

Fellowship Recovery Compass: January 2026



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Message from the Board of Directors

Greetings and Happy New Year. Before it is “out with the old and in with the new,” let’s review some of the Fellowship Centre highlights for 2025.

January: Plain Language Big Book Study and SMART Recovery meetings opened.

March: The Centre’s provincially registered objectives and bylaws were changed by special resolution at the Annual General Meeting on February 22nd. While the changes may seem minor, it is important that the Centre is in-sync with government agencies. For example, the original objectives registered in 2020 used both the terms *alcoholism* and *addiction*; the 2025 objectives use only the term *addiction* since alcoholism is considered an addiction.

April: A vestibule was built which included a small, enclosed area between the exterior door and a new interior door. This airlock or entry foyer provides a transition space between the outside and inside of the building which improved temperature control and keeps people more comfortable in the winter as well as the summer.

July: State-of-the-art videoconferencing and whiteboard technology was installed.

August: 1) Nine weekly meetings held at the Centre were available online as well as in-person. 2) The Social Committee organized a games night where people enjoyed playing games and sharing refreshments in a safe and welcoming environment.

October: A new epoxy floor was installed to increase safety and cleanliness. The previous floor was uneven with loose boards and was difficult to cleaning thoroughly.

November: 1) The Plain Language Big Book Study finished and, in the timeslot (Thursdays 6:30 PM), the Indo-Canadian Living Sober (AA) meeting opened in Punjabi, Hindi, Urdu, English. 2) A Wellbriety meeting opened on Saturdays at 4:00 PM.

December: 1) A new website was launched with much improved functionality. 2) As per fire safety regulations, the sprinklers were dropped below the previously installed suspended ceiling.

In 2026, the Board of Directors, with the support of Members, will work toward improved and expanded community and volunteer-based addiction recovery services including:

- Support for families and friends of those who suffer from addiction
- Increased variety of 12-Step meetings such as Narcotics Anonymous and Crystal Meth Anonymous
- Increased focus on mental health and addiction support
- Applying for grants from organizations such as the Mental Health Foundation
- Building Fellowship Centre Membership and strengthening the Board of Directors

Yours in service,

Wayne W., President

The Same Step One: Powerlessness and Unmanageability

Wellbriety Movement

We admitted we were powerless over our addiction(s) and that our lives had become unmanageable.

Alcoholics Anonymous (AA)

We admitted we were powerless over alcohol - that our lives had become unmanageable.

Narcotics Anonymous (NA)

We admitted we were powerless over our addiction, that our lives had become unmanageable.

Cocaine Anonymous (CA)

We admitted we were powerless over cocaine and all other mind-altering substances - that our lives had become unmanageable.

Overeaters Anonymous (OA)

We admitted we were powerless over food - that our lives had become unmanageable.

Sex Addicts Anonymous (SAA)

We admitted we were powerless over our sexual addiction and that our lives had become unmanageable.

Love Addicts Anonymous (LAA)

We admitted we were powerless over our love addiction and that our lives had become unmanageable.

Gamblers Anonymous (GA)

We admitted we were powerless over gambling - that our lives had become unmanageable.

Debtors Anonymous (DA)

We admitted we were powerless over debt - that our lives had become unmanageable.

Marijuana Anonymous (MA)

We admitted we were powerless over marijuana and that our lives had become unmanageable.

Nicotine Anonymous (NicA)

We admitted we were powerless over nicotine - that our lives had become unmanageable.

Emotions Anonymous (EA)

We admitted we were powerless over our emotions - that our lives had become unmanageable.

Adult Children of Alcoholics (ACoA)

We admitted we were powerless over the effects of alcoholism in our families - that our lives had become unmanageable.

Al-Anon Family Groups

We admitted we were powerless over the alcoholic - that our lives had become unmanageable.

Co-Dependents Anonymous (CoDA)

We admitted we were powerless over others - that our lives had become unmanageable.

Food Addicts Anonymous (FAA)

We admitted we were powerless over food - that our lives had become unmanageable.

Partners of Sex Addicts (PASA)

We admitted we were powerless over our partner's sexual addiction - that our lives had become unmanageable.

