

Fellowship Recovery Compass: April 2026



9122 34A Avenue NW, Edmonton, T6E 5P4
Telephone: 780-220-7811
Email: info@fellowship-centre.org
Website: <https://fellowship-centre.org>
Facebook: facebook.com/SEFellowshipcentre
Instagram: instagram.com/fellowshipcentre/

SMART Recovery Facilitator Training

SMART Recovery (Self-Management and Recovery Training) is a science-based program designed to help individuals struggling with addiction and compulsive behaviours. SMART Recovery focuses on self-empowerment and cognitive-behavioural techniques to foster long-term recovery. The program emphasizes the importance of building motivation, coping with urges, managing thoughts and behaviours, and leading a balanced life.



Special training is required to facilitate SMART Recovery meetings. SMART Recovery facilitator training equips facilitators with the knowledge and skills to guide support groups effectively. This training covers the principles of SMART Recovery, including the four-point program that addresses building motivation, coping with urges, managing thoughts, and leading a balanced life. It also teaches facilitators how to create a supportive environment, engage participants, and apply evidence-based practices in their meetings. Such training is fully online and is typically completed in 10 to 15 hours. The cost is approximately \$110 Canadian.

The Fellowship Centre seeks more trained SMART Recovery meeting facilitators. Please email info@fellowship-centre.org if you are interested in completing the training and facilitating SMART Recovery meetings at the Centre. All training costs will be fully reimbursed by the Centre.

Acceptance: The Answer to All My Problems Today

In the journey of addiction recovery, we often find ourselves grappling with the complexities of our emotions and the challenges that life throws our way. One of the most profound lessons we've learned is that acceptance is not just a passive acknowledgment; it is an active choice that can lead to profound healing and growth.

Acceptance is the process of recognizing reality for what it is, without the need to change, deny, or fight against it. In the context of recovery, it means acknowledging our past mistakes, our current struggles, and the feelings that arise in our daily lives. It can be tempting to cling to the idea of what life “should” be like or to resist the emotions we experience, but this often leads to frustration and despair. By embracing acceptance, we open ourselves to a more authentic and peaceful existence.

The Power of Letting Go

One of the most liberating aspects of acceptance is the ability to let go of control. Many of us in recovery have spent years trying to control our lives and the outcomes of our actions, often leading to disappointment and relapse. Acceptance encourages us to release the need for control over everything and everyone around us. This doesn't mean that we become passive or indifferent; rather, we learn to respond to life's challenges with grace and resilience.

For example, when we face cravings or difficult emotions, accepting them as part of our journey allows us to process these feelings without judgment. Instead of spiraling into self-pity or frustration, we can acknowledge our emotions, understanding that they are temporary and do not define us.

Acceptance and Connection

Acceptance also fosters deeper connections with others. In recovery, we often feel isolated, believing that no one can understand our struggles. However, when we practice acceptance, we become more relatable. Sharing our experiences openly and honestly creates a sense of community and support. We learn that we are not alone in our feelings and challenges, and that vulnerability can lead to stronger bonds and healing.

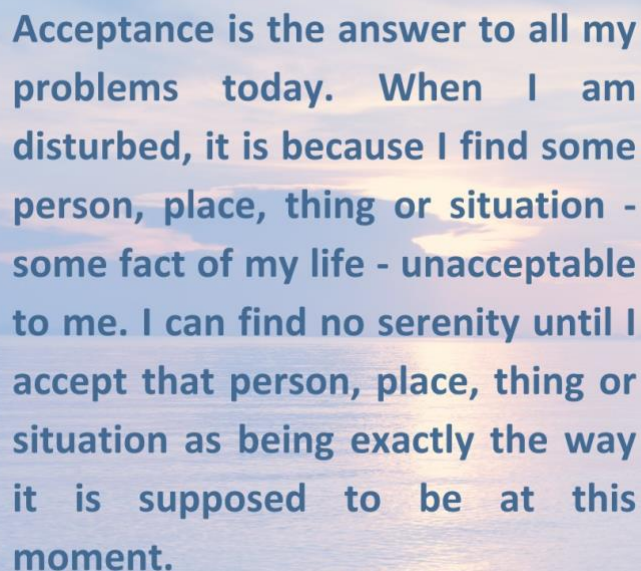
Mindfulness and Acceptance

Incorporating mindfulness practices into our daily routines can enhance our ability to accept situations as they are. Mindfulness encourages us to stay present, to observe our thoughts and feelings without judgment. This practice helps us to cultivate a sense of peace amidst chaos and uncertainty.

