



Recovery Compass July 2026

9122 34A Avenue NW, Edmonton, T6E 5P4

Phone: 780-220-7811

Email: info@fellowship-centre.org

Web: <https://fellowship-centre.org>

facebook.com/SEFellowshipcentre

instagram.com/fellowshipcentre/

Charity Spotlight

The Fellowship Centre was recently highlighted in Digital Link's blog and newsletter. Read the complete blog at <https://digitallink.ca/charity-spotlight/south-edmonton-fellowship-centre/> and Newsletter at <https://conta.cc/430Ua7x> Summary below.

The South Edmonton Fellowship Centre (SEFC) is a charitable organization dedicated to supporting individuals and families affected by addiction. Located in Edmonton, Alberta, the Centre provides a welcoming, safe, and inclusive environment where people can find help, hope, and connection on their recovery journey. Its mission is rooted in the belief that recovery is possible for everyone and that peer support plays a vital role in helping people overcome addiction and rebuild their lives.

One of the Centre's greatest strengths is the wide variety of recovery programs and services it offers. SEFC hosts numerous recovery meetings each week, including groups focused on alcohol, drugs, gambling, overeating, and other addictive behaviors. By providing many different recovery pathways under one roof, the Centre allows individuals to find the approach that best suits their personal needs and circumstances.

In addition to meetings, the Fellowship Centre offers educational resources, workshops, social activities, volunteer opportunities, and access to recovery literature. These programs help individuals develop healthy coping skills, build supportive relationships, and strengthen their commitment to long-term recovery. The Centre also operates a recovery support phone line and provides online resources to ensure help is accessible to those who may not be able to attend in person.

A defining feature of the SEFC is its emphasis on community. Many people entering recovery experience isolation, shame, and a loss of connection with others. The Centre works to address these challenges by creating a non-judgmental atmosphere where individuals are accepted, encouraged, and supported. Through friendships, mentorship, and shared experiences, participants gain a sense of belonging and hope that can be essential to lasting recovery.

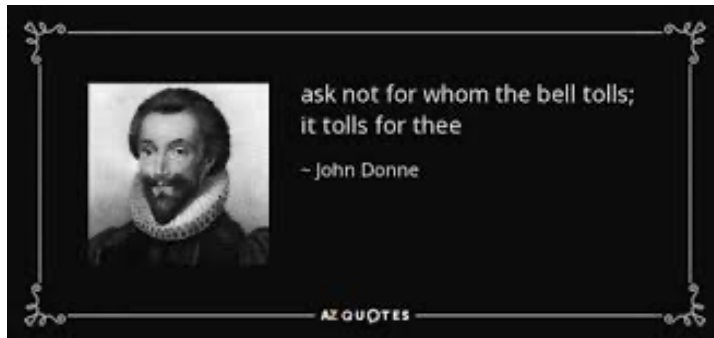
The Fellowship Centre welcomes people from all backgrounds and strives to make its services accessible to diverse communities. Its inclusive approach reflects the understanding that addiction affects people regardless of age, culture, income, or life circumstances.

The impact of the Centre extends beyond individual recovery. By helping people achieve and maintain sobriety, SEFC contributes to stronger families, healthier communities, and improved quality of life for those it serves. Through compassion, peer support, and a commitment to recovery, the South Edmonton Fellowship Centre continues to be a valuable resource for individuals seeking a new beginning and a healthier future.

For Whom the Bell Tolls: Community, Service, and Recovery

“No man's death diminishes me, because I am involved in mankind. Therefore, never send to know for whom the bell tolls. It tolls for thee.” These famous words, written by the English poet John Donne, remind us that every human being is connected to every other human being. When one person suffers, we are all affected. When one person dies, the loss touches the entire human family. Donne's message is that none of us lives in isolation. We are part of a larger community, and what happens to others matters to us.

This idea has particular significance in addiction recovery. Addiction often thrives in isolation. Many people struggling with substance use disorders become disconnected from family, friends, and community. Shame, guilt, secrecy, and loneliness can create barriers that leave individuals



feeling separated from others. Recovery, however, is built on connection. Whether through support groups, counselling, sponsorship, family relationships, or friendships, recovery flourishes when people come together and support one another.