Adult Survivors of Child Abuse (ASCA)

We admitted we were powerless over the effects of child abuse - that our lives had become unmanageable.

Survivors of Incest Anonymous (SIA)

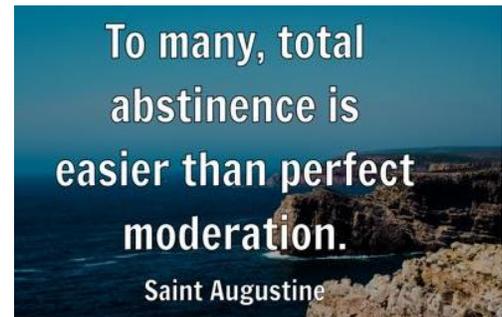
We admitted we were powerless over the effects of incest - that our lives had become unmanageable.



THINGS THAT MESS UP RECOVERY

Believing that Addiction to One Substance is the Only Problem

It is common for people in early recovery to minimize the extent of their addiction. It is not unusual, for example, for a person to stop drinking alcohol, but continue to smoke pot. Such individuals claimed that they don't have a problem with pot, but this may simply be an example of denying the extent of their addiction and trying to remain in control. The fact is that our best chance for recovery lies in total abstinence from any mind-altering substance (except as prescribed by a physician who we are not manipulating). This is true for several reasons.



1. Use of any drug increases the likelihood of using our drug of choice.

Studies have repeatedly shown that relapse among people treated for cocaine addiction most frequently occur when they are under the influence of alcohol. Many recovering alcoholics relapse when receiving medication such as Xanax or Valium. Recovering alcoholics who smoke marijuana typically return to drinking. The use of any mind-altering drug for the purpose of getting high is a relapse.

2. Cross-addiction is likely to occur.

Addicts are vulnerable to switching addictions to another drug. This is called cross-addiction. For example, an individual may recognize that her meth use is out of control because she has burnt her life to the ground. She starts drinking and smoking pot, claiming she can quit these substances any time. But the fact is she cannot, and she can't believe the promises are not coming true.

3. We do not learn from experience while we are using.

Being drunk or high interferes with brain functioning, which interferes with learning. The most severe result of chronic alcoholism is a disorder called Korsakoff's Syndrome, which includes severe memory impairment. Most alcoholics suffer from mild to moderate, reversible, drug induced brain dysfunction which affects the ability to solve problems. Some of this may explain why alcoholics and addicts forget the consequences of their last bender and, without help, cannot dig themselves out of the problems their addiction has created.

4. Complete recovery requires total abstinence.

To recover we are fully present and aware. Being high interferes with our ability to be honest with ourselves, to be open-minded regarding our life and how we have managed it, to experiment with new ways of dealing with life, and to discover a spiritual solution to our problems. Our mind is the seat of our perceptions, experiences, memories, decision-making, judgment, emotions, and consciousness. If we alter it with drugs, we cannot see the truth about ourselves or feel emotional pain, both of which are necessary to facilitate recovery and live life fully.

5. Drugs numb or sooth our feelings and therefore interfere with recovery.

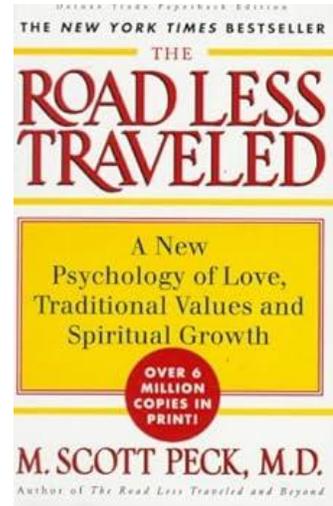
Our society is pain phobic. The message we get throughout life is that painful feelings are undesirable, unnecessary and unwelcome. It should be no surprise that most of us will go to great lengths to avoid feeling pain of any kind. We have pursued numbness fearlessly and tenaciously, which has led us right through the gates of addiction and insanity. In recovery, instead of running away from our problems, we face them. Instead of avoiding our feelings, we embrace them. Instead of drowning out the voice of pain, we listen to it. Instead of avoiding ourselves, we confront ourselves. In recovery, we learn the pain can be an ally rather than an enemy. Pain offers important information, if we hold still long enough to listen to it. Our pain can help us learn about our needs and give us insight into our wounds and personal shortcomings.