Consider setting aside a few minutes each day for mindfulness meditation. Focus on your breath, allow thoughts to come and go, and practice accepting whatever arises in the moment. This simple technique can significantly impact your emotional well-being and foster a greater sense of acceptance in your daily life.

Embracing Acceptance

As we continue our recovery journeys, let us remember that acceptance is not a destination but a continuous practice. It requires patience and commitment, but the rewards are immeasurable. Acceptance allows us to live more fully in the present, to appreciate life's moments, and to find joy in simple things.

A quote about acceptance overlaid on a sunset background. The text is in a bold, blue, sans-serif font. The background shows a calm sea under a sky with soft, warm colors from the setting or rising sun.

Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me. I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.

THINGS THAT MESS UP RECOVERY

Feeling Special and Unique

A common first response to the requirements of recovery is to negotiate, picking and choosing what we think will be helpful. One person might say, “I don’t need to go to a meeting every day for the first 90 days,” while another exclaims, “I don’t need a sponsor. I can do this by myself.” Yet another might assert, “I don’t have to work all the Steps. One and twelve are enough for me.” This kind of thinking is rooted in the mistaken belief that we are special and unique, and that we don’t have to follow the same path that everyone else has taken to develop a solid recovery. This dangerous attitude has led many newcomers, and even more seasoned individuals, back into the depths of despair and relapse. While we may be special and unique in certain ways, this does not apply to the fundamental nature of our struggles with addiction.

To begin the journey of recovery, we need to embrace the concept of surrender. Surrender can best be defined as the total and complete acceptance of the reality of our situation. We suffer from an illness that we are fundamentally powerless to defeat on our own. Surrender also entails recognizing that our illness has severely impaired the way we manage our lives, relationships, and responsibilities.

This is a lot to accept, especially if we are governed by false pride and tend to minimize the severity of our problems. The underlying motivation behind this self-defeating strategy often stems from the thought: “If I don’t have to do everything that everyone else has to do, then I’m not as sick or as troubled as those who need to work the entire program.” Here is where the danger truly begins. If we do not surrender to the reality of our condition, we will lack the motivation needed to go to any lengths to stay clean and sober. Without this foundational acceptance, we will not have the necessary groundwork to tackle the upcoming tasks that are essential for establishing and maintaining a solid recovery.

Admitting that we are powerless and that our lives are unmanageable can be devastating for many people early in recovery. However, Step 2 offers us a glimmer of hope. Hope is an essential force present in recovery. It springs from a deep-seated faith that recovery can work; a firm belief that our lives can indeed be better, happier, and healthier. We often find hope within our program of recovery itself. On page 58 of the Big Book, the newcomer is told, “Rarely have we seen a person fail who has thoroughly followed our path.” For many individuals who have achieved solid, long-term sobriety, it may be more accurate to say, “I can’t imagine how anyone could use or act out if they were genuinely working a solid program.”



In fact, really engaging with a program of recovery is absolutely and unequivocally incompatible with using substances or engaging in destructive behaviours. If we cling to the belief that we are somehow special and unique, we may find ourselves disregarding these crucial words of advice. The moment we think we can handle things differently is often the moment we set ourselves up for failure. Embracing the collective wisdom of others who have walked this path can be the very lifeline we need to navigate the complexities of recovery.

