

Fellowship Centre Newsletter: October 2023



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facebook.com/SEFellowshipcentre

MESSAGE FROM EDITOR JULIA

October in Alberta is beautiful as we increasingly see the signs of autumn. This year, Thanksgiving falls on Monday October 9th, and is a statutory holiday in all of Canada, except in Nova Scotia and Prince Edward Island. Historically, Thanksgiving was a chance for people to give thanks for fortunes in the past year, including a good harvest. The Monday, October 9th, noon meeting is being extended to include a Thanksgiving lunch (see next page for details). Halloween falls on the last day of October. Halloween's origins can be traced back to the ancient Celtic festival known as Samhain, which was held on November 1 in contemporary calendars. It was believed that on that day, the souls of the dead returned to their homes, so people dressed in costumes and lit bonfires to ward off spirits. Every day, not just one day a year, I am thankful for the many gifts of sobriety, and I know that I have returned from the land of the dead to a life beyond my dreams.

Our October Newsletter is full of useful information to help us continue to grow along spiritual lines, to be the very best version of ourselves that we can be which means we need to stay away from the substance or activity that brought us into 12 Step recovery. This month the Newsletter includes an article on the opioid crisis in Canada, an article on being financially responsible which is prerequisite to fear of financial insecurity leaving us, and an article on the relationship between the 12 Steps and the 12 Spiritual Principles. A financial context for our new ceiling is provided as well as a big thank you to the many people who donated money to pay for our new ceiling. The president of the Centre continues to seek feedback on the new operational policies document and this month's Newsletter includes the section of the draft operational policy on telecommunications.

THE CENTRE HAS A FACEBOOK PAGE

facebook.com/SEFellowshipcentre

Please follow our new Facebook page which provides information on recovery, particularly as it relates to the South Edmonton Fellowship Centre. For example, upcoming meetings at the Centre are described in terms of readings or events such as birthdays. The daily reflections are posted each day on the Facebook page. Information generally useful to making spiritual progress and staying away from the first drink/drug/activity are posted. Thanks to the volunteers who are managing the Facebook page and particular thanks to Liza for ongoing technical support and for spearheading the development of the page.



**CENTRE THANKSGIVING LUNCH AND NOON MEETING
OCTOBER 9TH 11:30 AM TO 1:30 PM**

**Pizza, salads, desserts, and pop served at noon.
Gratitude meeting from 12:30 to 1:30 PM
Put what you can in the 7th. All are welcome!
Text Centre to help or for information at 780-220-7811**



**POTLUCK DINNER AND SILENT AUCTION
OCTOBER 20, 6:00 TO 9:00 PM**

Hosted by: The Fellowship Breakfast Group & The Awakenings Men's Group

The objectives of the evening are to provide opportunities:

- 1) for socialization in a safe and welcoming environment.**
- 2) to benefit from two speakers: one of whom approaches 12 Step recovery professionally, and the other who approaches 12 Step recovery personally.**
- 3) to raise funds to support new and small groups who are unable to pay much rent due to small 7th Traditions.**

NEEDED:

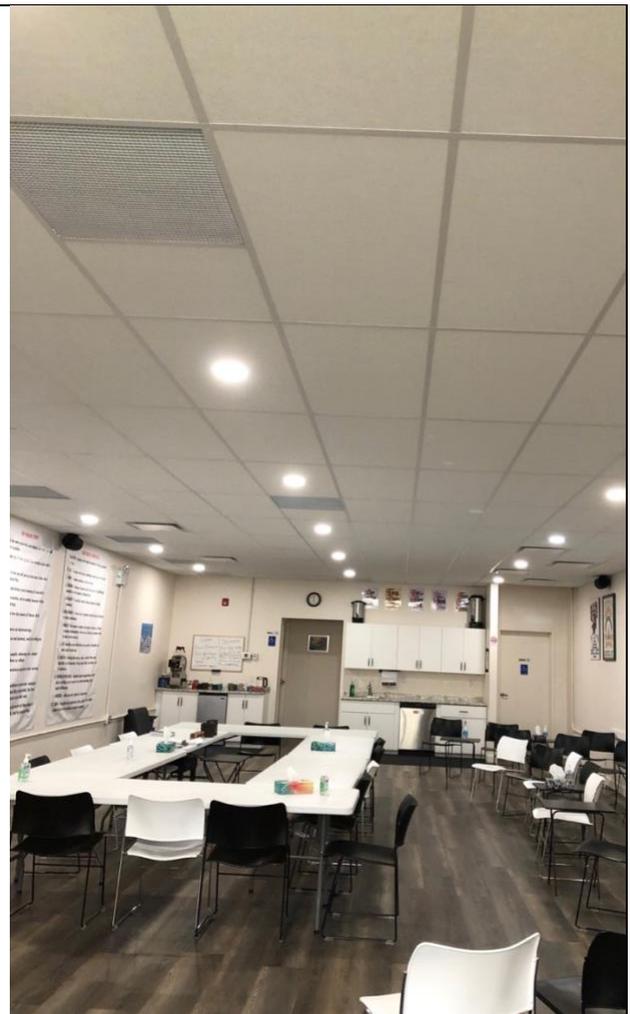
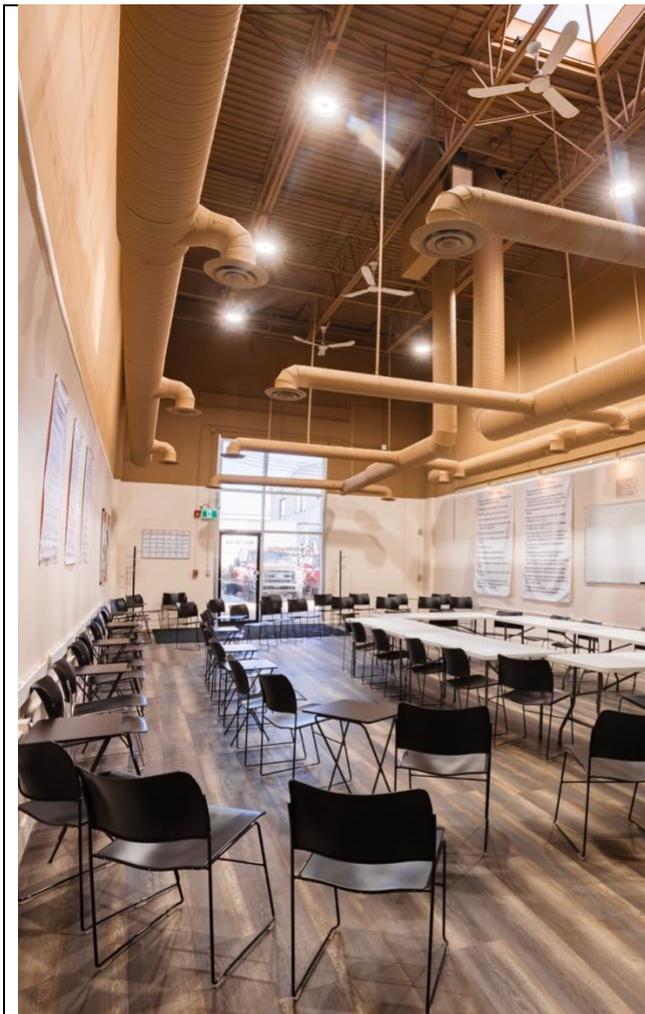
- 1) Valuable items to be auctioned. An income tax receipt can be issued to the donator for the auctioned price of any item.
Contact Wayne at 780-394-0121 to donate or for information.**
- 2) Food items for the Potluck Dinner. Text Frances at 780-660-4317 to bring an item for the potluck dinner.**

| | |
|----------------|----------------------------------|
| 6:00 PM | Buffet Dinner Set Up |
| 6:30 PM | Buffet Dinner |
| 7:15 PM | Speaker |
| 7:30 PM | Speaker |
| 8:00 PM | Auction Winners Announced |
| 8:30 PM | Clean Up Centre |

THANKS TO DONATIONS WE CAN NOW HEAR EACH OTHER

When the Centre leased our current commercial condominium in late 2021, it had a very high ceiling with exposed and painted ducting. The landlord was not receptive to requests to put in a suspended ceiling but was receptive to the Centre installing acoustic panels and baffles to improve sound quality. Unfortunately, acoustic panels and baffles were estimated to cost approximately \$20,000 to install professionally and the landlord would not accept unprofessional installation because he felt it would decrease the value of his property. Fortunately, the landlord recently agreed that the Centre could install a suspended ceiling if the original ceiling was restored if the Centre's lease was not renewed. The suspended ceiling cost approximately \$9000 to complete including modifications to lighting, heating, cooling, and ventilation. Response to the improved sound quality has been overwhelming as people have expressed extreme gratitude for being able to hear what people are saying during their shares.

