

Fellowship Recovery Compass: November 2025



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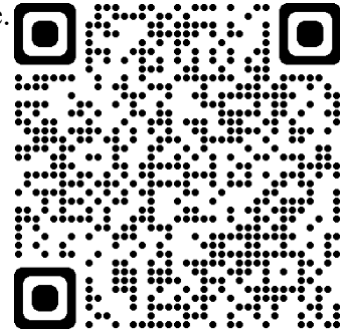
The City of Edmonton Bylaw on smoking rules includes:

- Smoking is not permitted within 10 metres (33 feet) of doors, windows, or air intakes;
- Smoking is not permitted in the building or common hallway;
- The doors or windows do not have to be open for this rule to apply;
- Vapes or e-cigarettes are included in this rule;
- Violators will see City Fines of \$250.

As a nonprofit society, the Fellowship Centre must establish its value. By answering a one-question anonymous survey, let the government know that:

The Fellowship Centre improves your well-being.

1. Scan QR code with your smartphone camera.
2. Click on the provided link.
3. Answer the question.
4. Press "Submit" button.



Wellbriety Meeting Starting November 1st on Saturdays from 4:00 to 6:00 PM



Wellbriety is a holistic recovery approach that supports Indigenous people in addiction recovery. Founded by Don Coyhis in 1988, it combines wellness and sobriety to support physical, mental, and spiritual healing using culturally-based methods. By incorporating traditional Indigenous teachings, the 12 Steps, and core principles like honesty, hope, and service, Wellbriety fosters a holistic approach to well-being. It goes beyond simply achieving sobriety and encourages individuals to live a good life – a life that is “well” in mind, body, spirit, and culture. **All are welcome regardless of cultural or ethnic background.**

Now at the Centre

Thursdays 6:30 PM *Indo-Canadian Living Sober* (AA) in Punjabi, Hindi, Urdu, English



Wellbriety Steps



FACE THE EAST- FIND THE CREATOR

STEP 1 - HONESTY

We admitted we were powerless over alcohol – that we had lost control of our lives.

STEP 2 - HOPE

We came to believe that a Power greater than ourselves could help us regain control.

STEP 3 - FAITH

We made a decision to ask for help from a Higher Power and others who understand.

FACE THE SOUTH- FINDING OURSELVES

STEP 4 - COURAGE

We stopped and thought about our strengths and our weaknesses and thought about ourselves.

STEP 5 - INTEGRITY

We admitted to the Great Spirit, to ourselves, and to another person the things we thought were wrong about ourselves.

STEP 6 - WILLINGNESS

We are ready, with the help of the Great Spirit, to change.

FACE THE WEST - FINDING OUR RELATIVES

STEP 7 - HUMILITY

We humbly ask a Higher Power and our friends to help us change.

STEP 8 - FORGIVENESS

We made a list of people who were hurt by our drinking and want to make up for these hurts.

STEP 9 - JUSTICE

We are making up to those people whenever we can, except when to do so would hurt them more.

FACE THE NORTH- FINDING THE ELDERS' WISDOM

STEP 10 - PERSEVERANCE

We continue to think about our strengths and weaknesses and when we are wrong we say so.

STEP 11 - SPIRITUAL AWARENESS

We pray and think about ourselves, praying only for the strength to do what is right.

STEP 12 -SERVICE

We try to help other alcoholics and to practice these principals in everything we do.



Staying Present while Planning for the Future



You might be thinking along these lines: “Sure, staying in the present helps me live a more joyful life. But I can’t stay in the present moment all the time! I’ve got to think about my future. I’ve got to make some plans!” Being mindful doesn’t mean you have to float along in life without a plan. It means that when you do make plans, they come from a place of appreciation and acceptance of what you currently have. Mindful planning involves taking a close look at what you want to be, not just what you want to have. Asking questions like, “What is my place in the world?” and “What kind of relationships do I want to cultivate?” require more self-reflection than listing things you want to buy or the size of the home you’d like to have.