(Based on the writing of Allen Berger, *12 Stupid things that Mess up Recovery*, pp.47-49)

Cocaine Anonymous: A Path to Recovery

Cocaine Anonymous (CA) is a fellowship of individuals who share their experiences, strength, and hope to help one another overcome addiction to cocaine and any mind-altering substances. Founded in 1982, CA follows a 12 Step program similar to Alcoholics Anonymous (AA), focusing on personal recovery through mutual support. This program is designed to foster a sense of community and accountability among its members, providing a safe space for individuals struggling with addiction to cocaine and any mind-altering substances.

Structure and Support

CA meetings typically consist of sharing personal stories, discussing the challenges of addiction, and exploring the 12 Steps. Members are encouraged to speak openly about their experiences without fear of judgment. This supportive environment is crucial, as it helps individuals realize they are not alone in their struggles. The structure of the meetings allows participants to learn from each other, gaining insights into coping strategies and recovery techniques that work for others.

The 12-Step approach encourages individuals to take responsibility for their actions, seek help, and build a new life free from addiction. Steps such as admitting powerlessness over cocaine and making amends for past behaviour are fundamental in promoting self-reflection and personal growth. This framework can help individuals develop a sense of purpose and direction in their recovery journey.

Research on Effectiveness

Numerous studies have examined the effectiveness of 12-Step programs, including Cocaine Anonymous. Research indicates that participation in CA can lead to significant improvements in sobriety rates and overall quality of life. A study published in the journal *Addiction* found that individuals who engaged in 12-Step programs reported higher rates of abstinence from cocaine compared to those who did not participate. The study highlighted that involvement in CA led to increased social support and a greater sense of community, both of which are critical in sustaining recovery.

Another study published in *Substance Use & Misuse* found that frequent attendance at CA meetings was associated with better treatment outcomes. Participants who attended meetings regularly reported lower levels of cocaine use and higher levels of life satisfaction. The study emphasized that the communal aspect of CA significantly contributes to its effectiveness, as members often develop strong bonds and support systems that extend beyond meetings.

Psychological Benefits

In addition to providing a support network, CA promotes various psychological benefits that aid in recovery. Many members report improvements in mental health, including reductions in anxiety and depression. The process of sharing one's story and listening to others fosters emotional catharsis, allowing individuals to confront painful memories and feelings associated with their addiction. The emphasis on personal accountability and self-improvement encourages participants to develop healthier coping mechanisms. This proactive approach to recovery helps individuals build resilience, making them better equipped to handle life's challenges without resorting to substance use.

CA Meetings at the Fellowship Centre

Sundays at 6:00 PM: Sunday Evening Step Group

Wednesdays 7:00 PM: There is a Solution

Decluttering Our Thoughts in Recovery

Embarking on the journey of addiction recovery is a profound experience, one that often requires not only physical changes but also a mental and emotional recalibration. Just as we declutter our physical spaces to create a more organized environment, we must also declutter our minds to foster clarity and resilience. This process of mental decluttering can significantly enhance our recovery journey, leading to improved well-being and a more focused path toward healing.

The Importance of Mental Clarity

In recovery, maintaining mental clarity is essential. Our thoughts can often become tangled in a web of anxiety, self-doubt, and negative memories. This clutter can hinder our progress and lead to relapse. By decluttering our thoughts, we create space for positive affirmations, self-compassion, and constructive plans for the future. Mental clarity allows us to see our goals more clearly and motivates us to pursue them with determination.

Recognizing Negative Patterns

The first step in decluttering our thoughts is recognizing the negative thought patterns that may arise during recovery. Common issues include catastrophic thinking, where we anticipate the worst outcomes, and all-or-nothing thinking, where we view situations in black-and-white terms. These patterns can create unnecessary stress and hinder our ability to cope effectively. By acknowledging these thoughts, we can begin to challenge and reframe them, replacing negativity with more balanced perspectives.

Mindfulness Practices

Incorporating mindfulness practices into our daily routines can be a powerful tool for decluttering our thoughts. Mindfulness encourages us to stay present and observe our thoughts without judgment. Techniques such as meditation, deep breathing exercises, or even mindful walking can help us ground ourselves in the moment. These practices not only reduce stress but also enhance our awareness of our thought patterns, enabling us to respond rather than react.