The Centre had a prudent reserve which was dramatically increased by the many generous donations from individuals who use the Centre. The suspended ceiling is completely paid for, although the prudent reserve has been entirely deleted. The October 20 fundraiser will help, and the Centre is scheduled to work a casino in December of 2024.



THE SPIRITUAL PRINCIPLES

The spiritual principles are a guide to fulfillment and strength in recovery that correspond to the original 12 Steps in programs such as Gamblers Anonymous, Cocaine Anonymous, Sex Addicts Anonymous, Overeater Anonymous, and Alcoholics Anonymous. These principles are laid out as a path for those looking to gain spiritual growth and personal betterment as they navigate through addiction recovery. Addiction recovery in any 12 Step recovery program requires honesty, open-mindedness, and willingness. The recovery process is an ongoing way of life because addiction is a disease that does not have a cure. According to 12 Step programs, the way to manage addiction is to follow the guidelines and wisdom passed down by others who have successfully maintain sobriety.

Spiritual principles of recovery are governing principles to heal us from the inside out, teaching us the importance of things like having patience and gratitude. People in recovery can practice these principles with ease, as they often need to remind themselves that their purpose as addicts and alcoholics is not just staying away from drugs and alcohol but bettering themselves.

| Steps | Principles of: | Will lead us to: |
|----------------|-------------------------------------|--|
| Step 1 | Honesty & Surrender | Powerlessness & acceptance of our problem |
| Step 2 | Belief | Hope & faith in our God for a solution |
| Step 3 | Faith & Commitment | Freedom from self-will run riot and reliance on our God's will |
| Step 4 | Courage & Diligence | Fearless appraisal of ourselves |
| Step 5 | Truth & Integrity | Admission of our true self |
| Step 6 | Acceptance & Growth | Awareness of our personal defects |
| Step 7 | Humility | Allowing God to change us |
| Step 8 | Brotherly Love | Review of our relationships |
| Step 9 | Justice & Forgiveness | Restoration of our relationships |
| Step 10 | Perseverance & Vigilance | Daily recovery |
| Step 11 | Longing & Need | Spiritual growth |
| Step 12 | Gratitude & Serenity | Service to others and serenity in face of all problems |

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SUNRISE MEETINGS WEEKDAYS AT 7:00 AM

In April of 2023, Andrew opened four weekly AA Sunrise meetings held each Tuesday, Wednesday, Thursday, and Friday at 7:00 AM. Andrew felt that the best way to start the workday is with a meeting! In August, Frances volunteered to assume responsibility for a Monday Sunrise meeting. Before she committed to the Monday sunrise meeting, she made a list of pros and cons, and reflected carefully. Frances writes: *To my surprise I could only come up with Pros!!! I wrote down a con, and actually scratched it out because I felt that was an excuse. The only con I came up with is ... on Aug 14th, no one showed up!*



Everyone is welcome to the Sunrise meetings. You need never have your morning coffee alone. For more information text Andrew 587.937.0063 or Frances 780.660.4317

Recovery Poem: We Need Never Be Alone

Written by Eric I. (British Colombia)

Submitted on his behave by Tina B. (Fellowship Breakfast Group)

There was a man who walked alone
Came to King Haven with actions to own
He had burned it all down,
Exiled from his town
He once stood tall but had shattered his crown.
All love he had squandered
All people he hurt
He finally wandered
Out from the dirt
He was frightened and scared,
That no one could know
Aggression and power are all he would show
Not stupid at all
He knew he might fall
And must lay down his ego and answer the call
To him vulnerability seemed like defeat
But without it addiction could not be beat
Determined and eager he then set aside
His feelings of failure in search of some pride
Among him he found men with whom he shared his story
And saw that they each had their own tales of glory
Now altogether as connections grew
He felt he might make it, bad thoughts became few
Now as I read this it might ring a bell
This was not just one man
It was both me and you



FEAR OF FINANCIAL INSECURITY

Many of us are not aware of the profound role that money plays in dependence on drugs and alcohol. We live in a culture where we need money to survive and to feel good about ourselves. It is critical to identify the role that financial insecurity plays in addiction as so many people are stressed about money and many of those experience extreme financial stress each month.