The next time you set a goal, ask yourself the following questions:

1. **Does your goal support my higher values?** When your goals support your beliefs and wider vision, you are much more likely to stick with them. Working towards a value-driven goal will also be more satisfying. For instance, setting a weight loss goal because you value health makes sense. However, setting goals just for the sake of impressing others probably won’t offer much intrinsic satisfaction.
2. **Am I being realistic?** Set goals that stretch you, not goals that leave you feeling overwhelmed before you even begin. Be honest with yourself. Remember that goals need to be right for you, not somebody else or an imaginary version of yourself.
3. **How will chasing this goal affect other people in my life?** You probably don’t live in a vacuum, and your goals could have a direct effect on your family, friends, and colleagues. You don’t have to design your life around other people, but it is sensible to think mindfully about the broader effects of your goals. You might need to adjust your goals slightly or tweak your plans.
4. **Am I willing to sit with the discomfort that will come from pursuing this goal?** Chasing a meaningful goal will sometimes make you anxious. This is perfectly normal but know that mindfulness practice will help you whether these emotions, accept them, and move forward. However, you need to be prepared to embrace your feelings, whatever they may be, at all stages of the journey.
5. **Can I hold this goal lightly?** Clinging to a set of expectations is a recipe for disaster. Can you accept that you need to hold your goal lightly? Do you accept that your circumstances may change?

Have you even been torn between two or more actions? Are you overwhelmed when you need to make a big decision? Mindfulness can help you out. Not only can mindfulness be successfully combined with decision making, but it can also improve your ability to make sensible decisions. Here’s how to make a mindful choice.

1. **Be aware that you need to make the best possible decision, not a perfect decision.** Acknowledge that you are in a state of confusion. Take a few deep breaths. Reassure yourself that you can only do your best with the information and resources you have available to you now.
2. **Tune into your goals and values.** When decision making is tough, it’s often because two or more of your values are colliding. For instance, suppose you must choose whether to walk away from your job at a small, family-run firm. On the one hand, you may value loyalty and stability which makes you reluctant to leave. At the same time, you might also value creative expression and ambition which makes you want to seek a different kind of work. The best decisions support as many of your values as possible, but sometimes there seems to be no winning. Reframe the situation as a chance to learn and grow. You may have to acknowledge that one of your values must take on greater importance relative to the others.
3. **Weigh each option carefully.** Notice whether you tend to place more weight on emotional factors than intellectual factors, or vice versa. Mindfully encourage yourself to address the problem from both sides.
4. **Ask, “What might I be missing here?” and “Is there anything I’m forgetting about?”** Be patient with yourself. You will notice a degree of discomfort when you must make a decision, and such discomfort may cause you to delay deciding as long as possible. When we make a choice, we’re giving up a sense of control. When we rule out one or more options, we are limiting our opportunities.

We often worry about making the wrong decision. We get carried away dreaming up all kinds of scenarios in which we come to regret our choices. Mindfulness helps us accept this discomfort which empowers us to make decisions in the future. Learn to trust yourself and accept the outcome of your choices.

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

The Value of Making Amends

We hated feeling bad. We were phobic, always avoiding any pain or discomfort. We wanted life to be easy, and we would go to great lengths to maneuver away from any situation that might cause us anxiety or tension. We would do whatever was necessary to scape feeling uncomfortable. This fueled our addiction like oxygen feeds a fire. Having worked most of the Steps we are discovering that we have an innate ability to experience discomfort and grow from it, and the pain is nothing more than a signal that something is wrong. If we broke a leg and we try to walk on it, it's going to hurt. our leg is saying "Don't Walk on me. I'm broken. I need rest and help."

Our pain has been trying to communicate with us for a long time, but we haven't been listening. We didn't want to hear what it was saying. We blocked out the message by anesthetizing ourselves, by not listening, by playing games – and we paid a huge price for our avoidance. We remained trapped in our emotionally immature behaviour – imprisoned in a false-self. No one could trust us, and we couldn't even trust ourselves. Without a willingness to experience our painful feelings, we never grew and matured. We could never become our true-self.

To grow, we must stay in close contact with our experience, whatever it is. Our experience holds important information for our growth and development. We need to stay in close contact with how we behaved in our relationships to make a thorough list of those we have harmed. We must face the wrongs we've done without running away from the truth. We have learned to engage in self-examination whenever we are upset or angry. We need to use the experience of our daily interactions and behaviour in all our affairs. This practice is designed to show where we need to give ourselves credit for handling a situation well, where we need improvement, and where we need to admit we were wrong. We need to stay close to our experience to make the spot checks and daily reviews of who we are and who we aren't. We have recovered the ability to stay in close contact with our experience and learn from it.

