

SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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Service Meetings

Central Office Committee:

Monday, May 1, 2023

Zoom Meeting ID: 883 1791 4906

Password: CentralO

6:30 PM

Intergroup Meeting:

Wednesday, May 10, 2023

Zoom Meeting ID: 852 7303 7221

Password: Intergroup

6:30 PM

Round Up Committee Meeting:

Wednesday, May 3, 2023

Zoom Meeting ID: 839 5821 4276

Password: Roundup

6:30 PM

Newsletter Submission Deadline:

20th of the Month for entries in the next month's newsletter.

GSR Meetings

District 8: 1st Wednesday

May 3, 2023

Zoom Meeting ID: 841 336 5102

Password: 123456

7:00 PM

District 19: 2nd Wednesday

May 10, 2023

7:00 PM

District 20: 2nd Wednesday

May 10, 2023

7:00 PM

District 21: 3rd Wednesday

May 17, 2023

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

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

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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CENTRAL OFFICE & INTERGROUP COMMITTEE*CENTRAL OFFICE*

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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
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	Alternate Institutions		
Greg L.	Telephone Answering Service/ Website	306-914-2399	gregl306sk@gmail.com

INTERGROUP

NAME	POSITION	PHONE	EMAIL
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Carol S.	Alternate chair	306-270-0486	cpstobbe@sasktel.net
	Treasurer		
Wendie L.	Secretary	306-292-6671	wjc149@sasktel.net
Chris R.	Roundup Chair	306-716-5176	yxechris@hotmail.com
	Social Committee Chair		
	Document Retention Chair		

Service Opportunities

THE CENTRAL OFFICE HOURS

8:00AM-1:00PM & 1:30PM-4:30PM

Step 5

- Admitted to God, to ourselves and to another human being the exact nature of our wrongs. Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects, we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the Fifth Step in the program of recovery mentioned in the preceding chapter. This is perhaps difficult - especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another human being when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they turned to easier methods. Almost invariably, they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone all of their life story. From Alcoholics Anonymous, Chapter 6 Into Action p.72-73

Tradition 5

-Each group has but one primary purpose - to carry its message to the alcoholic who still suffers. "Shoemaker, stick to thy last! ,, , better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle. Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery any doctor would set his other ambitions aside, at whatever personal cost. Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety... It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out. From Twelve Steps and Twelve Traditions, p.150- 151

EDITOR'S STATEMENT

"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.

AA MILESTONES

KISS

Tyson L. May 20, 2022 1 yr

Cake Day May 29, 2023

Upon Awakening

Anne H. May 8, 2010 13 yrs

Dale M. May 26, 2002 21 yrs

Norm H. May 26, 1987 36 yrs

Cake Day May 28, 2023

SHAMROCK

Deb E. May 1, 1987 36 yrs

Doug B. May 1, 2015 8 yrs

John S. May 14, 1999 24 yrs

TEA ROOM

Melissa V. May 7, 2019 4 yrs

Cake Day May 13, 2023



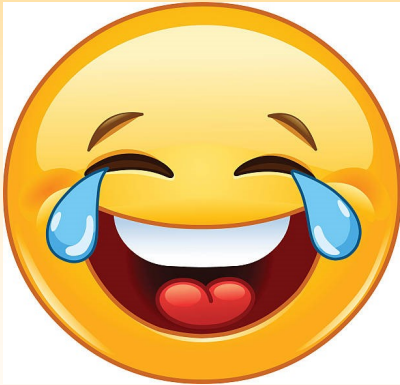
Send your groups milestones to

aaskatoon@sasktel.net

For announcements in the June newsletter, please have submission in by May 20th.

Why did the anvil get sent to AA? He was always getting hammered.

Scientists got together to study the effects of alcohol on a person's walk. The result was staggering



FIFTH STEP PRAYER

Higher Power, my inventory has shown me who I am. Yet I ask for Your help in admitting my wrongs to another person & to You. Assure me & be with me in this Step. For without this step, I cannot progress in my recovery. With Your help, I can do this & I do it.

(Cleveland AA, <https://www.aacle.org/twelve-step-prayers/>)



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 . Joe: April 29th	Mustard Seed	Lisa: April 21st
May	Mike S.	Tatum B & Mario A.	KISS Group		Dundonald Group
June	Serenity Group	Women of Will Group	Healing Group	Northerners Group	Lisa
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	Women of Will 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 April 21, 2023

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

Saskatoon and District AA

12 Step List Update

Saskatoon and District AA is updating and refreshing our 12 Step Call list. Please sign up at the link or email below. Please update your information, even if you think you're on the list already.

Our 12 Step volunteers respond when a prospective newcomer calls our phone line.

Your caller may wish to speak on the phone or meet in person. You share your experience, hoping to inspire them to change their life for the better.

“Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.” (*Alcoholics Anonymous*, p.89, Reprinted with Permission)

Sign up at: <https://www.aasaskatoon.org/12-step/>
Or email Greg at: saskatoontas@gmail.com

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HUMBOLDT

Alcoholics Anonymous Groups
With Al-Anon Participation

H.O.W. it Works!

JUNE 3, 2023

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Humboldt
Royal Canadian
Legion
324 Main Street

- 1:00 Registration at the Door
- 2:00 Al-Anon – Renee M.
- 2:45 AA – Kenton R.
- 3:30 Call Up Meeting
- 5:30 Supper and Pie
- 7:00 Al-Anon Guest – Marj S.
- 8:15 AA Guest – Archie A.

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ADULTS \$30
 5 - 12 YRS \$20
 UNDER 5 FREE

Yes, there will be PIE!

ROUNDUP