

Fellowship Recovery Compass: May 2026



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Join Us in Supporting the Fellowship Centre!

The Fellowship Centre plays a vital role in our community, providing essential services and support to those seeking recovery from any sort of addiction. To continue our operations, we rely heavily on fundraising initiatives. We are excited to announce that we have been awarded a casino event scheduled for July 6th and 7th, 2026. This is a fantastic opportunity for us to raise much-needed funds to keep our doors open for at least another three years.

We invite you to be a part of this important event by volunteering your time and skills. If you're interested in helping, please sign up for a position at <https://signup.com/go/kJDASRd>.

Volunteers for the positions of cashier and banker require are required to complete a Volunteer Application Form. Email info@fellowship-centre.org to receive your form. All application forms must be submitted to the Gaming Commission by early June, so it's essential to act quickly.

A heartfelt thank you to everyone who has already signed up! Your support is invaluable. However, we still need more volunteers as well as backup personnel for evening and late night shifts to ensure that the event runs smoothly.

The funds raised during this casino event are crucial for maintaining the services we provide at the Fellowship Centre. By volunteering, you are directly contributing to the well-being of our recovery community. Together, we can make a significant impact!

For more information email info@fellowship-centre.org. To sign up to volunteer, visit <https://signup.com/go/kJDASRd>. Thank you for considering this opportunity to support the Fellowship Centre!

Wayne W.

South Edmonton Fellowship Centre President

The Seeds of Recovery: A Metaphorical Journey Through Addiction

The journey of addiction recovery can be likened to the process of sowing seeds in a garden. Just as a gardener nurtures seeds to cultivate a flourishing garden, individuals in recovery must carefully tend to their thoughts, actions, and behaviours to foster a healthy and fulfilling life. The proverb attributed to Samuel Smiles, “Sow a thought and you reap an act; sow an act, and you reap a habit; sow a habit, and you reap a character; sow a character, and you reap a destiny,” serves as a guiding principle in this transformative process. Each stage in this metaphorical journey is crucial for those striving to overcome addiction.

To begin, the act of sowing a thought is the first step in the recovery process. Thoughts shape perceptions and influence decisions. For individuals recovering from addiction, it is essential to cultivate positive thoughts that promote self-worth and resilience. This may involve challenging negative beliefs that have been ingrained over the years, often exacerbated by addiction. Techniques such as mindfulness and cognitive behavioural therapy can help individuals identify and replace harmful thoughts with constructive ones. By nurturing a mindset that prioritizes growth and healing, individuals lay the groundwork for positive actions.

The next step is to sow an act, which leads to the development of habits. Actions taken in recovery can range from simple daily tasks, such as attending support meetings or engaging in physical exercise, to more complex behaviours, such as reaching out to a sponsor or seeking professional help. Each small act contributes to the formation of healthy habits that can replace the destructive behaviours associated with addiction. For instance, consistently attending recovery meetings not only reinforces commitment to clean and sober living but also fosters connections with others who share similar struggles. These connections can provide invaluable support and encouragement, creating a community where individuals feel understood and valued.

As these positive actions transform into habits, they begin to shape one’s character. Character is defined by the values and principles that guide an individual’s life. In recovery, cultivating traits such as perseverance, empathy, and integrity is essential. These characteristics not only aid in resisting the temptations of addiction but also enhance relationships with others. A strong character built on the foundation of recovery allows individuals to face challenges with resilience and grace. It empowers them to embrace their journey and serve as an inspiration to others who may be battling similar demons.

Finally, the culmination of this process leads to destiny. The choices made throughout the recovery journey shape the future and determine the quality of life that one will lead. By consistently sowing positive thoughts, actions, and habits, individuals can create a destiny marked by health, happiness, and fulfillment. This new life is not merely the absence of addiction but rather the presence of purpose and joy. It is a testament to the strength of the human spirit and the capacity for change.