Making amends helps us forgive ourselves and others. Forgiveness is freeing. It is working through our feelings and seeing things from a different perspective. Forgiveness is a process that involves certain steps. First, we stop taking things personally and realize that people do unkind and harmful things because of who they are, not because of who we are. This applies to our inappropriate and harmful behaviour as well. We were unkind and hurtful; no one caused us to be this way. We need to stop rationalizing and justifying our bad behaviours or the bad behaviour of others. Forgiveness helps us evict someone who has been taking up space in our minds rent free. Forgiveness involves moving beyond blaming other people for what we feel. It involves taking responsibility for how we behave and respond. Our happiness or emotional well-being is the result of the relationship we have to the experience we are having. Is not determined by the experience or trauma that we have suffered.

Making amends improves our self-esteem because we know we are doing the right thing. Low self-esteem has been described as "an excessive preoccupation with getting the approval and avoiding the disapproval of others, hungering for validation and support in every moment of our existence." *Our* self-esteem is *our* responsibility, not the responsibility of anyone else. When we strive to validate ourselves, we strive to stand on our own two feet, we become self-supporting. This means that we take responsibility for how we feel and what we want. We don't make it someone else's job to make us feel good about ourselves – we take responsibility to do what's needed to feel good about ourselves. When we become self-validating, we experience autonomy. We become our own person. We determine what is right for us. We stop living up to other people's expectations become more concerned with what we expect from ourselves. We stop pressuring other people to change for us to feel OK, and instead we look at what we need to change in ourselves. We stop telling other people that they need to listen to us, and we start to listen to ourselves. We become less ruled by our emotional dependency, and therefore we become less controlling and manipulative. We begin to experience freedom in our relationships with others and with ourselves. We become free to be ourselves, to speak our mind, to be authentic, to follow our own directives, and to face our wrongs and promptly admit them. (Adapted from the work of Allen Berger, expert on the science of recovery)

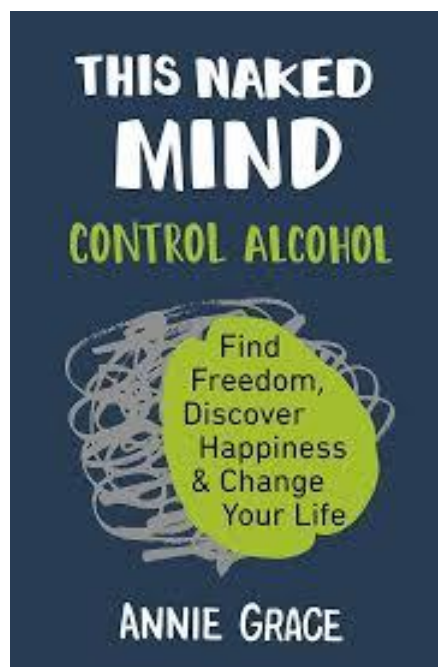
Fellowship Library New Books

The Board of Directors recently allocated \$500 annually to the Fellowship Library to purchase books. Consequently, the Fellowship Library has new books.

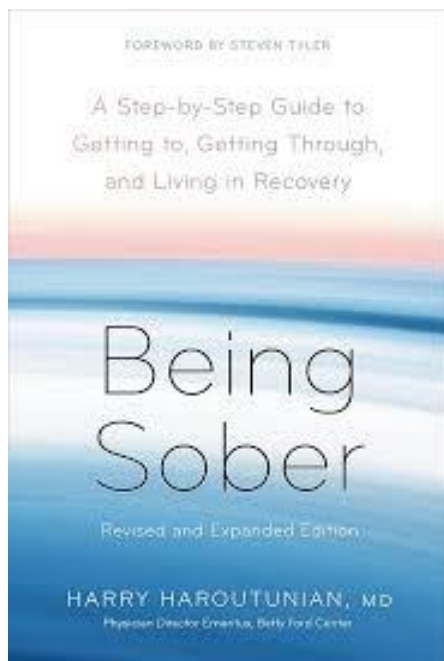
This Naked Mind

A groundbreaking and inspiring book that challenges our relationship with alcohol by exploring the psychological factors behind alcohol use and the cultural influences that contribute to dependency. Many people question whether drinking has become too big a part of their lives and worry that it may even be affecting their health. But they resist change because they fear losing the pleasure and stress-relief associated with alcohol and assume giving it up will involve deprivation and misery.

This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink and Annie's own extraordinary and candid personal story, This Naked Mind will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need.



Being Sober: A Step-by-Step Guide to Getting to, Getting Through, and Living in Recovery



The disease of addiction affects 1 out of 10 people, and is a devastating, often fatal, illness. Now, from the physician director of the renowned Betty Ford Center comes a step-by-step plan with a realistic "one-day-at-a-time" approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free of dependency, Being Sober walks readers through the many phases of addiction and recovery without judgment.