(Based on the writing of Allen Berger, 12 Stupid things that Mess up Recovery, pp.13-21)

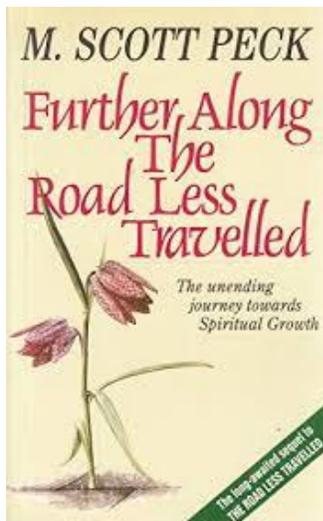
Fellowship Library New Books

Thanks to the generosity of an anonymous individual, the Library has new books to help you continue to grow along spiritual lines. Please borrow Library material and return it when you are finished. To ensure anonymity, there is no sign out system. More books are always appreciated.

The Road Less Traveled by M. Scott Peck is a profound exploration of personal growth, spirituality, and the nature of love. The book begins with the assertion that life is difficult, and it is through confronting challenges that individuals can experience true growth. Peck emphasizes the importance of discipline, which he identifies as a crucial element in facing life's difficulties. He discusses the concepts of delayed gratification and responsibility, highlighting that overcoming obstacles leads to deeper satisfaction.



Peck also delves into the nature of love, illustrating that it is more than a feeling; it is an action that requires effort and commitment. He differentiates between genuine love and dependency, emphasizing that true love fosters growth in both partners. In addition to psychological principles, Peck incorporates spiritual insights, suggesting that spiritual development is essential for overall well-being. He invites readers to explore their own spiritual beliefs and question their understanding of existence. Ultimately, Peck encourages readers to take the “road less traveled,” which signifies choosing paths that may be more challenging but lead to deeper fulfillment and connection. By embracing responsibility, discipline, and love, individuals can transform their lives and achieve a sense of inner peace and purpose.



Further Along the Road Less Traveled by M. Scott Peck continues the exploration of personal growth and spirituality that began in his earlier work. In this book, Peck delves deeper into the themes of love, discipline, and spiritual awakening. He emphasizes the importance of self-exploration and the challenging journey toward understanding oneself and others. Peck discusses various psychological and spiritual concepts, encouraging readers to confront their fears, embrace their vulnerabilities, and seek deeper connections with others. He highlights the significance of love as an active choice, not merely a feeling, and advocates for the necessity of discipline in achieving personal and spiritual growth.

Throughout the book, Peck incorporates real-life examples and insights from his practice as a psychiatrist, providing practical advice for navigating life's complexities. He urges readers to pursue authentic relationships and engage in continuous self-improvement. Ultimately, the book serves as a guide for those seeking a more meaningful and fulfilling life, urging them to embrace the challenges and joys of the road less traveled. Peck’s reflections inspire a commitment to personal responsibility and the quest for deeper understanding and connection.

Self-Esteem and Recovery from Addiction

Recovery from addiction is a complex journey, often marked by peaks of hope and valleys of despair. One of the most critical components of this journey is self-esteem, which plays a pivotal role in both the process of healing and the long-term success of recovery. Understanding and nurturing self-esteem can be a game-changer for those seeking to reclaim their lives from the clutches of addiction.

The Connection Between Self-Esteem and Addiction

At the heart of addiction often lies a deep-seated issue of self-worth. Many individuals turn to substances as a means of escape from feelings of inadequacy, shame, or guilt. This cycle creates a vicious feedback loop: low self-esteem leads to substance use, which further erodes self-worth, making it even harder to break free.

In recovery, addressing self-esteem is essential. Low self-esteem can manifest in various ways, including negative self-talk, self-sabotage, and an inability to accept compliments or acknowledge achievements. On the other hand, a healthy self-esteem fosters resilience, enabling individuals to face challenges head-on and pursue a life free from addiction.