John Donne's words challenge us to recognize that another person's struggle is not merely their problem. It is

something that concerns all of us. When a member of a recovery community relapses, suffers, or passes away, the impact is felt by everyone. The bell tolls not only for that individual but also for those who care about them. Their pain reminds us of our shared humanity and our responsibility to support one another.

The concept of service to others is deeply rooted in recovery programs. Many people discover that helping others strengthens their own sobriety. Sponsoring newcomers, making coffee at meetings, welcoming new members, or simply listening to someone who is struggling are acts of service that benefit both the giver and the receiver. Service helps people move beyond self-centredness and reminds them that they are part of something larger than themselves.

Donne's quote also encourages humility. It reminds us that none of us is immune to hardship. Addiction does not discriminate. Any person can find themselves struggling with substance use, grief, mental health challenges, or other difficulties. Recognizing our shared vulnerability can increase compassion and reduce judgement. Rather than asking why someone is suffering, we can ask how we might help.

In practical terms, applying this wisdom in recovery means reaching out when someone is absent from meetings, offering encouragement to newcomers, volunteering within recovery communities, and being willing to share our experience, strength, and hope. It means understanding that our actions affect others and that our recovery contributes to the well-being of the entire community.

John Donne's words remain powerful centuries after they were written. They remind us that recovery is not a solitary journey. We heal together, grow together, and support one another through life's challenges. When we embrace community and service, we discover that every act of kindness strengthens the whole. The bell tolls for all of us because we are connected, and in that connection lies one of recovery's greatest sources of hope and strength.

THINGS THAT MESS UP RECOVERY

Confusing Self-Concern with Selfishness

Twelve Step recovery programs suggest that self-centeredness and “self will run riot” are at the root of addiction. Some individuals in early recovery may interpret this as meaning that concern with personal needs is inherently bad. They think that self, in any shape or form, is a demon that needs to be exorcised. The myth perpetuated by this notion is that becoming selfless is the primary goal of recovery. While it’s important for us to put self into a healthier perspective, we also need to learn how to take better care of ourselves to facilitate true healing.

There are two powerful forces within us that are usually in conflict: our desire to please others and our desire to look after ourselves. As social animals, we thrive in union and connection. The desire to please and cooperate reinforces social bonds, which, in turn, increases our chances for survival and emotional well-being. However, there is also a strong force urging us to pursue our own individuality and seek personal mastery. This force is equally essential for survival, as it propels us to become the best version of ourselves. It serves as a growth force that moves us forward in our development and maturity.

For most of us, the desire to please and the desire to be an individual are forces in conflict throughout our lives and within our intimate relationships. We often do not know how to please others without losing ourselves in the process. Similarly, we struggle to maintain our individuality while staying connected. We find it challenging to cooperate with others while simultaneously nurturing a strong sense of self. In our attempts to please, we either submit to the expectations of others or try to control them, seeking to impose our demands upon them.

Confusing selfishness with self-concern jeopardizes our recovery. This confusion becomes self-defeating and self-destructive. It prevents us from acting on our own behalf, lest we be labeled as selfish. Self-concern is not selfish! When we honor ourselves, our existence, and our life, we are not being selfish. Learning to honor and care for ourselves is the hallmark of recovery. When we honor ourselves, we strive to function with integrity while also honoring all our personal desires. We work to please others and honor our own feelings simultaneously. We strive to assert ourselves appropriately, but not at anyone’s expense.

Embracing self-concern allows us to better understand our needs and boundaries. This understanding equips us to communicate effectively with others, fostering deeper connections. Recovery is not merely about abstaining from harmful behaviors; it's also about cultivating emotional intelligence. By acknowledging and addressing our own needs, we empower ourselves to build healthier relationships and engage in self-care routines that promote overall well-being. Ultimately, this balance leads not just to personal growth but to a richer, more meaningful life.

We aim to maintain balance and take responsibility for our feelings and personal desires, rather than manipulate and maneuver others into taking care of us and making us feel all right. We seek to be of value without losing ourselves in the process. The result of these efforts is peace of mind and serenity - what Bill Wilson referred to as emotional sobriety. This journey requires us to continuously evaluate our motivations and actions, ensuring that we are nurturing ourselves while also fostering healthy relationships with others. By understanding the fine line between self-concern and selfishness, we can cultivate a more fulfilling recovery experience.