It also addresses the latest face of this disease: the "highly functioning" addict, or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem. Dr. Haroutunian tackles this provocative issue head-on, offering new insight into why you don't have to "bottom out" to get help. Dr. Haroutunian is himself a recovering alcoholic and knows firsthand the challenges of sobriety. His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled in his field.

Put as Much Effort into Recovery as You did into Addiction

Addiction is often described as a relentless pursuit, a chase that consumes time, energy, and focus. Those struggling with substance use or behavioural addictions may find that their lives revolve around obtaining their substance of choice or engaging in their compulsive behaviours, often at the expense of their health, relationships, and overall well-being. The journey towards recovery requires a similar level of commitment and tenacity. Just as you aggressively pursued your addiction, it's essential to channel that same energy into your recovery.

Addiction is a complex condition that affects the brain's wiring. It often leads to compulsive behaviour, where the addict feels a strong, almost uncontrollable urge to engage in the addictive behaviour despite negative consequences. This relentless pursuit is fueled by various factors including biochemical changes in the brain, emotional pain, and environmental triggers. Recognizing this intensity is crucial; it highlights the need for a similar vigor in recovery.



To transition from addiction to recovery, a significant mindset shift is necessary. This involves recognizing that recovery is not a passive process but an active engagement. It requires a commitment to change, a readiness to confront underlying issues, and a willingness to seek help. Just as you might have gone to great lengths to satisfy your addiction – sacrificing time, energy, and even relationships – you must now be prepared to invest that same level of dedication into your recovery.

The first step in aggressively pursuing recovery is setting clear, achievable goals. What do you want to accomplish? This could range from attending a specific number of support group meetings per week to engaging in therapy or developing new coping strategies. Write down your goals and revisit them regularly. Just as you likely tracked your progress in your addiction, whether through obtaining substances or achieving certain highs, tracking your recovery milestones can keep you motivated and focused.

Another critical aspect of recovery is surrounding yourself with a supportive network. This could include family, friends, therapists, or support groups. Just as you may have sought out others who participated in your addiction, it's vital to seek out those who can support your recovery journey. Engage with people who understand your struggles, share your goals, and can offer encouragement. Recovery is challenging, and having a strong support system can significantly enhance your chances of success.

In the throes of addiction, unhealthy routines often become the norm. To aggressively pursue recovery, it's essential to establish new, healthy habits. This might include regular exercise, proper nutrition, mindfulness practices, or engaging in hobbies that bring joy and fulfillment. These routines not only improve your physical health but also support your mental well-being. The more you invest in positive habits, the more equipped you'll be to handle stressors and triggers that could lead to relapse.

Recovery is not a linear process; it comes with its share of ups and downs. It's crucial to stay committed even when faced with setbacks. Just as you didn't give up on your addiction after a single failure, don't abandon your recovery journey at the first sign of difficulty. Maintain a mindset of resilience, understanding that every step, even the missteps, contributes to your growth and healing.

Morning Checklist

The Beginning

Think about and ask your Higher Power or Higher-Self to direct your thinking.

Read a passage from a spiritual reading.

Pause – Take a deep breath and let it out slowly.

Then say the following out-loud and slowly:

- Please help me be consciously aware of you now and through the whole day.
- Please help me to pause, pray and listen before making decisions and when I am disturbed.
- Please release me from the bondage of self.
- Please give me the power to restrain my keyboard, pen and tongue.

Pause – Take a deep breath and let it out slowly.

Prepare for the Day

Look at your list of tasks, your planner or calendar. Consider each meeting, call or task that you have planned. Are there going to be difficult conversations? Are you afraid of anything coming up today? Do you have enough time to accomplish it all?

Ask your Higher Power or Higher-Self what your priorities should be for this day.

Pause – Take a deep breath and let it out slowly.

Declare your purpose for the day out loud and slowly say:

- My purpose today is to improve my conscious contact with Higher Power or Higher-Self - seeking its will for me and the power to carry it out.

Pause – Take a deep breath and let it out slowly.

Evening Checklist

The Beginning

Pause – Take a deep breath and let it out slowly.

Turn your mind to your Higher Power or Higher-Self.

Review your day; remind yourself what you did today.

Pause – Take a deep breath and let it out slowly.

Answer the following questions outloud and slowly:

- Was I constantly thinking of my wants and needs?
- Did I spend time in worry, remorse or morbid reflection?
- Did I control my appetites and urges?
- Was I resentful or angry?
- Was I dishonest?
- Did I try to puff myself up?
- Did I gossip?
- Do I owe an apology to anyone?
- Was there anyone who irritated me?
- Do I need to talk to someone about anything that I did today?
- Was I grandiose and self-centred?
- What could I have done better?