Journaling for Clarity

Another effective method for decluttering thoughts is journaling. Writing down our thoughts and feelings provides an outlet for self-expression and reflection. It allows us to articulate our fears, dreams, and challenges in a structured way. By placing our thoughts on paper, we can gain a clearer understanding of what is weighing us down and identify patterns that need addressing. This process can also serve as a record of our growth, reminding us of how far we've come.

Setting Boundaries

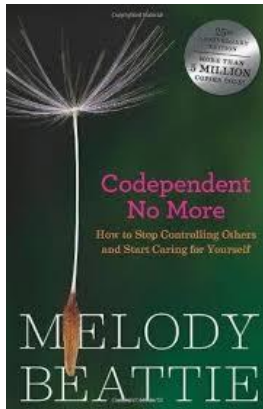
Decluttering our thoughts also involves setting boundaries, both with ourselves and with others. This might mean limiting exposure to negative influences or saying no to situations that trigger unhealthy thoughts. Establishing boundaries helps create a psychological space where recovery can thrive. We should prioritize relationships and environments that uplift and support our journey, allowing us to focus on healing.

Embracing Positivity

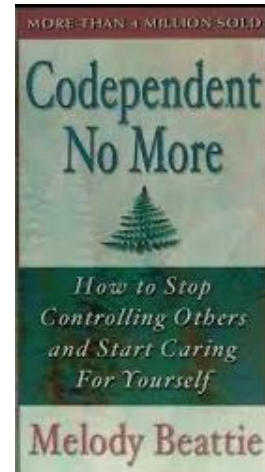
As we work to declutter our thoughts, it's vital to fill that space with positivity. Surrounding ourselves with positive affirmations, supportive friends, and uplifting activities fosters a more constructive mindset. Engaging in hobbies, volunteering, or participating in group activities can shift our focus from our struggles to our strengths and passions. This not only enhances our recovery but also enriches our lives overall.

Fellowship Library New Books

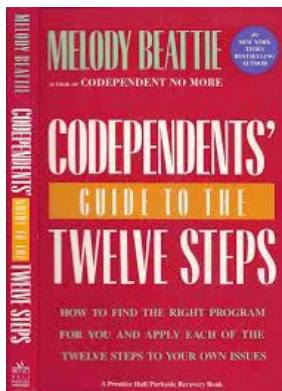
Thanks to the generosity of a member, the Fellowship now has four new books by Melody Beattie on codependency: two copies of Codependent No More, and single copies of Codependents' Guide to the Twelve Steps and Beyond Codependency. To ensure anonymity, the Library does not require signing books out. Simply take what you need and return when you are finished. More books and audio-visual material are always needed. Email info@fellowship-centre.org for more information.



Codependency is a behavioural condition characterized by an excessive reliance on others for emotional or psychological support. Individuals who struggle with codependency often prioritize the needs of others over their own, leading to unhealthy relationships and personal distress. Melody Beattie, a prominent author and speaker, has been instrumental in bringing attention to this issue, particularly through her groundbreaking book, Codependent No More. Published in 1986, Codependent No More has become a classic in the self-help genre, offering insights and guidance for

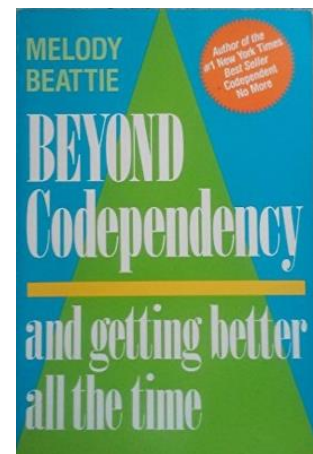


those affected by codependency. Beattie defines codependency as a pattern of behaviour that can manifest in various ways, including difficulty in setting boundaries, a tendency to control others, and a profound fear of abandonment. The book provides readers with a framework to understand their behaviours and emotions, encouraging them to reclaim their identities and establish healthier relationships.