The metaphor of sowing and reaping encapsulates the essence of addiction recovery. It underscores the importance of being mindful of one’s thoughts, actions, and habits, as they ultimately shape one’s character and destiny. By nurturing positive seeds in their lives, individuals in recovery can cultivate a future filled with hope and opportunity. As they embark on this transformative journey, they will find that each small step taken leads to significant changes, paving the way for a brighter and healthier tomorrow.



Peeling the Onion: Understanding Addiction and Recovery

Addiction recovery is a complex and often painful journey, akin to peeling an onion. At first glance, the outer layer may seem impenetrable and uninviting. However, underneath that façade lies a myriad of layers, each representing different aspects of our lives -- struggles, emotions, and experiences that have shaped us. Like handling an onion, peeling off the husk of our lives can sometimes make us cry, but it is a necessary process for growth and healing.

The Outer Layers: Denial and Stigma

The first layer we encounter in addiction recovery is often denial. It's the protective husk that shields us from the reality of our situation. Just as the skin of an onion keeps its contents intact, denial allows us to carry on with our lives, ignoring the damage our addiction causes. This layer is often reinforced by societal stigma, which adds pressure to maintain a façade of normalcy. Unfortunately, this outer layer can become so thick that it obscures the truth, preventing us from seeing the need for help.

The Inner Layers: Pain and Trauma

As we begin to peel back the layers, we encounter deeper, more painful truths. Here lies the trauma, the unresolved emotions, and the pain that often fuel addiction. Each layer removed can evoke a sense of vulnerability and discomfort. It's not uncommon to feel overwhelmed, as the process of confronting these emotions can bring tears. Just like the pungent aroma of an onion can cause tears to flow, facing our past can elicit profound emotional responses. This is a natural part of healing, signalling that we are engaging with our true-selves.

The Core: Acceptance and Healing

Eventually, we reach the core of the onion -- a place of acceptance and healing. This is where we begin to understand that addiction is not merely a weakness or a moral failing; it's a complex interplay of our experiences, mental health, and coping mechanisms. Here, we can start to rebuild our lives without the need for substances or compulsions. Acceptance allows us to acknowledge our past without being defined by it. It's a space where we can learn to forgive ourselves and others, paving the way for genuine recovery.

The Process: Support and Community

Peeling an onion is not a solitary task; it often requires the help of those around us. Similarly, recovery is rarely achieved in isolation. Support groups and community play crucial roles in this process. Just as we may need a cutting board and a knife to safely peel an onion, we require the tools and support of others to navigate our recovery journey. Sharing our experiences and hearing those of others can provide comfort and reassurance, reminding us that we are not alone in our struggles.

The Transformation: New Beginnings

In the end, peeling an onion reveals more than just layers; it uncovers potential and possibility. The act of peeling back the layers of addiction allows us to rediscover who we are, free from the constraints of our past. Recovery is not a linear path but a transformative journey that brings us closer to our true-selves. As we peel away the layers, we cultivate resilience, strength, and a renewed sense of purpose. While peeling the onion of addiction may bring tears, it is also a vital step towards healing. Embracing this process, with its challenges and triumphs, can lead us to a life filled with hope, connection, and renewal. Remember, every layer peeled is a step closer to a brighter, healthier future. Together, we can navigate this journey, supporting one another as we uncover the beauty of our authentic selves.

Wellbriety: A Path to Lasting Recovery

The journey of addiction recovery is often challenging, but the Wellbriety movement offers a unique and culturally grounded approach that resonates deeply with many individuals. Rooted in Native American traditions and philosophies, Wellbriety combines spiritual, emotional, and practical elements to support those seeking recovery from addiction.

Wellbriety emerged in the 1990s as a response to the specific needs of Indigenous communities grappling with the impacts of addiction. The term itself is a blend of "wellness" and "sobriety," reflecting a holistic approach that prioritises mental, physical, and spiritual well-being. The movement was spearheaded by the White Bison organisation, which sought to create culturally relevant recovery programs that honour Indigenous traditions while incorporating contemporary recovery principles.

The Wellbriety movement draws on the teachings of the Medicine Wheel, which emphasises balance in four key areas: emotional, physical, spiritual, and mental health. This framework encourages individuals to acknowledge and address all aspects of their lives, fostering a comprehensive approach to recovery.