Financial stress can both lead to and be caused by substance abuse. On one hand, the stress and anxiety associated with worrying about money can lead to self-medication with several drugs. On the other hand, prolonged substance abuse can rapidly deplete savings and leave users with little money left to survive. The link between addiction and financial problems is clear. Many abusers of the substance lose their jobs and create financial issues for their families.

Driving Under the Influence (DUI) charges always cause financial problems due to legal costs, fines, higher insurance rates and, in some cases, vehicle repairs or replacement. Loss of your driver's license makes it difficult for you to keep or get a job.

<https://welevelup.com/addiction/alcoholism-and-financial-problems/>

Fear of financial insecurity will leave us when we:

- *Live within our means no matter what.* It can be the single most difficult thing in the world to admit we cannot afford something when we are used to a certain lifestyle. Addiction impacts people of all economic backgrounds and financial stress must be met with proper budgeting and planning.
- *Stop comparing ourselves to others.* We see things, we want things. We see other people's things and we want more things. While ambition is healthy, beating ourselves up because we don't have what others do is a toxic way of thinking. It can cause us to live beyond our means and exercise poor financial decisions. Instead of comparing ourselves or dwelling on what we don't have, we need to first be content with what we do have. If afterwards there is still a desire for more, we should spend more time trying to honestly and naturally improve our circumstances.
- *Give ourselves an occasional reward.* While sensible spending and sacrifice is key to a healthy financial state, not treating yourself might make things worse. Too much sacrifice can plunge us into a depressed state. One of the ways to avoid this is by giving ourselves the occasional reward to recognize our sacrifices.
- *Set realistic and attainable goals.* Whether in recovery or on the verge of substance abuse, our debts can seem like obstacles that we will never overcome. Taking a long-term outlook at our finances can help us set incremental goals and measure our success. Gradually, it helps us build confidence and improves our overall mental health and wellbeing.
- *Reduce financial stress with an emergency fund.* Experts recommend having three to six months' worth of household expenses on hand. Having these savings on hand allows you to cover unexpected bills or handle your expenses if your income is disrupted, such as by losing a job or sustaining a major injury.
- *Spend money intentionally.* When making purchases, try to practice intentional spending. Take a few seconds to think about the item and decide what role it's filling. Is it going to bring you joy equal to the cost or help you toward your long-term goals? If the answer is yes, then buy it. If the answer is no or you're not sure, consider putting it back on the shelf.

<https://www.recoveryunplugged.com/financial-stress-and-substance-abuse/>

FENTANYL AND THE OPIATE CRISIS IN CANADA



Fentanyl was created in the USA in 1959 by Dr. Paul Janssen as an intravenous surgical analgesic. The drug is 50 to 100 times more potent than morphine. Because of its strength, the drug was originally intended for use in hospital operating rooms or on large animals. In Canada, fentanyl is prescribed by doctors to treat severe pain, especially after surgery and for advanced-stage cancer.

However, most recent cases of fentanyl-related overdose are linked to illegally made fentanyl, which is distributed through illegal drug markets for its heroin-like effect. It is often added to other drugs because of its extreme potency, which makes drugs cheaper, more powerful, more addictive, and more dangerous.