Codependents' Guide to the Twelve Steps offers a comprehensive framework for understanding and overcoming codependency through the Twelve Step program. The guide adapts the traditional Twelve Steps to specifically address codependency, highlighting the importance of self-awareness, acceptance, and personal growth. Central themes include setting boundaries, developing self-esteem, and finding a higher power or purpose. The book also features practical exercises and reflections that encourage readers to apply the Steps to their own lives.

Beyond Codependency is an insightful follow-up to Beattie's seminal work on codependency, focusing on recovery and personal empowerment. In this book, Beattie delves into the transition from codependency to a healthier sense of self, highlighting the importance of self-care, boundaries, and emotional independence. She explains that codependent behaviours often originate from childhood experiences and a deep-seated desire to please others. Through practical tools and strategies, including journaling and self-reflection exercises, Beattie guides readers in breaking free from these patterns and encourages them to explore their identities beyond their relationships. By fostering a stronger sense of self-worth and autonomy, individuals can build healthier relationships that honor both partners' needs.



Self-Sabotage in Addiction Recovery

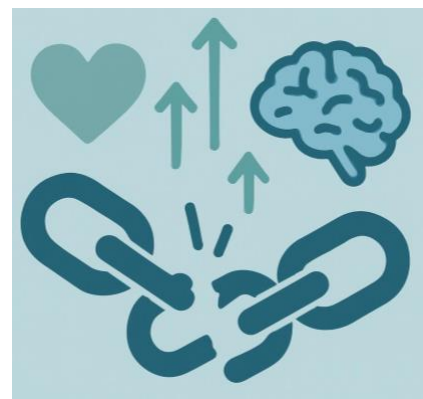
At its core, self-sabotage is the act of undermining one's own success, often stemming from deep-seated fears and feelings of unworthiness. Many people in recovery may grapple with a fear of failure or feel undeserving of happiness and success. This internal conflict can lead to behaviours that actively thwart their recovery efforts.

Common self-defeating behaviours include:

- **Procrastination:** Putting off important recovery tasks can delay progress and reinforce feelings of inadequacy.
- **Perfectionism:** Setting unrealistically high standards can lead to disappointment and frustration, causing individuals to abandon their goals.
- **Avoidance:** Steering clear of situations that might trigger cravings, or uncomfortable emotions can hinder personal growth and healing.
- **Self-Medicating:** Resorting to substances and compulsions to cope with stress or anxiety can undermine the recovery process and lead to relapse.
- **Disorganization:** A lack of structure can make it difficult to stay focused on recovery goals.
- **Starting Fights:** Creating conflict in relationships can serve as a distraction from personal issues and hinder support systems.
- **Micromanaging:** Over-controlling aspects of life can stem from insecurity and lead to burnout.
- **Negative Self-Talk:** Internal dialogue that is critical or dismissive can reinforce feelings of unworthiness, making it difficult to embrace positive change.
- **Mindlessly Scrolling:** This behaviour can serve as an escape, detracting from the time and energy needed for recovery.
- **Paralysis:** Feeling overwhelmed by the recovery process can lead to inaction, perpetuating a cycle of self-sabotage.

Recognizing and addressing self-sabotaging behaviours is essential for successful recovery. Here are some strategies to combat self-sabotage:

1. **Awareness:** The first step in overcoming self-sabotage is becoming aware of the behaviours and thought patterns that lead to it. Keeping a journal can help identify triggers and patterns.
2. **Challenge Negative Thoughts:** Work on reframing negative self-talk. Instead of thinking "I don't deserve this," replace it with "I am worthy of happiness and success."
3. **Set Realistic Goals:** Break down larger goals into smaller, manageable steps. Celebrate small victories to build confidence and motivation.
4. **Seek Support:** Surround yourself with a supportive network of friends, family, or a recovery group. Sharing your struggles can reduce feelings of isolation.
5. **Practice Self-Compassion:** Treat yourself with kindness and understanding. Recovery is a journey, and setbacks are part of the process.
6. **Engage in Mindfulness:** Practicing mindfulness can help individuals stay grounded and present, reducing anxiety and fear that may lead to self-sabotage.



