around him, fostering deeper relationships and a more grounded lifestyle.

In addition to personal growth, Wallen's journey has broader implications. It reflects a growing conversation within the music industry and society at large about mental health, accountability, and the importance of support systems. Many fans and fellow artists have rallied around Wallen, providing encouragement and understanding as he navigates this challenging yet rewarding path.

Wallen's transformation is also evident in his music. With his focus shifting, he has begun to channel his experiences into his songwriting. This evolution not only marks a personal milestone but also enriches his artistry, allowing him to connect with listeners on a deeper emotional level. Songs that reflect his struggles and triumphs resonate with fans who appreciate authenticity in music.

Moreover, Wallen's story emphasizes the idea that setbacks can lead to significant comebacks. His candidness about his struggles serves as a reminder that everyone faces challenges, and it's how one responds to those challenges that defines their character. By sharing his journey, Wallen aims to break the stigma surrounding addiction and mental health issues, encouraging others to seek help and support when needed.

In the broader context of celebrity culture, Wallen's experience highlights the importance of growth and redemption. His ability to turn a moment of crisis into a catalyst for change inspires many who may find themselves in similar situations. The narrative of accountability, resilience, and transformation is not just about Wallen but also reflects a larger societal shift toward understanding and supporting mental health and addiction.

As he continues to move forward in his career, Wallen's commitment to sobriety serves as a beacon of hope for those struggling with their own battles. His journey is a testament to the power of self-reflection and the impact of positive change, reminding us that it's never too late to make a fresh start. Through his actions and music, addiction in the music industry.

The Transformational Value of Step Nine

The work we have done in Steps 1–7 has set us firmly on the road to self-acceptance and has broken the trance induced by our false-self. We now see that our false-self was the problem, not the solution. We have found a power greater than ourselves that has helped us achieve a new self-understanding. Steps 1-7 gave us a better relationship with ourselves. Now we shift our focus to developing better relationships with others.

We cannot have healthy relationships without a persistent effort to keep our side of the street clean. We are going to need to face our mistakes and keep a solid alliance with ourselves as we sail into uncharted waters. There are many dangerous currents (such as false-pride) and riptides (such as self-hate) that lie ahead, and if we don't support ourselves on this journey we will end up sinking, drowning, or relapsing. Our efforts in working Steps 8, 9 and 10 provide tangible evidence of the depth of our commitment to this new way of life.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Transformational Value: Resolving unfinished business and giving victims a sense of justice.

Step helped us identify *who* we need to make amends to, and *what* we need to make amends for. Step 9 is about *how* we go about making these amends. Foremost, our attitude needs to be *do no more harm*. This means that we need to be aware of the potential pain we may cause by tearing the scab off someone else's old wound. As Bill W. stated, "We must be sure to remember that we cannot buy our own peace of mind at the expense of others" (*Twelve Steps and Twelve Traditions*, page 84). This Step is teaching us that mutual respect is an important characteristic of healthy relationships.

It is a mistake to postpone making amends until we feel comfortable. It is unrealistic to think we can face someone we have hurt and feel good about it. If we possess a conscience, we are going to feel guilt and remorse. This is the purpose of a healthy conscience, but because our conscience interfered with our addiction, we became good at rationalizing bad behaviour. We knew when we did something wrong, but we didn't let that stop us.

