

November 2026

What happens when you bring together the wisdom of the Twelve Steps, a welcoming community, and some pretty darn good music?

You get our Sunday evening Recovery Church service at Central United Church in downtown Calgary.

In many ways, our gathering feels like a Twelve Step meeting with music, prayer, and room to explore faith and spirituality. We come together to share encouragement, reflect on our lives, and support one another through the challenges we all face.

And when we say **everyone is welcome**, we mean **EVERYONE!**

Whatever your background, colour, faith, or sexual orientation, you have a place here. Whether you have a strong faith, plenty of questions, or no religious beliefs at all, you are welcome. You don't need to know the songs, understand the Twelve Steps, or have your life figured out before walking through the door.

Come as you are.

The Twelve Steps Are About Living

People often associate the Twelve Steps with addiction recovery, and that is an important part of our community. But their wisdom reaches much further.

In the original AA wording, Step One is the only step that specifically names alcohol. It asks us to acknowledge powerlessness and recognize when life has become unmanageable. The remaining steps offer a road map for living: finding hope, accepting help, examining ourselves honestly, admitting our mistakes, making amends, and continuing to grow through prayer, reflection, and service.

Those are things any of us can use.

You don't have to struggle with addiction to know what resentment feels like. You don't have to be in recovery to need forgiveness, healthier relationships, or the courage to admit you were wrong. All of us have burdens to put down and opportunities to live differently.

At Recovery Church, we explore one step each month, beginning with Step One in January and finishing with Step Twelve in December. Each week gives us another opportunity to consider what that month's step might look like in everyday life.

There is no need to wait until January to join us. You can start wherever we are.

CELEBRATE LIFE
RECOVERY SERVICE
CENTRAL UNITED CHURCH

Music, Connection, and a Little Hope

Music is a big part of our evening, thanks to our band, ***The Cracked Pots.*** It brings energy, comfort, and joy to our gathering. Some nights you may find yourself singing along; other nights, simply sitting and listening may be exactly what you need.

Alongside the music, we make room for honest reflection and prayer. We recognize that people understand God and spirituality in different ways. You are welcome to bring your questions and explore at your own pace.

We work to make this a safe, respectful place where people can be themselves and be treated with dignity. You can join in, or you can sit quietly and take it all in. You are welcome either way.

There Is a Place for You Here

Perhaps you are in recovery. Perhaps you love someone who is struggling. Perhaps you are grieving, lonely, starting over, or simply looking for a community where you can feel at home. Or maybe you would enjoy an evening of good music, meaningful reflection, and friendly company.

Whatever brings you through our doors, we will be glad to see you.

Join us ***Sunday evenings at Central United Church, 131–7 Avenue SW, Calgary. Doors open at 5:00 p.m., and the service begins at 6:00 p.m.*** Come early for coffee and a chance to get acquainted.

Bring a friend or come alone.

You don't need to be perfect. There is no requirement to have all the answers. Just come with whatever hope, uncertainty, or curiosity you have.

WE'LL SAVE YOU A SEAT!