Building Self-Esteem in Recovery

1. **Self-Acceptance:** The first step in rebuilding self-esteem is learning to accept oneself, flaws and all. Embracing imperfections helps individuals understand that they are worthy of love and respect, regardless of past mistakes.
2. **Setting Achievable Goals:** Small, attainable goals can provide a sense of accomplishment and bolster self-esteem. Whether it's completing a daily task, attending a support group, or achieving a milestone in sobriety, celebrating these victories reinforces a positive self-image.
3. **Positive Affirmations:** Utilizing positive affirmations can help shift negative thought patterns. Repeating phrases like "I am enough" or "I am worthy of happiness" can gradually change one's internal dialogue, replacing self-doubt with self-love.
4. **Building a Support Network:** Surrounding oneself with positive influences is crucial. Support from friends, family, and recovery groups can provide encouragement and validation, helping individuals feel valued and understood.
5. **Engaging in New Activities:** Exploring new hobbies or interests not only fosters a sense of achievement but also helps individuals discover new strengths. Whether it's painting, volunteering, or physical fitness, engaging in activities that bring joy can significantly enhance self-esteem.

Long-Term Recovery and Self-Esteem

As individuals progress in their recovery, maintaining and nurturing self-esteem becomes a lifelong endeavor. It's essential to recognize that setbacks may occur, and challenges will arise. However, a solid foundation of self-esteem equips individuals with the resilience necessary to navigate these obstacles.

Engaging in continuous self-reflection, seeking support, and celebrating personal growth are vital practices for sustaining self-esteem. Recovery is not simply about abstaining from substances; it's about creating a fulfilling life where individuals feel empowered and valued.

Prescription Medications for Alcohol and Drug Withdrawal in Canada

The management of alcohol and drug withdrawal is a critical component of addiction treatment, and Canada has made substantial advancements in the use of prescription medications to support individuals during this challenging process. While the effectiveness of these medications cannot be guaranteed, many have found acute withdrawal symptoms lessened under the care of qualified medical professionals.

Alcohol Withdrawal Management

1. Benzodiazepines:

- **Effectiveness:** Benzodiazepines, such as diazepam and lorazepam, are considered the first-line treatment for managing alcohol withdrawal syndrome. They are effective in reducing withdrawal symptoms and preventing complications such as seizures and delirium tremens.
- **Supportive Evidence:** Research establishes that benzodiazepines significantly lower the risk of severe withdrawal symptoms. They are well-tolerated, although long-term use can lead to dependency.

2. Anti-seizure Medications:

- **Effectiveness:** Medications like gabapentin and carbamazepine have been explored for alcohol withdrawal. However, research suggests that they do not provide significant benefits over benzodiazepines and may lead to higher dropout rates from treatment.
- **Clinical Considerations:** While these medications may be considered for patients with a history of seizures, benzodiazepines remain the gold standard.

3. Naltrexone:

- **Effectiveness:** Naltrexone is primarily used for relapse prevention after detoxification but may also aid in managing cravings during withdrawal. Studies indicate that it is effective in reducing the frequency of heavy drinking episodes.
- **Observational Studies:** A recent study from Manitoba showed a tenfold increase in naltrexone prescriptions between 2015 and 2021, indicating a growing acceptance of this medication in managing alcohol use disorder.

Opioid Withdrawal Management

1. Methadone:

- **Effectiveness:** Methadone is a long-acting opioid agonist used in opioid substitution therapy. It mitigates withdrawal symptoms and cravings, allowing individuals to stabilize their lives. Methadone maintenance therapy has been shown to reduce illicit opioid use effectively.
- **Challenges:** While effective, methadone requires careful monitoring due to potential for overdose and dependence.

2. Buprenorphine-Naloxone:

- **Effectiveness:** Buprenorphine, often combined with naloxone, is another first-line treatment for opioid use disorder. It effectively reduces withdrawal symptoms and cravings while limiting the potential for misuse.
- **Trends in Prescribing:** The same Manitoba study reported a doubling in the use of buprenorphine-naloxone during the same period, reflecting its acceptance as a safer alternative to methadone.

3. Non-Opioid Adjuncts:

- **Effectiveness:** Medications such as clonidine and lofexidine may be used to alleviate certain withdrawal symptoms, like anxiety and insomnia, though they do not address cravings directly.
- **Clinical Use:** These adjuncts can be helpful in creating a more comfortable withdrawal experience, especially when combined with opioid agonist therapies.