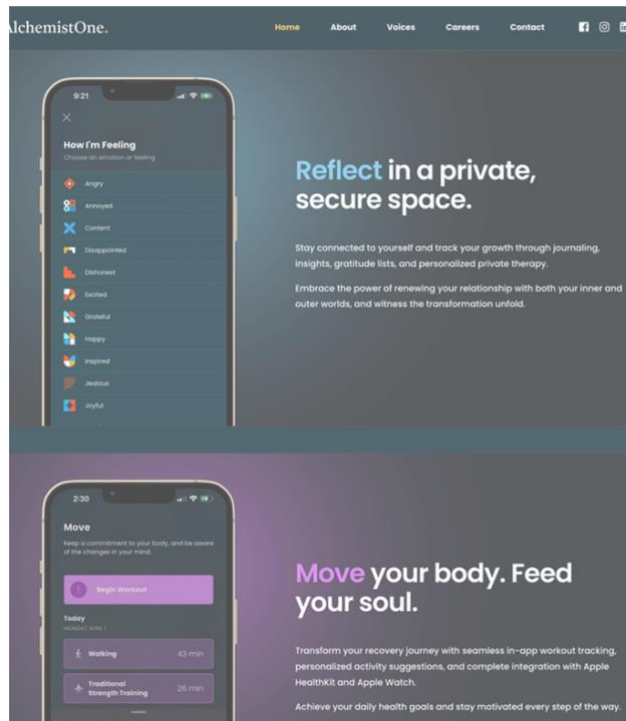
Only the best in us can take responsibility for the worst in us. Being sincere when we make amends is the result of putting the best-self in charge of the task – the part of us that has empathy and compassion for those we have hurt so that we may begin to glimpse the pain and suffering we have caused. When we make amends, we are acknowledging how deeply we have wounded others. We must help them understand that what we did was not personal. They, our victims, were not responsible for what we had done to them. We cannot justify our bad behaviour. We did what we did because of who *we* were, not because of who *they* were. We must try to help them dispel the idea that what happened to them was personal. Conveying this point is especially important when we choose to make amends to a partner for being unfaithful.

Our sincerity to face and make right the harm we have done will be crucial in helping our victims begin the healing process. This can only be achieved if we are making amends for the right reason. The right reason is that it is the right thing to do rather than because we are seeking forgiveness. If we make amends to gain forgiveness, then we are manipulating the other person into doing what we want. That kind of manipulation simply inflicts more harm. When we are sincere, forgiveness may come – or it may not. The point is that we cannot expect to be forgiven because we are humbling ourselves and taking responsibility for what we have done wrong. Our job is to make amends for the sake of integrity and to give our victims a sense of justice.

Once we have made amends, we have given ourselves a new level of peace of mind and emotional well-being. Our job does not end here, however, lest we regress. Recovery is like walking up an escalator that is going down. If we stop, we don't stand still – we regress. We must live according to what we know is right and good. We need to develop a practice of self-searching that ensures that we hold on to the gains we have made in developing integrity, emotional sobriety, and a more positive self-concept. Now that we have cleaned up our side of the street, we want to make sure that we continue to keep our side of the street clean. We want to develop a practice that will help us maintain our integrity and trustworthiness (Allen Berger, expert on the science of recovery).

Mindfulness App to Break the Cycle of Addiction

Adam G. from Regina had been battling a gambling addiction since he was a teenager. "I think it started innocently enough, with things like video games and sports. I made my first sports bet when I was 13 or 14," Adam said. "Looking back, I remember being very anxious, always really trapped in my mind thinking of what other people thought of me. All those thoughts went away, and it was very easy for me to escape into gambling." Temporary relief came with long-term consequences. Adam spent more than 20 years locked in a cycle of gambling addiction.

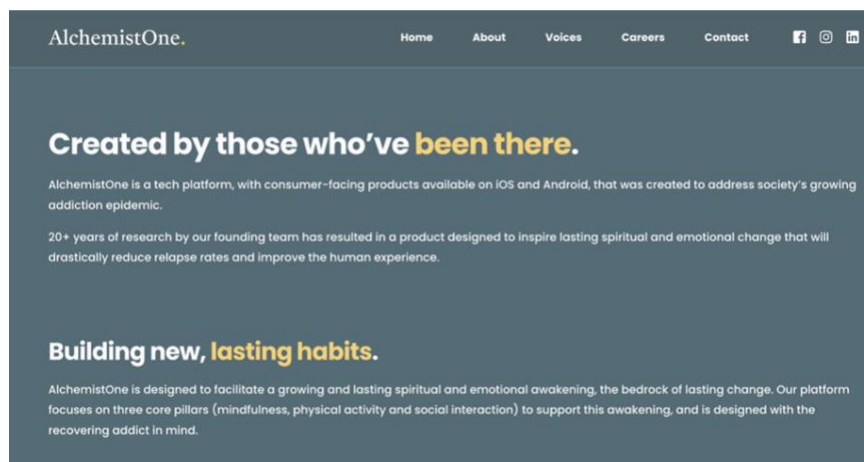


After decades of struggle, mindfulness and meditation helped Adam shift gears, allowing him to explore not just his behaviour, but the thoughts beneath it. "Looking at the nature of thought and what was going on, sort of beneath the surface level stuff," he said. In 2024, he and his partner decided to build a digital tool to support others facing similar struggles. A year and a half later, their vision became reality with the launch of AlchemistOne, a mindfulness-focused recovery app designed to support people dealing with addictions.