Core Elements of the Wellbriety Program

1. **Cultural Connection:** One of the most significant aspects of Wellbriety is its focus on cultural identity. By reconnecting individuals with their heritage, the program instills a sense of pride and belonging that is crucial for recovery.
2. **Community Support:** Wellbriety promotes the importance of community in the healing process. Participants engage in group discussions and activities, fostering a supportive environment where individuals can share experiences and learn from one another.
3. **Spirituality:** Many participants find strength in spirituality which can be a powerful motivator in the recovery journey, encouraging individuals to seek a higher purpose.
4. **Education and Skill Development:** Wellbriety also provides practical tools and resources for recovery including education on addiction, coping strategies, and life skills.
5. **12-Step Integration:** While Wellbriety incorporates elements of the 12-step approach, it adapts these steps to align with Indigenous values and beliefs, making the program more relatable and effective for participants.

Research on the Wellbriety movement is still emerging, but preliminary studies suggest promising outcomes. A number of participants have reported increased feelings of belonging, improved mental health, and sustained sobriety. The integration of cultural practices alongside recovery strategies appears to enhance participants' commitment to their recovery journey. One study indicated that individuals engaged in culturally relevant programming experienced lower rates of relapse and greater overall satisfaction with their recovery process. These findings align with broader research indicating that culturally tailored interventions can lead to better outcomes for Indigenous populations.

Wellbriety at the Fellowship Centre

If you or someone you know is seeking a supportive community focused on holistic recovery, consider attending the Wellbriety meeting held every Saturday at 4:00 PM at the Fellowship Centre. These gatherings provide a safe space to share experiences, learn from one another, and explore the principles of Wellbriety. Embrace the journey of recovery through the Wellbriety movement, where cultural connection and community support pave the way to lasting change. Join us this Saturday and discover the power of Wellbriety!

ALL ARE WELCOME REGARDLESS OF THE ETHNIC OR CULTURAL BACKGROUND.

Hidden Rewards of Living the Steps

Living the Steps, particularly taking inventory and making amends, helps us to stop taking what others do and say personally. Because we do not know how to validate ourselves, we may try to regulate others so we don't feel anxious. Because we do not know how to support ourselves, we manipulate our environment to provide us with support. We manipulate the world to give us what we don't give to ourselves. This was the direction that our lives took when we rejected our real-self (higher-power) in favour of a false-self (lower power). Our false-self tried to soothe our anxiety by controlling and manipulating others to get what we thought we needed.

The way we treated others is determined by the direction in which our anxiety propels us to find a solution. We needed an admiring audience, to be right and make others feel wrong, to triumph by dividing people into our followers or scheming adversaries, to hurt someone because they deserved it, and to minimize ourselves while turning others into giants. We did not see people as they were; we see them as we need them to be to fulfill our purpose. We impose our script on them and cast them into the role we need. This doesn't mean we were bad people; it means we are human beings who have taken the wrong turn in life. The Steps help us find our way back. They are correcting the veer in our personal development. The Steps help us undo our objectification of others. The Steps teach us to be more personal and present, to make full and alive contact with another person. They are teaching us to drop our expectations and meet people where they are at.

The Steps help us develop a better relationship with ourselves. Without a better connection to ourselves, we can't have better human relations. If we do not experience ourselves as lovable, then it will be impossible to believe that anyone else could love us. We must get right with ourselves. We must straighten out our stinking thinking and develop an understanding of the forces within us that influence our behaviour. We must get honest with ourselves and learn how to use the best in us to look at the worst in us. Living the Steps helps us reconstruct our understanding based on reality, instead of the distortions of reality caused by our anxiety. We now have a more positive self-concept because of our efforts to find a solution to our addiction. The Steps change our relationship to ourselves and prepare us, mentally and spiritually, for better relationships with others.

