



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES

I am Responsible . . .

**When anyone, anywhere
reaches out for help**

I want the hand of AA to be there,

And for that,

. . . I Am Responsible

Service Meetings

Central Office Committee:

Monday April, 2023

Zoom Meeting ID: 883 1791 4906

Password: CentralO

6:30 PM

Intergroup Meeting:

Wednesday, April 12, 2023

Zoom Meeting ID: 852 7303 7221

Password: Intergroup

6:30 PM

Round Up Committee Meeting:

Wednesday, April 5, 2023

Zoom Meeting ID: 839 5821 4276

Password: Roundup

6:30 PM

Newsletter Submission Deadline:

20th of the Month for entries in the next months
newsletter.

GSR Meetings

District 8: 1st Wednesday

April 5, 2023

Zoom Meeting ID: 841 336 5102

Password: 123456

7:00 PM

District 19: 2nd Wednesday

April 12, 2023

7:00 PM

District 20: 2nd Wednesday

April 12, 2023

7:00 PM

District 21: 3rd Wednesday

April 19, 2023

Zoom Meeting ID: 821 8378 4689

Password: District21

6:30 PM

NEWSLETTER SIGN UP

Provide your email address to Central Office for a
BCC delivery of the Newsletter to your mailbox!
aasaskatoon@sasktel.net or 306-665-6727

All quotations from AA and AA Grapevine literature are printed with consent from A. A. World Services, Inc. and
AA Grapevine.

Central Office Hours: Mon to Fri 8:00–1:00 PM & 1:30-4:30 PM (Closed on statutory holidays).
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Email: aasaskatoon@sasktel.net Website: aasaskatoon.org Phone: (306) 665-6727

CENTRAL OFFICE & INTERGROUP COMMITTEE**CENTRAL OFFICE**

NAME	POSITION	PHONE	EMAIL
Paige F.	Chair	639-471-1433	paige87789@gmail.com
Kieran L	Alternate Chair	306-222-3428	kieranl@nulifegroup.com
Nathan Y	Treasurer	306-221-3190	Ngy568@yahoo.ca
Cheryl K.	Newsletter	306-230-2497	klassenc@sasktel.net
	Literature		
Greg D.	PI/CPC	306-291-5819	gcd08@hotmail.com
Brian B.	Corrections	306-220-0025	bbauche@shaw.ca
Sandy G.	Institutions	306-221-2149	sandyguyette@gmail.com
Greg L.	Telephone Answering Service		glinka306@gmail.com

INTERGROUP

NAME	POSITION	PHONE	EMAIL
Doug B.	Chair	760-702-5175	supertightenterprise@gmail.com
Carol S.	Alternate chair	306-270-0486	cpstobbe@sasktel.net
	Treasurer		
Wendie L.	Secretary	306-2926671	wjc149@sasktel.net
Chris R.	Roundup Chair	306-716-5176	yxechris@hotmail.com
	Social Committee Chair		
	Document Retention Chair		

THE CENTRAL OFFICE HOURS
8:00AM-1:00PM & 1:30PM-4:30PM
MONDAY TO FRIDAY

Saskatoon Intergroup Needs your help...

Volunteer positions within the Intergroup Committee have become vacant & need to be filled. These positions are:

—Treasurer: This individual should have at least 5 years of sobriety & an ability to maintain, prepare, & present accurate financial records.

If you are interested in either of these positions, please call or email Central Office @ 306-665-6727 or aasaskatoon@sasktel.net, talk to your Intergroup Rep, or talk to Carol S. or Doug B. from the IG Committee.

"Sunrise" publishes articles that reflect the full diversity of experience and opinion found within the Fellowship of Alcoholics Anonymous. In determining content, the editor relies on the principles of the Twelve Traditions. "Sunrise" values the shared experience of individual AA members working the AA program and applying the principles of the Twelve Steps. Seeking neither to gloss over difficult issues nor to present such issues in a harmful or contentious manner, "Sunrise" tries to embody the widest possible view of the AA Fellowship. The editor of "Sunrise" reserves the right to accept or reject material for publication, based on the AA traditions. (We note that this policy is consistent with that of the AA Grapevine.) Articles are not intended to be statements of AA policy, nor does publication of any article constitute endorsement by either Alcoholics Anonymous or Saskatoon Area Intergroup. Submissions are always welcome.

EDITOR'S STATEMENT

AA MILESTONES

STEPPING STONES

Anne S. April 19, 1978 45 yrs

Cake Day April 25, 2023

FRIDAY NIGHT MEN'S STAG

Stefan L. February 28, 2005 18 yrs

Matt D. February 22, 2018 5 yrs

Bob T. March 15, 2021 2 yrs

Mark D. March 15, 2021 2 yrs

SHAMROCK

Tavis M. April 10, 2019 4 yrs

Joanne S. April 11, 2015 8 yrs

John F. April 25, 1993 30 yrs

GRACE and GRATITUDE

Marci S. April 22, 2022 1 yr

Birthday Meeting April 24, 2023

UPON AWAKENING

Cheryl H. April 15, 2019 4 yrs



Good Joke of the Month

Why did the alcoholic comedian quit performing?

He could not handle the boos.

Send your groups milestones to

aasaskatoon@sasktel.net

For announcements in the MAY newsletter, please have submission in by April 20th.