Adam said that at its core, AlchemistOne is built around three key pillars of recovery:

1. Mindfulness and Meditation.
2. Active Reflection.
3. Physical Movement.

Users can access a library of audio content, including guided meditations, podcast-style interviews and personal stories from people around the world who are in recovery. Adam acknowledged an irony in people using the same phone or tablet that accessed gambling sites, social media or other addictive content as a tool for recovery. Instead of turning to a casino app or a harmful distraction, users can open AlchemistOne and engage in a quick mindfulness session.



Humility in 12-Step Recovery

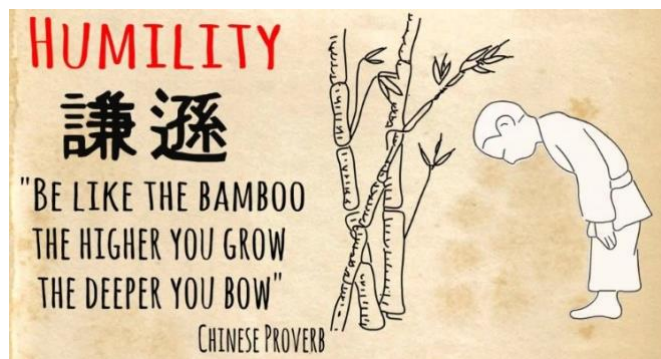
Humility is a foundational concept in the 12-Step recovery programs, which are designed to help individuals overcome addictions and develop healthier coping mechanisms. The essence of humility involves recognizing one's limitations, embracing vulnerability, and being open to personal growth.

At its core, humility is about understanding that one is not infallible and that acknowledging personal weaknesses is not a sign of failure, but rather a step toward recovery. In the context of addiction, many individuals struggle with pride and denial, believing they can control their substance use or manage their lives without help. The first Step of the 12 Steps encourages individuals to admit that they are powerless over their addiction and that their lives have become unmanageable. This admission is inherently humble, as it requires individuals to confront their vulnerabilities and recognize that they cannot overcome their addiction alone.

Humility also fosters a sense of connection and community among individuals in recovery. The 12-Step programs emphasize the importance of sharing experiences and supporting one another. By being humble, individuals can relate to each other without judgment, creating an atmosphere of acceptance and understanding. This community support is crucial for recovery, as it helps individuals realize that they are not alone in their struggles. They learn from one another, drawing strength from shared experiences and collective wisdom.

Additionally, humility encourages individuals to seek guidance from a higher power, which is a significant aspect of many 12-Step programs. The concept of a higher power varies among participants, allowing individuals to define it in a way that resonates with their beliefs. By surrendering to this higher power, individuals acknowledge that they do not have all the answers and that they need assistance in navigating their recovery journey. This act of surrender is a profound expression of humility, as it requires individuals to let go of their ego and trust in something greater than themselves.

Throughout the 12-Step process, humility plays a vital role in fostering personal growth. As individuals progress through the Steps, they are encouraged to engage in self-reflection and inventory. This process involves examining one's actions, behaviours, and the impact of addiction on their lives and relationships. It requires a level of honesty that can be difficult to achieve, as it forces individuals to confront uncomfortable truths about themselves. Humility allows individuals to approach this self-inventory with an open mind and heart, enabling them to learn from their mistakes and make amends where necessary.



Humility helps individuals develop empathy and compassion towards others. As they recognize their own flaws and struggles, they become more understanding of the challenges faced by others in recovery. This shift in perspective fosters an environment of support and encouragement, which is essential for long-term sobriety. By practicing humility, individuals create a culture of healing within their recovery community.

Misconceptions about Humility in Recovery

Humility Equals Low Self-Esteem

Clarification: While low self-esteem can lead to self-deprecation, humility is about having a realistic self-view. Humble individuals recognize their worth and abilities but do not feel the need to boast about them. This balanced perspective allows them to engage confidently in various situations without feeling superior or inferior.

Humility is Self-Sacrifice

Clarification: Humility does encourage acts of service and kindness, but it does not mean neglecting one's own needs. A truly humble person understands the importance of self-care and recognizes that they must be healthy and fulfilled to help others effectively.