(Based on the writing of Allen Berger, 12 Stupid things that Mess up Recovery, pp.61-66)

Meditation for Addiction Recovery

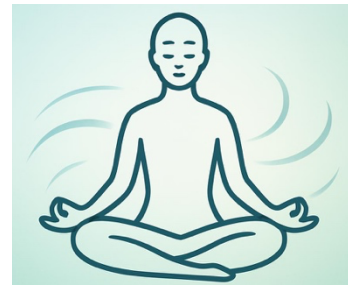
Addiction recovery is a challenging journey that requires a multifaceted approach to healing. Among the many tools available to those in recovery, meditation has emerged as a powerful practice that can significantly enhance the recovery process. The importance of meditation in addiction recovery lies not only in its ability to foster mindfulness but also in its potential to promote emotional regulation, reduce stress, and improve overall well-being.



Research has increasingly highlighted the effectiveness of meditation in aiding addiction recovery. A study published in the journal *Substance Abuse* found that individuals who engaged in mindfulness meditation experienced a significant reduction in cravings and withdrawal symptoms. This is particularly relevant for those recovering from substance use disorders, as cravings can often lead to relapse. By cultivating mindfulness, individuals learn to observe their thoughts and feelings without judgment, enabling them to respond to cravings with greater awareness and less impulsivity.

Moreover, meditation can serve as a valuable tool for emotional regulation. Many individuals struggling with addiction turn to substances as a means of coping with difficult emotions such as anxiety, depression, and stress. A systematic review in the journal *Addiction Research & Theory* showed that mindfulness meditation practices can help reduce symptoms of anxiety and depression, which are common among individuals in recovery. By fostering a deeper connection to their emotions, individuals can learn healthier coping strategies that do not involve substance use.

Additionally, meditation has been shown to promote neuroplasticity, the brain's ability to reorganise itself by forming new neural connections. This is particularly important for individuals in recovery, as addiction can lead to significant changes in brain structure and function. Research conducted by neuroscientists at Harvard University found that participants who engaged in mindfulness meditation for only eight weeks showed increased grey matter density in areas of the brain associated with self-awareness, compassion, and emotional regulation. These changes can support individuals in developing a more resilient mindset, which is crucial for long-term recovery.



Incorporating meditation into daily routines can enhance the overall effectiveness of traditional recovery programs. Many treatment centres now include mindfulness meditation as part of their holistic approach to recovery. This integration allows individuals to experience the benefits of meditation alongside other therapeutic modalities, creating a well-rounded support system that addresses both the psychological and physiological aspects of addiction.

For those seeking community support in their recovery journey, the Fellowship Centre hosts a dedicated meditation for addiction recovery meeting every Sunday at 4:30 PM. This meeting provides a safe and welcoming environment for individuals to explore the practice of meditation while connecting with others who share similar experiences. Participants can learn different meditation techniques, share their insights, and support one another in their recovery journeys. All are welcome.

Embracing Solitude Over Loneliness

The journey of recovery often unveils a profound truth: the distinction between loneliness and solitude is essential for personal growth. For many individuals grappling with addiction, loneliness is a daunting spectre. It looms large, instilling fear and prompting a relentless pursuit of distraction. Before embarking on the recovery path, many of us view loneliness as an enemy, something to be avoided at all costs. We fill our lives with noise, relationships, and activities, desperately seeking validation and connection. Yet, this avoidance often leads to a cycle of superficial interactions, leaving us feeling even more isolated.

In recovery, we are encouraged to confront our fears head-on, including our fear of being alone. This process can be incredibly challenging. The initial stages of recovery may feel overwhelmingly lonely, as we detach from the people and habits that once defined us. It is during these moments of solitude that we may grapple with feelings of inadequacy, questioning our worth and the very essence of who we are. Many individuals enter recovery believing that they are not good company for themselves, that being alone equates to being unworthy.



However, as we continue along the road of recovery, a remarkable transformation begins to occur. We start to redefine our understanding of solitude. What was once perceived as an empty void begins to shift into a space of self-discovery and reflection. We learn to appreciate our own company, recognising that solitude can be a fertile ground for personal growth. This is not merely a shift in perspective; it is a fundamental change in our relationship with ourselves.