How to Recognize a Person Who's Done the Inner Work

The journey of self-discovery and inner work is essential to recovery. Those who have embarked on this transformative path often exhibit distinct qualities that set them apart. Recognizing these traits can help identify individuals who have genuinely engaged in their inner work and personal growth. Here are some key characteristics to look for.

1. Authenticity and Honesty

A person who has done inner work is typically characterized by a profound sense of authenticity. They are comfortable being themselves and do not feel the need to wear masks or present a facade. This honesty extends to their interactions with others; they express their thoughts and feelings openly, creating an atmosphere of trust. They are likely to share their vulnerabilities, understanding that true strength lies in acknowledging one's imperfections.

2. Emotional Intelligence

Individuals who have undergone inner work often possess high emotional intelligence. They can identify and articulate their emotions while also empathizing with the feelings of others. This capacity allows them to navigate relationships with sensitivity and understanding. They listen more than they speak, showing genuine interest in the experiences of those around them. This trait fosters deep connections and helps create a supportive environment for growth.

3. Resilience and Adaptability

Having faced their inner challenges, these individuals usually display remarkable resilience. They comprehend that setbacks are a natural part of life and approach difficulties with a growth mindset. Instead of succumbing to negativity, they seek lessons in adversity and adapt their strategies accordingly. This resilience inspires others to tackle their own challenges with courage and determination.

4. Non-Judgmental Attitude

A person who has done the inner work tends to adopt a non-judgmental attitude towards themselves and others. They recognize that everyone is on their unique journey and that personal growth occurs at different paces. This understanding promotes a sense of compassion, enabling them to support others without imposing their beliefs or values. Their acceptance fosters a safe space for others to explore their own paths without fear of criticism.

5. Mindfulness and Presence

Individuals engaged in inner work often practice mindfulness, cultivating a deep awareness of the present moment. They are less distracted by past regrets or future anxieties, allowing them to fully engage with their current experiences. This presence can be contagious, encouraging those around them to also practice mindfulness and appreciate the beauty of the moment.

6. Boundaries and Self-Care

Another hallmark of those who have done inner work is their understanding of the importance of boundaries. They recognize that self-care is not selfish; rather, it is essential for maintaining emotional and mental well-being. These individuals are skilled at saying no when necessary and prioritizing their needs. This self-awareness allows them to conserve energy for the relationships and activities that truly matter.

7. A Sense of Purpose

Having engaged deeply with their inner selves, these individuals often possess a clear sense of purpose. They understand their values, passions, and what drives them. This clarity enables them to align their actions with their core beliefs, leading to a more fulfilling and meaningful life. Their enthusiasm for their purpose can inspire others to seek out their own.

8. Genuine Desire to Help Others

Finally, a significant characteristic of those who have done inner work is their genuine desire to uplift and support others. They often feel compelled to share their insights and experiences, believing that their journey may help others on their path. This altruistic nature stems from a profound understanding of the interconnectedness of all beings.

The Art of Joyful Sober Living

Let's pretend for a moment we have a friend who's with us much of the time. This friend watches us, watches our lives and circumstances, and comments: "Oh, that's too bad. That's terrible. That's awful. You could be doing better. You're not doing very well. What's wrong with you? Why did you do that?" This friend isn't very pleasant, but many of us have brought such a friend with us through much of our recovery journey.

Now, let's imagine something different. Let's imagine a friend, a constant companion, who laughs a lot. This friend laughs at traffic, laughs at delays, laughs at long lines. Even laughs at setbacks. Of course, this friend doesn't mock us or laugh at us when we are in pain. This friend is compassionate, gentle and has an open heart. But he or she helps us laugh, even when we're hurt. This friend has learned the art of joy, the art of clean and sober living, and the art of living joyfully in recovery.



Let's bring along the friend who knows the art of joyful clean and sober living to help us learn the same.

Embrace the Mysteries of Clean and Sober Living

Embrace the mysteries of your new life. You don't need to know everything in your head. You don't need to figure everything out. You don't need an instruction sheet or a set of rules. You don't need all the answers.