Humility Means Being Passive

Clarification: Humble individuals can be assertive and proactive. They can advocate for themselves and others while remaining open to feedback and collaboration. This active engagement demonstrates confidence and respect for others' views.

Humility is a One-Time Achievement

Clarification: Humility is a lifelong journey rather than a destination. It requires continual self-reflection and a willingness to learn from experiences. People may find themselves more or less humble in different situations, which underscores the need for ongoing practice.

Humility is a Weakness

Clarification: Many successful and influential leaders exhibit humility. This quality allows them to connect with others, build trust, and foster collaboration. Humble leaders often inspire loyalty and commitment by acknowledging their limitations and valuing others' contributions.

Humility Requires Public Self-Denial

Clarification: It's important to celebrate achievements while maintaining humility. Humble individuals can acknowledge their successes in a way that inspires others without boasting. They may express gratitude for the support they received along their journey.

Humility is Incompatible with Leadership

Clarification: Effective leadership often involves humility. Leaders who listen to their team, seek input, and acknowledge mistakes create a culture of openness and growth. This approach can lead to better decision-making and a more engaged team.

Humility is Only for the Religious or Spiritual

Clarification: While many spiritual traditions emphasize humility, it is a universal quality that can be practiced in secular contexts as well. In personal and professional relationships, humility fosters collaboration, respect, and understanding.

Humility Means Avoiding Conflict

Clarification: Humble individuals approach conflict with a mindset geared towards resolution rather than avoidance. They engage in discussions with a willingness to listen, understand different perspectives, and find common ground, which can lead to constructive outcomes.

Humility is a Lack of Ambition

Clarification: Humble individuals can have high aspirations while remaining grounded. They pursue their goals with a sense of purpose, recognizing that their journey is often supported by others and that success is not solely their achievement.

Alcohol Consumption and Liver Disease

Canadian research has increasingly highlighted concerning trends in alcohol consumption and its direct correlation with liver disease. A pivotal study conducted by researchers at Queen's University focused on Ontario's health-care records from 2001 to 2022, revealing alarming rates of alcohol-related liver disease (ARLD). The analysis showed a significant annual increase in alcohol-associated hepatitis (AH), with rates climbing by 8% in men and an even more worrisome 11% in women. Notably, young women are particularly vulnerable, experiencing a disproportionate rise in these statistics.

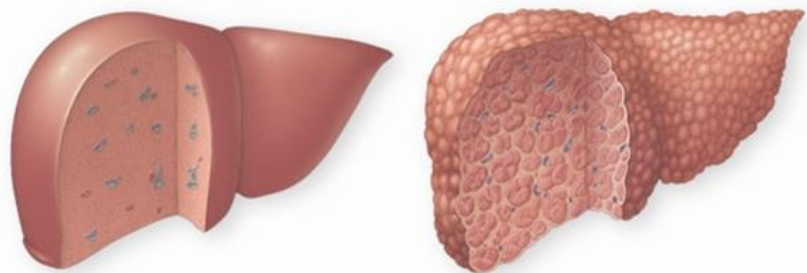
The study further examined post-diagnosis outcomes, revealing that 71% of patients remained free of cirrhosis six months after diagnosis, yet 22% progressed to cirrhosis or worse within four years. A gender comparison indicated that women survivors faced a higher rate of severe complications (37%) compared to men (29%). Additionally, the mortality rate due to liver-related causes was notably higher in women, with 11% succumbing to liver issues over a decade versus 7% of men. These findings highlight a critical gap in the understanding and management of ARLD, particularly among young women.

Another significant piece of research addressed the future trajectory of liver disease in Canada, predicting that non-alcoholic fatty liver disease (NAFLD) and alcohol-related liver disease will be responsible for almost all new diagnoses of cirrhosis in the country by 2030. This prediction is alarming, as cirrhosis represents the advanced stage of liver disease where complications can lead to liver failure and increased mortality. The implications of this research are profound, indicating that public health policies need to focus not only on prevention and early intervention for alcohol misuse but also on education regarding the risks of NAFLD, which often coexists with alcohol-related conditions.