The journey through recovery encourages us to explore our thoughts, feelings, and desires. In solitude, we can engage in activities that nourish our souls—reading, writing, or simply being present with our thoughts. We discover hobbies that bring us joy and passions that ignite our spirits. This newfound appreciation for solitude allows us to reconnect with our true selves, unearthing aspects of our identity that may have been buried beneath the chaos of addiction.

Moreover, the highway of recovery teaches us that being alone does not equate to being lonely. During periods of solitude, we can cultivate a sense of inner peace and contentment. We learn to enjoy our own company and to understand that true companionship starts from within. This shift is liberating; we no longer seek validation solely from external sources. Instead, we find strength and resilience in our ability to stand alone, confident in our worthiness.

As we navigate this road, we may also discover the importance of surrounding ourselves with supportive relationships. While solitude can be empowering, human connection remains vital for our recovery journey. The key is to cultivate relationships that uplift and inspire us rather than those that reinforce feelings of loneliness. In this way, we can integrate the lessons of solitude with the warmth of meaningful connections.

Ultimately, the highway of recovery is not about eradicating loneliness altogether; it is about learning to embrace solitude as a valuable companion on our journey. By shifting our perspective, we can transform moments of isolation into opportunities for self-exploration and growth. Recovery becomes a journey of self-acceptance, where we learn to love ourselves as we are, discovering that the person we once feared to be alone with is, in fact, a magnificent individual worthy of love and respect.

What Are Daily Affirmations? Why They Work in Recovery

Daily affirmations are short, intentional statements that are repeated regularly to support healthier thinking and emotional balance. They are usually written or spoken in the present tense and reflect values, strengths, or goals a person wants to nurture. Rather than denying reality, affirmations help reframe how we relate to ourselves and our circumstances.

In addiction and alcoholism recovery, many people carry long-standing patterns of shame, fear, self-criticism, and hopelessness. These internal messages often developed over years and can quietly drive thoughts, emotions, and behaviours. Daily affirmations work by gently interrupting these patterns and offering a new, healthier internal narrative.

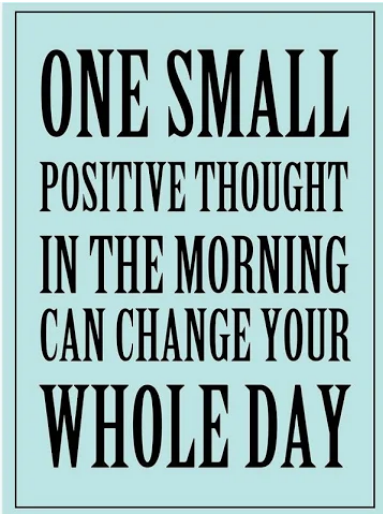
Affirmations are effective because the brain is shaped by repetition. Neuroscience shows that frequently repeated thoughts strengthen neural pathways. When affirmations are practiced consistently, they can weaken automatic negative beliefs and reinforce more balanced, compassionate ones. Over time, this can reduce emotional reactivity, increase self-confidence, and support better decision-making.

Affirmations also influence feelings and behaviour through attention and intention. What we focus on tends to grow. When a person starts the day reminding themselves of their worth, agency, and commitment to recovery, they are more likely to pause, choose coping tools, and respond rather than react. While affirmations alone do not replace treatment, therapy, or community support, they are a powerful complement to them.

In recovery, affirmations are most effective when they feel believable, are repeated daily, and are paired with action. Writing them down, saying them aloud, or reflecting on them during prayer or meditation can deepen their impact.

Daily Affirmations for Recovery

- I am committed to my recovery, one day at a time.
- I do not have to be perfect to make progress.
- Today, I choose sobriety and clarity.
- I am learning healthier ways to cope with stress and emotions.
- My past does not define my future.
- I am worthy of healing, dignity, and peace.
- Cravings pass; my commitment remains.
- I can ask for help, and I do not have to do this alone.
- Each sober day strengthens my mind and body.
- I am becoming more honest with myself and others.
- I can sit with discomfort without escaping it.
- Recovery is a process, and I trust it.
- I forgive myself and continue forward.



ONE SMALL
POSITIVE THOUGHT
IN THE MORNING
CAN CHANGE YOUR
WHOLE DAY

Practiced daily, affirmations can become steady anchors—small but meaningful reminders that change is possible and recovery is worth the effort.