Living the Steps has helped us learn that the best in us operates the rest of us. We have become aware without the interference of *shoulds* or *oughts*. Sometimes we must assert ourselves and sometimes we must admit we are wrong. We realize that it is our responsibility to set healthy boundaries. Our false-pride no longer interferes with our choices. Our actions are guided by the best in us instead of the worst in us. We recognize that emotions such as pain, disappointment, conflict, grief, anger, shame, and guilt are part of the human experience to be accepted, understood, and valued rather than suppressed or hidden. We no longer reject or disown a part of ourselves because it is perceived as incompatible with the rest of us.

Living the Steps has helped us recover our true-self. By weakening the destructive forces of addiction and the false-self, we have seen the constructive forces of our real-self growth. We have a new understanding of ourselves and our potential. We are no longer shackled by the performance demands placed on us by our false-self; we have liberated ourselves from its tyranny. We have a growing pride in being our real-self: in being sensitive, open, teachable, curious, loving, assertive, passionate, realistic, autonomous, authentic, self-supporting, honest, trustworthy, alive, responsible, and creative. When we have problems with others, we are committed to finding mutually satisfying solutions. We enjoy balancing togetherness with individuality, letting the best in us operate the rest of us and honouring our spirituality.

Recovery and Projection

Imagine a person who is living in a house where, unknown to him, all the windows have been replaced with mirrors facing in, toward him. He thinks he is looking out – that he is seeing the world around him as it really is. If he is perpetually afraid, he looks out and sees wide eyes and frightened faces. If he is always angry, he sees furrowed brows and frowns. If his face scowls in distrust, he sees suspicion in every window. If he feels greedy and self-absorbed, he looks out and sees selfish and demanding crowds. He is completely convinced that he is seeing the world around him, but he is not. He is seeing himself. From a psychological perspective, **projection** is the act of ascribing to other people the very characteristics in ourselves that we find unacceptable. While projection operates in our lives to some extent, let's look at some extreme examples.

Matt is a 28-year-old who has been struggling with opium dependence for over eight years. He has never been married and lives with his 80-year-old grandmother. Matt doesn't trust anyone. He thinks everyone is out to get him or take it vantage of him and believes everyone has malicious and selfish intentions. According to Matt, the world is a dangerous place filled with con artists who are constantly trying to take advantage of him.

As a child, Matt often stole things from his friends. He was angry because he felt that life had dealt him a bad hand, and it was each man for himself. Matt's father had abandoned him and his mother. As a result, Matt felt entitled to more than he got from life, and he exploited this position with a vengeance. He was a taker and rarely gave anything in return. Over the past eight years, having conned his grandmother into revealing her banking information, he has stolen more than \$100,000 from her to buy oxycodone and heroin. He didn't take responsibility for any of his bad behaviour. He felt justified taking things from others. When confronted about stealing from his grandmother, he said, "I'm just spending my inheritance sooner. She doesn't need it, and she won't miss it." In the house that Matt had built, all the mirrored windows reveal a world of exploitative people.



Heather constantly complains that her boyfriend, John, is not interested in her current problems with her mother. John insists that he does care and is perplexed and baffled at Heather's complaints. He asks her to give him examples of his lack of concern. She cannot but says, "It's just a feeling I get when I talk to you."

Heather isn't interested in John or his feelings currently. She just wants John to be interested in her problems. Heather is projecting onto John how she was treating him, not how he is treating her. Heather's ideal self is a person who is very caring and giving. But during the time of difficulties with her mother, she really needs lots of care and concern from John. She needs to be totally selfish. She does not have the mental energy to care about him. Yet this selfishness is unacceptable to Heather, regardless of the circumstances. Although Heather doesn't want to be giving and listen to John, she doesn't dare admit this. John became the depository for the part of her that she could not accept about herself. It would be unthinkable for Heather to tell John, "Right now I'm not interested in you and how this is affecting you. I want to focus all my attention on the situation, and I want you to do the same thing." In the house that Heather built, all the windows, temporarily, showed a John that was demanding and self-absorbed. This was exactly how Heather felt about herself and was what she wanted. But it just did not fit with image of herself.