The High Stakes of Recovery: A Reflection on Courage

Wealth lost – something lost. Honour lost – much lost. Courage lost – all lost. German proverb.

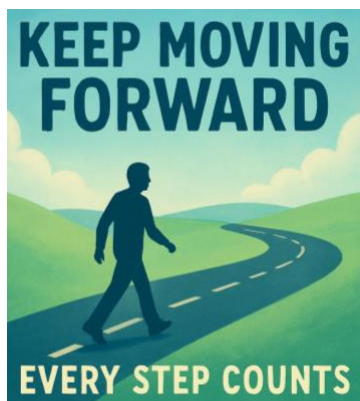
In the journey of addiction recovery, the stakes are undeniably high. Each day presents an opportunity to reaffirm our commitment, yet it carries the weight of potential loss. Recovery is not a trivial pursuit; it is a serious undertaking with profound implications for our lives.

The complexities of addiction lead us to confront not just the physical dependence on substances or compulsions, but also the emotional and psychological toll it takes. Wealth, in this context, refers to more than just financial resources; it encompasses our relationships, self-esteem, and mental well-being. When we lose these aspects, we may find ourselves in a deeper abyss than we initially recognised. The journey to recovery demands that we acknowledge what is at stake and approach it with the seriousness it deserves.

Reflecting on the idea that "yesterday I felt like it; today I might not," we see how easily our resolve can waver. Such a mindset fosters an attitude that recovery is optional or that we can afford to be complacent. However, this perspective is dangerous. Recovery is not a game; it is a battle against the very forces that threaten our lives. To approach it lightly is to risk everything we have worked so hard to regain.

There is no standing still in recovery. We are either inching forward, making progress toward our goals, or sliding backward into the depths of addiction. This reality underscores the importance of maintaining a proactive stance. Each decision we make, every moment we confront our triggers, is either a step toward healing or a potential step back into old habits.

Inching forward means acknowledging that recovery is a continuous process. It's about taking small, meaningful steps every day. Whether it's attending support meetings, practicing self-care, or connecting with others in recovery, each effort counts. The journey may feel slow at times, but consistency is key. Progress is made not in leaps, but in the steadfast commitment to keep moving, even when the path feels daunting.



It is essential to recognise that all we have gained in recovery can be lost -- sometimes irretrievably. Our lives are not mere trifles; they are the culmination of our experiences, struggles, and victories. The issues we face are real, serious, and deserving of our utmost attention. The potential for unrecoverable loss looms large, which makes our commitment crucial.

Cultivating the courage needed to face these challenges begins with acknowledging our vulnerabilities. We must confront the fear that often accompanies recovery. It is not easy to look at ourselves honestly, to recognise the pain that addiction has caused, and to understand the effort required to rebuild. Yet, in this very confrontation, we find the strength to move forward.

As we navigate our recovery journey, let us remember the high stakes involved. Let us honour the progress we have made and the lives we are rebuilding. Each day is a new opportunity to choose courage over complacency, to embrace challenges, and to strive for a future free from the shadows of addiction.

The Dual Nature of Recovery: Rediscovering Emotions

One of the most significant benefits of recovery is the rediscovery of emotions that have been dulled or suppressed during addiction. Many individuals in active addiction often rely on substances and compulsions to cope with life's challenges, leading to emotional numbness. Once they begin the recovery process, they may experience feelings of joy, love, sadness, and anger with a newfound intensity. This emotional awakening can lead to deeper connections with others, a greater appreciation for life's moments, and a renewed sense of self.

Moreover, feeling emotions allows individuals to engage with their past experiences meaningfully. As they process feelings related to trauma, loss, or guilt, they can begin to heal and grow. Emotions, when acknowledged and processed, become a source of strength rather than a burden. This newfound emotional clarity often serves as a powerful motivator for continued recovery, reinforcing the importance of staying clean and sober.