- A total of 7,328 apparent opioid toxicity deaths occurred in 2022. This is an average of 20 deaths per day.
- In 2022, most (87%) of all accidental apparent opioid toxicity deaths in Canada occurred in British Columbia, Alberta, and Ontario.
- Males accounted for most accidental apparent opioid toxicity deaths (74%) in 2022.
- For males and for females, most accidental apparent opioid toxicity deaths were among individuals aged 20 to 59 years.
- Of all accidental apparent opioid toxicity deaths in 2022, 81% involved fentanyl.
- Of all accidental apparent opioid toxicity deaths in 2022, 79% involved opioids that were only non-pharmaceutical.
- Available information from eight provinces and territories indicates the number of apparent stimulant toxicity deaths in 2022 was high. Almost all (98%) of those deaths were accidental.
- Over half (56%) of accidental apparent opioid toxicity deaths in 2022 also involved a stimulant, reflecting the polysubstance nature of this crisis.
- Of the accidental apparent stimulant toxicity deaths in 2022, 64% involved cocaine, while 53% involved methamphetamines (some involved both).
- Of the accidental apparent stimulant toxicity deaths in 2022, 78% involved an opioid.

Because an opioid overdose is a medical emergency, **immediately call 911 for help if you believe someone is overdosing**. Other steps include:

- Administer naloxone. Naloxone is an opioid antagonist that can be used to quickly reverse an opioid overdose. An opioid antagonist is a type of medication that attaches to opioid receptors to reverse and block the ongoing effects of an opioid agonist drug like fentanyl or heroin. Naloxone may be given in two FDA-approved forms: injectable solutions that can be directly injected into muscle, veins, or under the skin and a metered dose nasal spray. Because of fentanyl's potency, naloxone may need to be administered more than once to reverse a fentanyl-involved opioid overdose. (See naloxone kit on bulletin board in the Centre)
- Stay with the person to monitor their breathing. If the person is awake, try to keep them awake, breathing, and alert.
- To prevent choking, turn the person on their side.
- If emergency personnel are not on-site, stay with the person until medical assistance arrives.

<https://health-infobase.canada.ca/substance-related-harms/opioids-stimulants/>

As I mentioned in the August and September Fellowship Newsletters, the Centre has enjoyed rapid growth resulting in the need for policy related to the way the Centre operates as mandated by our non-profit status. The final operational policy must be approved by voting members of the Centre at the Annual General Meeting which will be held soon. See below a section of the proposed operational policy that deals specifically with telecommunications. All feedback and comments are very welcome. Please email me directly at directors@fellowship-centre.org.

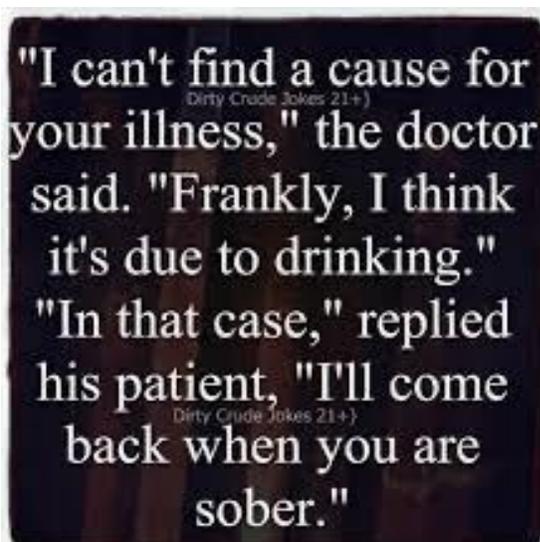
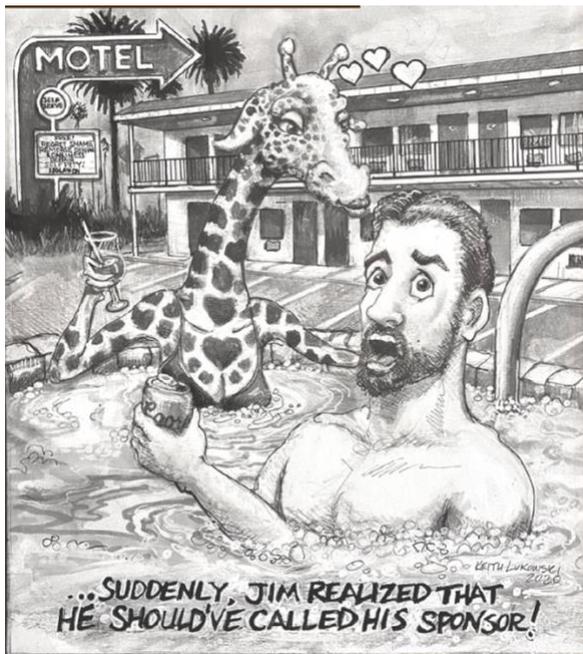
Yours in service,
Wayne W.