The Central Office Committee
Has openings for the following service positions:

Alternate trustee opportunities:

Treasurer

PI /CPC

Institutions

Corrections

For more information on the requirements & duties for these situations, contact the Central Office If you are interested in any of these volunteer opportunities, please contact Central Office @ 306-665-6727 or aasaskatoon@sasktel.net

I Am Responsible.
When Anyone, Anywhere, Reaches Out For Help,
I Want The Hand Of A.A. Always To Be There.
And For That,
I Am Responsible!

Just a reminder, Central Office donations from our members are Tax Deductible.

INSTITUTIONS CHAIRING SCHEDULE, 2023

	LARSON HOUSE		WELCOME GROUP	CALDER CENTRE	
	Mon. @ 8:00 PM	Fri. @ 8:00 PM	Sat. @ 8:00 PM Zion Lutheran Church	Adult Tues. @ 8:00 PM	Youth Fri. @ 8:00 PM (except last Fri. of ea. month)
January	Jan 2: Howard & Angelina Jan 16: Joe & Bradley Jan 23: Gina & Charity Jan 30: Joe & Mark	Tea Room Group	Martensville Group	Jan 3: Samantha & Charity Jan 10: Howard & Angelina Jan 17: Samantha & Whitney	Been There, Done That Group
February	Dundonald Group	Dundonald Group	Toon Town Connection	KISS Group	Feb 3: Joe & Chelsea Feb 10: Joe & Bradley Feb 17: Joe & Chelsea
March	Riders in Recovery Group	Riders in Recovery Group	Attitude Adjustment Group	Westside Group	
April	Upon Awakening Group	Upon Awakening Group	Friday Night Men's Stag, April 1 st , 8 th , 15 th & 22 nd .	Mustard Seed	
May		Tatum B & Mario A.	KISS Group		Dundonald Group
June				Northerners Group	
July	Shamrock Group			Sutherland Group	Tea Room Group
August	Roger	Roger			
September	Sutherland Group		Been There, Done That Group	Mustard Seed Group	
October	Attitude Adjustment Group	Attitude Adjustment Group	New Freedom Group	Upon Awakening Group	
November	Rolling Stones Group	KISS Group	Westside Group	Fresh AAir Group	
December	Floral Group	Floral Group	Riders in Recovery Group	Friday Night Men's Stag Group	Dec 23/23-Serenity Group

LEGEND	Yellow: Annual Commitment	Pink: Filled Space, 2023 only	Green: Open Opportunity
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Updated March 29, 2023

Contact: Sandy G. (Institutions Trustee)
306-221-2149
aainstitutions@outlook.com

A Simple Solution for Sobriety:

Surrender. From Chapter 5 of the book *Alcoholics Anonymous*: “Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.” “We asked for His protection and care with complete abandon.”

The Steps. I'm still going through the Steps with my sponsor for the first time, and my goal is not simply to work them, but to incorporate them into my habits of thinking so I'm **LIVING** the Steps. A life-long goal, I realize!

Service. Being new, I was counseled to take a commitment at every meeting. Excellent advice that I have followed. For many years I have volunteered for several nonprofit organizations so the idea of service has already been a part of my life. But as I learn more about myself through this program, I find, as a happy surprise, my level of commitment to service deepening. When I'm serving, I'm out of Self. Staying out of Selfcenteredness is essential to maintaining my sobriety.

My alliterative formula for this solution:

Surrender + Steps + Service - Self = Serenity

**PRINCE ALBERT
70TH ANNUAL
GATEWAY AA ROUND-UP
WITH AL-ANON PARTICIPATION
JUNE 2ND TO 4TH, 2023**



FRIDAY JUNE 2nd

- 4:30 PM Registration Opens, Coffee + Fellowship
- 5:30 PM Early Bird Open Call-Up Meeting
- 7:00 PM AA Speaker Patrick F. (PA)
Al-Anon Speaker Linda G. (PA)
- 9:00 PM Night Owl Open Meeting

SATURDAY JUNE 3rd

- 9:00 AM Registration, Coffee + Fellowship
- 10:00 AM AA Speaker Greg D. (Saskatoon)
- 11:00 AM AA Speaker Karen H. (Tisdale)
- 12:00 PM Lunch (Available for purchase on site)
- 1:30 PM Old Timer Panel
- 3:00 PM Coffee + Fellowship
- 3:30 PM Al-Anon Speaker Gord M. (Saskatoon)
- 4:30 PM Coffee + Fellowship
- 6:00 PM Banquet
- 7:15 PM Recovery Countdown
- 7:30 PM AA Speaker Dave S. (Calgary)
- 9:00 PM Ice Cream Parlour

SUNDAY JUNE 4th

- 8:00 AM Breakfast (finished at 9:00 AM)
- 9:15 AM Al-Anon Speaker Carol M. (Saskatoon)
- 10:30 AM AA Speaker Landry V. (Saskatoon)

Location: Nordale Hall
1306—6th Avenue NW

Full Ticket: \$50.00

Includes all Speakers,
Banquet, Breakfast + Coffee

Partial Ticket: \$30.00

(Limited amount at the door)
includes all Speakers + Coffee

For more info call:

Justin B 306-981-6201

To Pre-Register call:

Leanne L 306-960-3666