While the return of feelings can be a significant advantage, it can also pose challenges. For many in recovery, emotions that once seemed manageable can become overwhelming. The intensity of feelings may lead to anxiety, depression, or even relapse if not properly addressed. It is not uncommon for individuals to feel as if they are on an emotional rollercoaster, experiencing extreme highs and lows as they navigate the complexities of their feelings.

Additionally, confronting suppressed emotions can be daunting. Some individuals may have buried their feelings for so long that they do not know how to cope with them when they surface. This can lead to confusion, frustration, and a sense of being lost in their emotional landscape. Recognising that these feelings are a natural part of the recovery process is essential. Seeking support from therapists, support groups, or trusted friends can provide the necessary guidance to navigate this emotional terrain.

Building Emotional Resilience

To thrive in recovery, individuals must develop emotional resilience. This involves learning how to cope with the highs and lows of feeling deeply. Practicing mindfulness, engaging in physical activities, and developing healthy coping strategies can help individuals manage their emotions effectively. Journaling, for instance, is a powerful tool that allows individuals to express their feelings and reflect on their experiences.

Moreover, building a supportive network plays a crucial role in emotional recovery. Sharing feelings with others who understand the journey can provide comfort and validation. Recovery is not a solitary endeavour; it thrives in community. By surrounding themselves with empathetic individuals, those in recovery can learn to navigate their feelings together.

Embracing the Journey

Ultimately, the journey of recovery is about embracing the full spectrum of human emotions. While it may be challenging to confront the reality of feeling again, it is also a beautiful opportunity for growth and connection. By acknowledging both the good and the bad aspects of regaining emotions, individuals can cultivate a healthier relationship with their feelings.

The dual nature of recovery -- where the return of emotions can be both a blessing and a challenge -- serves as a reminder of the resilience of the human spirit. As individuals learn to navigate their emotional landscape, they not only reclaim their lives but also discover a deeper understanding of themselves and the world around them. Recovery is a journey worth taking, with feelings as both the compass and the map.



South Edmonton Fellowship Centre

<https://fellowship-centre.org> 9122 34A Avenue NW, Edmonton 780-220-7811

facebook.com/SEFellowshipcentre

instagram.com/fellowshipcentre/



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 Only)		10:30 AM Alcoholics Anonymous				10:00 AM Alcoholics Anonymous
12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous	12:00 PM Alcoholics Anonymous
1:30 PM SMART Recovery						2:00 PM Gamblers Anonymous
3:00 PM Twelve Steps for Trauma Recovery				2:30 PM Overeaters Anonymous		
4:30 PM Meditation for Addiction Recovery						4:00 to 6:00 PM Wellbriety
6:00 PM Cocaine Anonymous		7:00 PM Alcoholics Anonymous	7:00 PM Cocaine Anonymous	6:00 PM Alcoholics Anonymous (Punjabi, Hindi)	7:00 PM SMART Recovery	7:00 PM Sex Addicts Anonymous
	7:30 PM Alcoholics Anonymous (Men Only)			8:00 PM Alcoholics Anonymous (Men Only)		

WEEKLY ONLINE MEETINGS

SUNDAY 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 Twelve Step addiction recovery. All are welcome. ZOOM MEETING ID 815 5962 9907 PASSCODE 357546
SUNDAY 3:00 PM	Twelve Step to Trauma Recovery is a 60-minute meeting focused on working the Twelve Steps to recover from past trauma. All are welcome. ZOOM MEETING ID 821 9943 2979 PASSCODE 936178
WEEKDAYS 7:00 AM	Sunrise Weekdays are 60-minute Alcoholics Anonymous meetings held Monday through Friday. Start your workday with the program! ZOOM MEETING ID 899 6946 5894 PASSCODE 912107
SATURDAY 4:00 PM	Wellbriety is a 60-minute meeting based on Indigenous teaching and wisdom to live a sober life that is balanced emotionally, mentally, physically, and spiritually. All are welcome. ZOOM MEETING ID 878 0138 8639 PASSCODE 298709