Owning our projections is critical to emotional sobriety. We must admit to projecting so that we can take the first step towards ceasing projection. We throw open the mirrored windows of our self-made houses and discovered that the scowls of fear, or anger, or suspicion, or selfishness, or judgement we've seen, were actually the expressions on our own face. We begin to see who we are and simultaneously see other people as they really are – that is one of the greatest gifts of emotional sobriety.

(Based on the writing of Allen Berger, 12 Smart Things to do when the Booze and Drugs are Gone, pp.58-62)

Overeaters Anonymous

Overview of Overeaters Anonymous (OA) Overeaters Anonymous (OA) is a peer-support organization founded in 1960, designed for individuals struggling with compulsive eating, food addiction, and unhealthy eating behaviours. Modeled after Alcoholics Anonymous (AA), OA follows a 12-Step program, which helps members identify their issues with food, develop healthier relationships with eating, and support one another in their recovery journey. The community is based on shared experiences, and members are encouraged to share their stories in a safe and confidential environment.

Research on OA's Effectiveness Numerous studies have explored the effectiveness of OA in helping individuals achieve their recovery goals. Research indicates that OA can lead to significant improvements in both psychological and physical health. A study published in the *Journal of Substance Abuse Treatment* found that participants who attended OA meetings regularly experienced reductions in food cravings, emotional eating episodes, and overall anxiety. Furthermore, a long-term follow-up study revealed that sustained participation in OA was linked to improved weight management, enhanced self-esteem, and a greater sense of community support.

Another notable research effort from the *International Journal of Eating Disorders* highlighted that OA members reported higher levels of abstinence from compulsive eating behaviours compared to those who did not participate in OA. This finding underscores the importance of group support and accountability in the recovery process. While individual experiences may vary, OA offers a structured framework that many find beneficial in their journey toward recovery.

Community and Support The success of OA can largely be attributed to its strong sense of community. Members often form lasting friendships and support networks that extend beyond meetings. This connection can significantly reduce feelings of isolation and shame that many individuals with eating disorders experience. The program emphasizes the importance of sharing personal stories and struggles, fostering a sense of belonging and understanding among members.

Moreover, OA encourages individuals to seek additional professional help when necessary, emphasizing that the program is not a substitute for therapy but a complementary support system. This holistic approach empowers participants to take charge of their recovery, combining OA's principles with individualized treatment plans designed by healthcare professionals.

Join Us at the Fellowship Centre If you or someone you know is struggling with overeating or disordered eating behaviours, consider attending an OA meeting. The OA group at the Fellowship Centre meets every Thursday at 2:30 PM. This welcoming and supportive environment may be just what you need to begin your journey toward recovery. Whether you are seeking to better understand your relationship with food or looking for a community that understands your struggles, OA offers a compassionate space for healing and growth.

By participating in OA, you're not just joining a meeting; you're becoming part of a movement toward healthier living. Remember, you are not alone in this journey. Together, we can support each other in overcoming our challenges and achieving a balanced, fulfilling life.

Financial Recovery

Financial recovery is a critical component of the overall healing process for individuals overcoming addiction. The journey to sobriety is often intertwined with various challenges, including financial instability. Understanding the connection between addiction and financial health can empower individuals to take charge of their lives and foster a more stable future.

The Impact of Addiction on Finances

Addiction can severely disrupt an individual's financial stability. Substance abuse and compulsive behaviour often lead to reckless spending, job loss, and mounting debts. Many individuals may prioritize their addiction over financial responsibilities, resulting in unpaid bills, damaged credit scores, and even bankruptcy. The financial burden can create a vicious cycle, exacerbating feelings of shame, guilt, and hopelessness which can, in turn, fuel the addiction.

Recognizing this connection is crucial for those in recovery. It is essential to understand that financial challenges are not merely obstacles but are often symptoms of deeper issues related to addiction. By addressing these challenges head-on, individuals can begin to rebuild their financial health alongside their sobriety.