Let yourself experience your life of recovery. Hang on to the handlebars when you must but as much as possible put your hands in the air and enjoy the ride. Feel everything you need to feel along the way. Feel the fear, the joy, the exhilaration. Feel the wind in your hair and the sun on your shoulders. Feel the vitality of life surged through you. See vitality and life in all that's around you. Watch the magical journey of recovery unfold with all its ups and downs. Feel the awareness surge up from deep within. Grasp the insights that come. Grab the brass ring whenever you can.

Embrace the mysteries of your clean and sober life. Embrace the mystery and the magic of recovery.

Awaken to your Heart's Contentment

One day, you awaken to discover your sober life is all you wanted and hoped it would be. Oh, you will not find everything just the way your head said you wanted it. It might not be the way you planned. But you will awaken to your dreams - your dreams to be happy, joyous and free. You will see beyond the illusions of active addiction. You will transcend your old limiting beliefs. You wake up and notice that your past is just as it needed to be. You'll see that where you are today in your recovery is good. You'll notice that you laugh a lot, cry a lot, smile a lot.

You will look at tomorrow with peace, faith, and hope - knowing that while you cannot control some of what life does, you have possibilities and power in any circumstances recovery might bring you. The struggle you have lived with for so many years, the struggle in your heart, has disappeared. You are secure in the warmth of the recovery community, at peace with yourself and your place in the world.

One day, you'll awaken to your heart's contentment. Let that day be today.

(Adapted from [Journey to the Heart](#) by Melody Beattie)

Laughter is the Best Medicine

Laughter, often described as the best medicine, has been a subject of interest across various fields, including psychology, medicine, and sociology. Over the years, research has consistently highlighted the value of laughter, demonstrating its profound impact on both mental and physical health.

At a physiological level, laughter triggers a cascade of biochemical reactions in the body. When we laugh, the brain releases endorphins, which are natural painkillers and mood elevators. This release of endorphins not only promotes a sense of well-being but can also alleviate physical pain. Additionally, laughter stimulates circulation and improves the function of blood vessels, enhancing cardiovascular health. A study published in the journal *Heart* found that laughter can temporarily increase blood flow and improve the function of blood vessels, suggesting it may have similar protective effects as exercise.



Psychologically, laughter serves as a powerful coping mechanism. It can help individuals deal with stress and anxiety by providing a temporary escape from their problems. The act of laughing shifts our perspective, allowing us to view challenging situations in a more light-hearted manner. Research indicates that laughter can reduce levels of the stress hormone cortisol, thereby mitigating the negative effects of stress on the body and mind. In therapeutic contexts, laughter is often utilized in a technique known as humor therapy, which integrates humor into the treatment process. This approach encourages patients to find joy and amusement even in difficult circumstances, fostering resilience and a positive outlook.

Laughter also plays a crucial role in social interactions. It acts as a social bonding mechanism, helping to strengthen relationships and build connections between individuals. Shared laughter can enhance feelings of trust and cooperation, which are essential for effective communication and teamwork. Studies have shown that groups that engage in laughter are more cohesive and exhibit greater levels of collaboration. Laughter can create a more relaxed atmosphere, facilitating open communication and trust between people.



"Well, Mr. Harper, I believe that laughter is the best medicine. On that note, let me introduce you to your nurse."

Moreover, laughter therapy has been employed in various clinical settings, including hospitals and rehabilitation centres. Programs that incorporate laughter, such as laughter yoga or clown therapy, have demonstrated positive outcomes for patients. For example, children undergoing treatment for serious illnesses have shown improved emotional well-being and reduced pain perception when engaged in laughter-based interventions. In elderly populations, laughter therapy has been linked to improved mood and cognitive function, highlighting its potential benefits across different age groups.

The impact of laughter extends beyond individual health; it can also influence community well-being. Laughter can serve as a unifying force, bringing people together in shared experiences of joy. Community programs that promote laughter through events, workshops, or performances can

enhance social cohesion and foster a sense of belonging among participants. This communal aspect of laughter can be particularly valuable in diverse societies, where it helps bridge cultural gaps and promote understanding.

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
				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
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