Progress Not Perfection: Embracing the Journey of Recovery

Change is a slow process. You must learn the art of accepting failure while pushing forward. Accepting failure is easier when you are humble. Humble individuals understand that they are not perfect and that failure is a part of who they are. They also reframe failure, viewing it as a legitimate part of the learning curve. The slogan "Progress, Not Perfection" encapsulates this mindset beautifully. In the journey of addiction recovery, it serves as a reminder that the path to healing is not a straight line. Instead, it's filled with twists, turns, and occasional setbacks. Each step forward, no matter how small, is a step in the right direction.

In recovery, the focus should be on progress rather than an unattainable state of perfection. When individuals set their sights on achieving perfection, they may become discouraged by the inevitable bumps along the way. Instead of celebrating small victories, they might dwell on perceived failures, which can lead to frustration and relapse. Embracing progress means recognizing that each day presents an opportunity for growth. Whether it's resisting a temptation, attending a support group, or simply making it through a tough day, these moments are all part of the journey. Each success, no matter how minor, builds resilience and reinforces the belief that change is possible.

Failure and setbacks are not signs of weakness; they are opportunities for learning. When we stumble, we can analyze what went wrong and how we can adjust our strategies moving forward. This reflective practice fosters a growth mindset, enabling individuals to adapt and strengthen their resolve. The concept of progress over perfection encourages people to be kinder to themselves. It invites them to acknowledge that everyone has flaws and that setbacks do not define their worth or potential. In recovery, it's essential to cultivate self-compassion and understand that the journey is ongoing.

Having a supportive network can significantly enhance the recovery experience. Friends, family, and support groups play a crucial role in reinforcing the idea that progress is more important than perfection. Sharing stories of struggle and success fosters a sense of belonging and helps individuals realize they are not alone on their journey. Additionally, connecting with others who have faced similar challenges can provide valuable insights and strategies that can aid in personal growth. This shared experience not only builds camaraderie but also instills hope in those who may feel isolated in their struggles.

Many find that journaling their experiences can also be a powerful tool in their recovery. Writing allows individuals to reflect on their emotions, track their progress, and identify patterns of behavior that may require adjustment. By documenting their feelings and the challenges they encounter, they create a tangible record of their recovery, which can be incredibly motivating during tough times. Reflecting on past struggles and successes can remind individuals of how far they've come, reinforcing the idea that progress is indeed being made.



It's important to remember that recovery is not a race, but a personal experience filled with unique challenges and triumphs. Each person's path is different, and it's this individuality that makes the journey meaningful. By celebrating progress and acknowledging each step taken, we can foster an environment where healing flourishes and hope thrives.

In the end, embracing the journey means finding strength in each moment, knowing that every effort counts. As we reflect on our progress, we learn that it's not about being perfect; it's about being present, engaged, and committed to our growth. Progress, not perfection, can lead to a fulfilling and meaningful recovery, reminding us that every step forward, regardless of its size, is a victory worth celebrating. Through this mindset, we can transform our approach to recovery and cultivate a life filled with hope, resilience, and endless possibilities.

Nurturing Healthy Relationships in Recovery

Recovery involves far more than abstaining from substances or unhealthy behaviours. It is about rebuilding a life that feels meaningful, balanced, and emotionally safe. At the centre of that rebuilding process are relationships — especially the relationship we have with ourselves. Nurturing healthy relationships, both internally and externally, is one of the most important forms of self-care in recovery.

Many people enter recovery carrying years of guilt, shame, resentment, or loneliness. Addiction often damages trust and communication, not only with family and friends, but also within ourselves. We may have ignored our own needs, silenced our feelings, or treated ourselves with harsh criticism for a very long time. Recovery offers an opportunity to begin again.

A healthy relationship with yourself means learning to treat yourself with the same compassion you would offer someone you love. It involves listening to your emotions instead of numbing them, respecting your limits, and caring for your physical and mental well-being. Simple acts such as getting enough rest, eating nourishing food, attending meetings or counselling, and allowing yourself moments of peace are not selfish — they are essential. Self-care in recovery is not a luxury; it is part of staying well.



