



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES.
 Mailed Subscriptions: Contact Central Office for price.
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Service Meetings

Central Office Committee:
Monday, October 16, 2023
Thiens Restaurant, 8th Street
 6:30 pm (for meeting) 5:30pm for supper

Intergroup Meeting:
Wednesday, October 11, 2023
Thiens Restaurant, 8th Street
 6:30 pm (for meeting) 6:00pm for supper

Round Up Committee Meeting:
Wednesday, October 4, 2023
 Travelodge Hotel
 6:30 PM

Newsletter Submission Deadline:
23th of the Month for entries in the next month's
 newsletter.

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

GSR Meetings

District 8: 1st Wednesday
October 4, 2023
 Zoom Meeting ID: 841 336 5102
 Password: 123456
 7:00 PM

District 19: 2nd Wednesday
October 11, 2023 at 7:00pm
Mayfair United Church
 Contributions can be made to:
 saskatoondistrict19@gmail.com

District 20: 2nd Wednesday
October 11, 2023 at 7:00pm
Downtown Meeting Room
 Contributions can be made to:
 treasurer.district20@gmail.com

District 21: 3rd Wednesday
October 18, 2023 at 6:30pm
St. Stephen's Anglican Church

As we move toward the end of the year and knowing that a variety of service positions will be opening up, I am asking if members that have done service work in the past would consider writing a brief description of their service work contributions and how that service work has impacted their sobriety.

Thanks, Cheryl K, Newsletter Trustee

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

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CENTRAL OFFICE & INTERGROUP COMMITTEE

CENTRAL OFFICE

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Greg L.	Telephone Answering Service/Web Servant	306-914-2399	gregl306sk@gmail.com

INTERGROUP

NAME	POSITION	PHONE	EMAIL
Doug B.	Chair	760-702-5175	supertightenterprise@gmail.com
	Alternate chair		
Philip P.	Treasurer		philippilate46@gmail.com
Wendie L.	Secretary	306-292-6671	wjc149@sasktel.net
Chris R.	Roundup Chair	306-716-5176	yxechris@hotmail.com
Melissa V.	Social Committee Chair	639-916-0942	melissafilvermette@gmail.com
	Document Retention Chair		

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

CENTRAL OFFICE HOURS**8:00AM-1:00PM & 1:30PM-4:30PM MONDAY TO FRIDAY,****Closed the last Friday of every month****Step 10 - "Continued to take personal inventory and when we were wrong promptly admitted it."**

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten, we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions? A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong. When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion—anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors now. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come. Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spot check inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the hours just past... From Twelve Steps and Twelve Traditions, p.88-89.

Tradition 10 - "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared, "Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly." As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished. Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that's quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. From Twelve Steps and Twelve Traditions, p.176-177.

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



KLEEN AAIR

Trent H. October 2, 1995 28 years

NEW FREEDOM

Ron M. October 28, 2001 22 years

Louise P. October 30, 1977 46 years

Dave T. October 30, 1981 42 years

Dirk November 1, 2002 10 yrs

Birthdays celebrated on 1st Mon-
day of the next month

KISS

Cam L. October 14, 2020 3 years

Cake Day October 30, 2023

SATURDAY SUNSET

Harold R. October 1, 1990 33 years

Van B. October 7, 1989 36 years

Cake Day October 28, 2023

WESTSIDE

Curtis A. October 1, 2022 1 year

Shannon B. October 2, 2018 5 years

Lori R. October 19, 2010 13 years

Mitch A. October 24, 2016 7 years

Cake Day November 1, 2023

RIDERS IN RECOVERY

Forrest E. October 5, 2018 5 years

Jeff F. October 8, 2019 4 years

Tyler H. October 12, 2021 2 years

Cake Day October 25, 2023

Send your groups milestones to

aasaskatoon@sasktel.net

SHAMROCK

Alex L. October 14, 1982 41 years

For announcements in the November newsletter,
please have submission in by Oct 27, 2023 .





What is the difference between your therapist and your sponsor?

The only time your sponsor says the word "closure", it is immediately followed by "mouth".

Why shouldn't you join Alcoholics Anonymous on Thanksgiving?

Because all they serve is cold turkey!!

CONCEPT TEN

“Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”

(Reprinted from the General Service Office Service Material)



PROMISE TEN “Fear of people and of economic insecurity will leave us.”

Tenth Step prayer “God, please help me watch for selfishness, dishonesty, resentment, and fear. When those crop in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today.”

Amen

“What if, when you woke up tomorrow, you had only those things you had remembered to be grateful for today?”

(anonymous)

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 Mayfair United 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 29 th	Mustard Seed	Lisa: April 21 st
May	Mike S.	Tatum B & Mario A.	KISS Group	Serenity Group	Dundonald Group
June	Serenity Group	Women of Will Group	Healing Group	Northerners Group	June 16 th : Cheryl K June 23 rd : Sheila U.
July	Shamrock Group	Tea Room Group		Sutherland Group	Tea Room Group
August	Roger	Roger	Tea Room Group	Melissa & Karalee	Aug 11 th : Chelsea H. Aug 18 th : Chelsea & Jason E
September	Sutherland Group	Melissa	Been There, Done That Group	Mustard Seed Group	Chelsea H.
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	Riders In Recovery
December	Floral Group	Floral 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 September 23, 2023

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

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!

A very wise woman asked me – “If not you,
then who?”

Some thoughts on Service—Taken from the Saskatoon and Area Inter-Group Round Up Committee, June 2020

It seems that not everyone in our **fellowship** understands the **importance of service** and where it fits into our **program of recovery**. It is critical that members with **more sobriety and experience in AA** help newer people understand the need to give back to the fellowship and that all service work (whether it is taking a newcomer to a meeting or representing the group at the Round Up Committee level) is part of the program. Good service sponsorship is a key part of the solution here.

One of the best ways to get new people into service is for **long term members** who have been involved in service in the past **get involved again**. As you may have rotated out, you can rotate back in and this time you can bring a newer member with you, perhaps as an alternate, and help that person learn what service work is all about, setting them on their way to another level of recovery. **We need to always have people with long term sobriety involved in service.**



Central Office

will be closed

from 4:30 PM on Oct. 20th

to 8:00 AM on Oct. 30th.

It will re-open to its regular hours on October 30th.

An AA Intergroup Social Committee Event

FAMILY FRIENDLY

Halloween Dance

SATURDAY OCTOBER 28
7PM TO 12AM

GRACE WESTMINISTER CHURCH
505 10TH ST EAST

Music provided by:

bButt cCaan

\$5 admission at the door
Costume contest
Canteen