Steps Towards Financial Recovery

1. **Creating a Budget:** A well-structured budget is a fundamental tool for financial recovery. It allows individuals to track their income and expenditures, helping them make informed decisions about their spending habits. By prioritizing essential expenses and cutting unnecessary costs, individuals can regain control of their finances.
2. **Seeking Professional Help:** Many individuals in recovery may benefit from consulting a financial advisor or credit counsellor. These professionals can provide guidance on managing debt, improving credit scores, and developing long-term financial plans. Their expertise can be invaluable in navigating the complexities of financial recovery.
3. **Finding Stable Employment:** Employment plays a crucial role in financial recovery. Securing stable employment not only provides a steady income but also fosters a sense of purpose and responsibility. Many addiction recovery programs offer job placement services, resume workshops, and skills training to help individuals re-enter the workforce.
4. **Building an Emergency Fund:** Financial recovery is not solely about paying off debts; it is also about preparing for the future. Establishing an emergency fund can provide a safety net during unforeseen circumstances, reducing the likelihood of turning to substances for relief in times of financial stress.
5. **Engaging in Supportive Communities:** Connecting with others who are also on the path of recovery can be incredibly beneficial. Support groups, such as those offered by Debtors Anonymous or Spenders Anonymous, often address financial topics and provide a safe space for sharing experiences and advice. These communities can serve as a source of encouragement and accountability.



You are Only as Sick as Your Secrets

The saying "You are only as sick as your secrets" is a profound principle often encountered in 12-Step recovery programs. It underscores the idea that holding onto secrets can perpetuate feelings of shame, guilt, and isolation, which are detrimental to one's mental and emotional health.

Secrets often weigh heavily on individuals, creating inner turmoil. This burden can lead to anxiety and depression, exacerbating the very issues one may be trying to escape through substance use or compulsive behaviours. Moreover, keeping secrets fosters a sense of isolation. Individuals may feel disconnected from others, believing that their struggles are unique or that they will be judged if they reveal their truths. This isolation can prevent them from seeking support and healing.

In recovery, openness and honesty are vital. Sharing secrets in a safe environment, such as a mutual support group, can lead to relief and understanding. This process helps break down barriers and fosters a sense of community. Acknowledging and sharing one's secrets can be a powerful step toward healing. It allows individuals to confront their pasts, move beyond shame, and build healthier relationships.

Building on this concept, it is essential to recognise that secrets can also manifest as self-deception. Individuals may convince themselves that their problems are manageable or that they don't need help, further entrenching their struggles. The act of sharing secrets not only lightens the emotional load but also diminishes the power these secrets hold. Vulnerability can be a catalyst for change; when individuals disclose their secrets, they often find that others have faced similar challenges. This shared experience fosters empathy and understanding, creating a supportive environment that facilitates healing. Ultimately, embracing honesty is pivotal for personal growth and recovery.

The Importance of Sharing in Meetings

Sharing in 12-Step meetings plays a crucial role in the addiction recovery process. It fosters a sense of community and belonging among participants, allowing individuals to connect with others who have faced similar struggles. This shared experience can alleviate feelings of isolation and shame, which are often prevalent in those battling addiction. When individuals share their stories, they not only articulate their pain and challenges but also highlight their journeys toward healing. This openness encourages vulnerability, creating a safe space where participants can express their emotions without judgement.

Moreover, sharing serves as a powerful tool for accountability. By vocalizing their experiences and goals, individuals reinforce their commitment to sobriety. The supportive environment of 12-Step meetings allows participants to receive feedback and encouragement from peers, further strengthening their resolve. Witnessing others' progress can also inspire hope, demonstrating that recovery is attainable.

In addition, sharing facilitates self-reflection and personal growth. When individuals recount their experiences, it prompts them to examine their behaviours and decisions critically. This process can lead to insights that may have otherwise gone unrecognised, aiding in the development of coping strategies and healthier habits. The act of sharing also reinforces the principles of humility and honesty, essential components of the 12-Step philosophy. Ultimately, by participating in this communal exchange, individuals can cultivate resilience, learn from each other, and build a supportive network that is vital for long-term recovery.



South Edmonton Fellowship Centre

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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 for 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