The Canadian Institute for Health Information (CIHI) underscored the need for enhanced data collection on alcohol consumption patterns and their health impacts. Their report emphasized that while overall alcohol consumption had been stable in previous years, the rise in binge drinking, particularly among younger populations, is a growing concern. This trend is critical, as binge drinking is closely linked to acute liver injuries and increases the risk of developing chronic liver diseases.

Health professionals and researchers are calling for a multifaceted approach to tackle these issues. This includes improving access to treatment for alcohol use disorders, increasing public awareness campaigns about the dangers of excessive drinking, and integrating liver health education into primary care practices.

The findings also suggest that policymakers should consider stricter regulations on alcohol marketing and sales, especially aimed at youth, to mitigate the rising incidence of liver disease.



Beating the “When ... Then Syndrome” with Mindfulness

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

Do you tell yourself any of the following?

- When I land at new job, then I'll be happy.
- When I finally buy a new home, then I'll be happy.
- When I earned that next promotion, then I can relax.
- When I find a partner, then I'll feel better about myself.
- When I lose 30 lbs, then I'll feel better about my body.

These are examples of “When... Then Syndrome” in action. The main symptom is an obsession with making as much progress as you can, in the shortest possible amount of time, while ignoring what's going on around you. If you're suffering from this affliction, you'll never be able to accept your life in the present moment. Instead, you'll pour all your efforts into chasing whatever you think will make you happy. This is a tragedy because you will deprive yourself of the joys that come with living in the here and now.

Lots of us assume that we need to wait until we *arrive* at our destination before we feel happy. This perception leads to nothing but pain. When you pin all your hopes for happiness on a single event or possession, you are vulnerable to disappointment. Few things live up to our expectations. To make matters worse, human beings have a special ability to assume, often at an unconscious level, that success in one aspect of their lives will somehow change everything for the better. For example, you might trick yourself into thinking that a new relationship will somehow make you happy and that you will suddenly be able to launch yourself into a new career or finally commit to working out regularly.

Imagine that you drop dead tomorrow having never achieved your goals. It's a grim thought, isn't it? However, wouldn't it be even worse to die having never experienced life in the present because you were too busy striving towards a distant goal? The truth is that you don't know whether the future will ever arrive. Doesn't it make more sense to focus on learning to live in the here and now. By fixating on what you want, you are devaluing what you already have. For example, let's say you are working to get a promotion so that you can buy a bigger house. If you aren't careful, you'll start to slip into a dissatisfied state of mind. You may start feeling resentful that your boss doesn't pay you enough money, or that your current house isn't big enough. These thoughts keep you from slowing down and enjoying your life as it is right now. Given that it's the only life you have, you might as well savor it!

Keep a piece of paper and a pen on hand. Every time you drift off into a daydream about the future, place a mark on that sheet of paper. At the end of the day, count them up. Are you surprised at how much time you spent traveling?

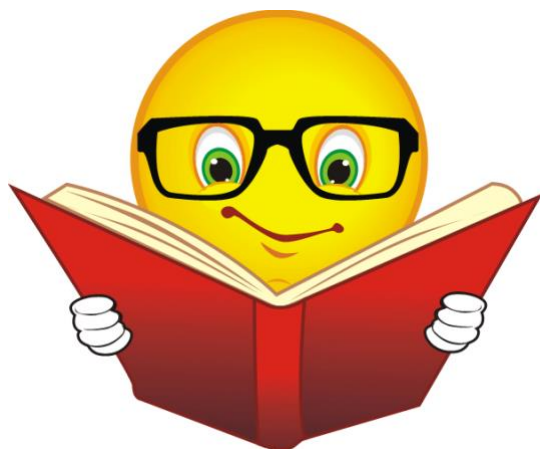
There is always something new to desire. We set a goal, work towards it, feel happy for a brief time when we achieve it -- then we start hankering after something new. Until you realize that material possessions and status will never bring you true contentment, you are trapped in an uncomfortable cycle of striving, achieving, disappointment, more striving, etc. The only way to break free is to learn to live in present.

Consider this: All your life you have assumed that a particular person, possession, or title will make you happy. You already know that life doesn't work like that, or you wouldn't still be searching for contentment. Based on your experience so far, why would you think that your next achievement will be one that really makes you happy?