Developing self-respect also means setting boundaries. Many people in recovery discover they have spent years trying to please others while neglecting themselves. Healthy boundaries protect emotional energy and create space for healing. Saying “no” when necessary, limiting contact with toxic influences, and choosing environments that support sobriety are powerful acts of self-care.

As our relationship with ourselves improves, our relationships with others often begin to change as well. Recovery teaches honesty, accountability, and emotional openness. These qualities help create deeper and healthier connections. Trust may not return overnight, especially with loved ones who have been hurt, but consistency and patience can slowly rebuild what was broken.

Healthy relationships are not perfect relationships. Disagreements and misunderstandings are part of life. The difference in recovery is learning to communicate without manipulation, blame, or avoidance. Listening carefully, speaking honestly, apologizing when necessary, and respecting another

person’s feelings all strengthen emotional safety and connection.

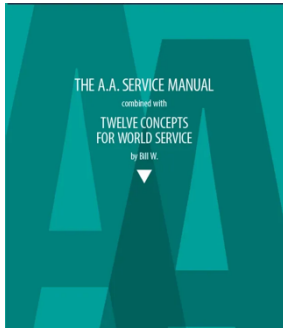
Supportive relationships are also vital because recovery cannot thrive in isolation. Human beings are wired for connection. Whether through recovery groups, friendships, family, spiritual communities, or counselling, healthy support systems remind us that we are not alone. Being able to share struggles openly with safe people can reduce shame and provide encouragement during difficult moments.

At the same time, recovery may require letting go of relationships that are harmful or enabling. This can be painful, but protecting your sobriety and emotional health must come first. Sometimes the healthiest choice is distance, even when love still exists.

Ultimately, nurturing healthy relationships is an ongoing practice of self-care. Every time we choose honesty over hiding, boundaries over people-pleasing, or compassion over self-criticism, we strengthen recovery. Healing happens through connection — connection with ourselves, with others, and with the possibility of a healthier future.

Fellowship Library New Books

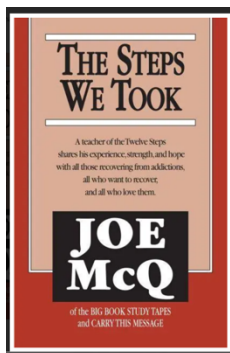
Thanks to the generosity of an anonymous individual, the Fellowship Library has new books to help you continue to grow along spiritual lines. Please borrow Library material and return it when you are finished. To ensure anonymity, there is no sign out system. More books are always appreciated.



A.A. Service Manual/Twelve Concepts for World Services

Two titles in a single booklet. The A.A. Service Manual opens with history of A.A. services, then explains the General Service Conference structure and its year-round importance. Chapters cover the roles of GSRs, DCMs, delegates, directors and trustees, as well as what happens at GSO and Grapevine. The Twelve Concepts for World Service, written by A.A. co-founder Bill W., are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience. General Service Conference-approved.

This book is a new English translation of the German book Tao Te King: Das Buch vom Sinn und Leben by Richard Wilhelm. That book is a translation of the Chinese book Tao Te Ching by Lao Tzu. Tao Te Ching is an ancient Chinese classic of philosophy and spirituality. "Richard Wilhelm was a truly religious spirit with an unclouded and farsighted view of things. He had the gift of being able to listen without bias to the revelations of a foreign mentality and to accomplish the miracle of empathy, which enabled him to make the intellectual treasures of China accessible to Europe". -- Carl Jung



The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addictions. The addictions may be to alcohol or cocaine, gambling or food, violence or sex and love, but the path to recovery is the same. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for twenty-eight years. He, like tens of thousands of others, lives them every day, one day at a time. In *The Steps We Took*, Joe takes us through them, one Step at a time, and helps us understand how they work—and how they can change our lives.

The AA Grapevine is the international magazine of Alcoholics Anonymous. Founded in 1944, it shares recovery stories, experience, and hope from AA members worldwide. The April 2026 edition emphasized honesty and personal growth in recovery. A standout article, "No Pebble Unturned," described the importance of thorough self-examination. The writer explained that meaningful sobriety came only after facing hidden resentments, fears, and unresolved issues. The article highlighted the value of courage, humility, and complete honesty in building stronger, lasting recovery through the AA. The Fellowship Library has many copies and editions of the Grapevine.





South Edmonton Fellowship Centre

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

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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 Alcoholics Anonymous						
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