Pause – Take a deep breath and let it out slowly.

Conclusion

Consider if amends are in order and, if so, how and when will they be made.

Give thanks for the goodness in you and your day and pray for an even better day tomorrow.



When Someone is Treating You Badly

(Adapted from The Ripple Effect: Using Steps 10 To Work Steps 6 and 7 Every Day, Pages 104-106)



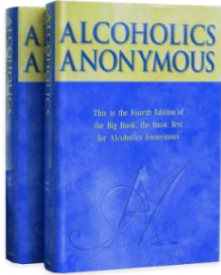
No life is free of conflicts. As we work the program, we try as much as possible to resolve conflicts through listening, loving and mindful discussion, compromise, or blend of these. Inevitably, though, conflicts with some people will persist or seem unresolvable. Here are some helpful practices for navigating them:

- *Show the other person the same tolerance, pity, and patience you would cheerfully grant a sick friend.* If you have trouble doing this on your own, ask your Higher Power for help. (You'll recognize this practice from page 67 of the Big Book.)
- *If a harmful emotion or impulse bubbles up inside of you, ask your Higher Power to remove it.* This is the purest, simplest form of using Step Ten to work Step Seven.
- *If you were about to say something that you will regret, physically intervene on yourself.* Literally bite your tongue. Or inhale and exhale quickly instead of speaking. Repeat as necessary.
- *Imagine the other person as a manifestation of the Divine All.* Or picture that person bathed in love and divine light. Or hold in your heart that person's pure spiritual nature. Or simply beam love in that direction. It may also help to simply ignore what the person is saying.
- *Follow the lead of the recovering addict who wrote "Freedom from Bondage" in the Big Book (pages 544–553).* Think of all the good things you would like for yourself. Then wish or pray that the person you are in conflict with get all those good things. Do this repeatedly if necessary.
- *If things keep getting worse, quickly remove yourself from the situation.* Say, "Could you hold that thought? I need to step away briefly and take five." Or "I'm not at my best right now; let me take a minute to collect myself... I'll be right back." Then leave. Take a few minutes to mentally review what just occurred and do a quick inventory, say one of the slogans or the serenity prayer, or do a quick Step 10 if you need to, and then return. If it's clear that further interaction with the person won't help, go back and say, "I don't think we're getting anywhere. I need to go and maybe we can pick this up another time when we're both in a better place."
- *When all else fails, end the conversation.* Say, "I need for us to just end this and move on" or "Let's just agree to disagree." Then walk away. This doesn't resolve the conflict, but it usually keeps things from unravelling further.



The Promises: More than Just the 9th Step Promises

<https://www.gatehousesobercommunity.com/the-promises-of-a-a-more-than-just-the-9th-step-promises/>



Step Two Promises

We found that as soon as we lay aside prejudice and expressed even a willingness to believe in a power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God (Big Book page 46). As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built (Big Book page 47). With this attitude, you cannot fail. The consciousness of your belief is sure to come to you (Big Book page 55).

Step Three Promises

When we sincerely took such a position, all sort of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing, we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt the new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn (Big Book page 63).

Step Four Promises

Just to the extent that we do what we think He would have of us and humbly rely on Him, does He enable us to match calamity with serenity (Big Book page 68). We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people (Big Book page 70).

Step Five Promises

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe (Big Book page 75).

Step Nine Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past, nor wish to shut the door on it. We will comprehend the word serenity, and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves (Big Book pages 83-84).

Step Ten Promise

And we have ceased fighting anything or anyone even alcohol. For by this time sanity will have returned. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given to us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid (Big Book page 85).

Step 11 Promises

What used to be the hunch, or the occasional inspiration gradually becomes a working part of the mind. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it (Big Book page 87).

Step 12 Promises

To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends this is an experience you must not miss. Frequent contact with newcomers and with each other is the bright spot of our lives (Big Book page 89).

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		4:00 – 6:00 PM Welbriety
6:00 PM Cocaine Anonymous	7:30 PM Alcoholics Anonymous (Men)	7:00 PM Alcoholics Anonymous	7:00 PM Cocaine Anonymous	6:30 PM Alcoholics Anonymous Punjabi, Hindi, Urdu	7:00 PM Alcoholics Anonymous	7:00 PM Sex Addicts Anonymous

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
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