Draft Operational Policies and Procedures

IX Telecommunications

1. The Board shall appoint a web administrator if he/she:
 - a. is a volunteer with the necessary skill set.
 - b. has at least five years of continuous sobriety, clean time or equivalent.
 - c. has been an active participant at meetings and events held at the Centre for not less than two years.
 - d. has at least three character references from Centre directors, members, active volunteers and/or his/her 12 Step Fellowship Central Office or equivalent.
 - e. is an active member of a Home Group at the Centre.
 - f. works with the Board to ensure that website content reflects the mandate of the Centre as specified in registration under the Province of Alberta Societies Act.
2. Board approval is required to appoint a web administrator who does not satisfy the criteria listed in Operational Policy and Procedures IX.1.
3. The Centre shall have a website that:
 - a. has a professional appearance.
 - b. uses the address fellowship-centre.org.
 - c. lists all meetings and events held at the Centre.
 - d. reflects all 12 Step Fellowships holding meetings at the Centre.
 - e. may reflect 12 Step Fellowships not holding meetings at the Centre.
 - f. may include links to recovery information that are not 12 Step recovery such as federal and provincial government addiction recovery support.
 - g. is used for communicating with the public and the recovery community such that the website address appears in Newsletters, letterhead, and email signatures.
4. The Centre shall have email addresses that are:
 - a. associated with the Centre's website address (i.e., fellowship-centre.org).
 - b. for general purposes (e.g., info@fellowship-centre.org) and specific positions (e.g., editor@fellowship-centre.org, directors@fellowship-centre.org).
 - c. used by directors and volunteer/s as determined by the president and at least two directors.
 - d. used only for Centre communications with the public and with the recovery community.
5. The Centre shall have a mobile telephone that is:
 - a. registered to the South Edmonton Fellowship Centre.
 - b. used only for Centre communications with the public and with the recovery community.
 - c. appears in Centre Newsletters, letterhead, email signatures, and the website.
 - d. answered by the president or a director/volunteer designated by the president.

We are Not a Glum Lot



A long time AA member named Joe R has lived to a very old age and one morning God appears to him, as Joe lies in bed.

Joe: What have you come for God?

God: Well Joe, I've come with some good news and some bad new, what do you want first?

Joe (being an optimist): I like to start the morning with good news

God: I have come to tell you that we have AA meetings in heaven.

Joe: Alright - that's great! So what's the bad news?

God: You're chairing tonight's meeting....

October 2023 South Edmonton Fellowship Centre

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|--|--|
| 1 <input type="checkbox"/> 10:30 AM Girlfriend Hour (AA Women Only) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 6:00 PM Sunday Night Step Group (CA) | 2 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA) | 3 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM ISMs (AA) | 4 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA) | 5 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:00 PM Dinner with Bill (AA) | 6 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) | 7 <input type="checkbox"/> 10:30 AM Fellowship Breakfast Group (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous |
| 8 <input type="checkbox"/> 10:30 AM Girlfriend Hour (AA Women Only) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 6:00 PM Sunday Night Step Group (CA) | 9 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> Thanksgiving Pizza Nooner 11:30-1:30 <input type="checkbox"/> 6:30 PM Our Basic Text (AA) <input type="checkbox"/> 8:00 PM Awakenings Men's Meeting (AA) | 10 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 10:30 AM Sunshine (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM ISMs (AA) | 11 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 7:00 PM There is a Solution (CA) | 12 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) <input type="checkbox"/> 2:30 PM Overeaters Anonymous <input type="checkbox"/> 6:00 PM Dinner with Bill (AA) | 13 <input type="checkbox"/> 7:00 AM Sunrise (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner (AA) | 14 <input type="checkbox"/> 10:30 AM Fellowship Breakfast Group (AA) <input type="checkbox"/> 12:00 PM Fellowship Nooner <input type="checkbox"/> 2:00 PM Gamblers Anonymous <input type="checkbox"/> 7:00 PM Sex Addicts Anonymous |
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