Bibliotherapy for Addiction Recovery

Bibliotherapy, the use of literature and reading as a therapeutic tool, has emerged as a valuable adjunct in the field of addiction recovery. It offers individuals a unique opportunity to engage with their experiences through narratives that resonate with their struggles, providing both insight and comfort.

At its core, bibliotherapy operates on the premise that literature can evoke emotional responses and facilitate personal reflection. For individuals in recovery, reading stories that mirror their own experiences can foster a sense of connection and understanding. Research indicates that engaging with characters who navigate addiction can help readers process their feelings, recognize unhealthy patterns, and envision healthier alternatives. For example, studies have shown that narratives depicting the journey of recovery can instill hope and resilience in readers, motivating them to persist in their recovery efforts.



The therapeutic effects of bibliotherapy can be attributed to several mechanisms. One significant aspect is the concept of identification. When readers encounter characters who face addiction, they often see parts of themselves reflected in these narratives. This identification can reduce feelings of isolation, as individuals realize they are not alone in their struggles. Additionally, bibliotherapy encourages empathy, allowing readers to gain insights into the experiences of others. This empathetic engagement can cultivate a deeper understanding of addiction as a complex issue, moving beyond stigma to foster compassion for oneself and others.

Bibliotherapy can enhance cognitive-behavioral strategies commonly employed in addiction treatment. By reading about coping mechanisms, problem-solving techniques, and the consequences of substance use, individuals can better equip themselves with tools to navigate their recovery journey. Research has shown that integrating bibliotherapy with cognitive-behavioral therapy can lead to improved outcomes, as literature reinforces the spiritual principles. The process of reflecting on characters' choices and their repercussions can help individuals reframe their own thought patterns and behaviours.

In addition to its psychological benefits, bibliotherapy offers practical advantages. It is a cost-effective and accessible intervention that can be implemented in various settings. Individuals can engage with bibliotherapy independently or as part of a group, fostering discussions that further enhance the healing experience. This flexibility makes bibliotherapy a valuable resource for individuals with varying levels of access to other recovery modalities.

Despite its promise, research on bibliotherapy for addiction recovery is still evolving, and some challenges remain. One concern is the selection of appropriate literature. Not all narratives will resonate with every individual, and the wrong choice may lead to feelings of alienation rather than connection. It is crucial to consider the diverse backgrounds, experiences, and preferences of those in recovery when recommending reading materials. Additionally, while bibliotherapy can be a powerful tool, it is not a standalone solution. It is most effective when used in conjunction with other recovery approaches, such as 12-Step Recovery, Smart Recovery, and mental health support.

The digital age has introduced new dimensions to bibliotherapy. E-books, audiobooks, and online reading communities have made literature more accessible than ever. These platforms can enhance engagement and allow individuals to explore recovery narratives in formats that suit their preferences. However, they also raise questions about the quality and credibility of materials available, necessitating a cautious approach to material selection.

South Edmonton Fellowship Centre

<https://fellowship-centre.org>

9122 34A Avenue NW, Edmonton 780-220-7811

WEEKLY IN-PERSON MEETINGS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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)		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					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		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
	7:30 PM Alcoholics Anonymous (Men)					

WEEKLY ONLINE MEETINGS

SUNDAY 1:30 PM	Sunday Afternoon Meditation is a 60-minute online meeting focused on guided meditation and meditation training. ZOOM MEETING ID 862 5658 4606 PASSCODE 899182
SUNDAY 3:00 PM	Mental Health Support for Addiction is a 60-minute online meeting facilitated by a Canadian Certified Counsellor. ZOOM MEETING ID 895 8810 8041 PASSCODE 577206
WEEKDAYS 7:00 AM	Sunrise Weekdays Group offers online A.A. meetings Monday through Friday. Start your workday with the program. ZOOM MEETING ID 899 6946 5894 PASSCODE 912107
THURSDAY 6:30 PM	Plain Language Big Book Study is a 60-minute online meeting that helps make the book <u>Alcoholics Anonymous</u> (first published in 1939) more easily understood and accessible to all those seeking 12-Step addiction recovery. ZOOM MEETING ID 841 7534 0136 PASSCODE 881616
FRIDAY 1:30 PM	Self-Management and Recovery Training (SMART Recovery) is a 60-minute online meeting based on psychological approaches for those seeking an alternative to 12-Step addiction recovery support. ZOOM MEETING ID 815 5962 9907 PASSCODE 357546