



# SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES.  
 Mailed Subscriptions: Contact Central Office for price.  
 (ALSO AVAILABLE VIA EMAIL FOR NO CHARGE, call Central Office for details)

## Service Meetings

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

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

**Round Up Committee Meeting:**  
**Wednesday, November 1, 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**  
**November 1, 2023**  
 Zoom Meeting ID: 664 900 1410  
 Password: e2Ec69  
 7:00 PM

**District 19: 2nd Wednesday**  
**November 8, 2023 at 7:00pm**  
**Mayfair United Church**  
 Contributions can be made to:  
 saskatoondistrict19@gmail.com

**District 20: Last Sunday of the month**  
**November 26th, 2023**  
 Contributions can be made to:  
 treasurer.district20@gmail.com

**District 21: 3rd Wednesday**  
**November 15, 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.

I would like to thank Melissa V for her contribution to the newsletter this month (see page 7)—I certainly appreciate her taking the time to submit her story with service work!

In service, 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.

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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Sandy G.	Institutions	306-221-2149	sandyguyette@gmail.com
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	1-780-227-5527	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		



**CENTRAL OFFICE HOURS****8:00AM-1:00PM & 1:30PM-4:30PM MONDAY TO FRIDAY,****Closed the last Friday of every month**

**Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

From Twelve Steps and Twelve Traditions, chapter on Step 11.

PRAYER and meditation are our principal means of conscious contact with God. We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all. To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which "proved" there was no God whatever. What about all the accidents, sickness, cruelty, and injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all... Of course we finally did experiment, and when unexpected results followed, we felt different; in fact we knew different; and so we were sold on meditation and prayer...

**Tradition 11 -Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.**

From Twelve Steps and Twelve Traditions, chapter on Tradition 11.

Let's see how these two contrasting ideas—attraction and promotion—work out. A political party wishes to win an election, so it advertises the virtues of its leadership to draw votes. A worthy charity wants to raise money; forthwith, its letterhead shows the name of every distinguished person whose support can be obtained. Much of the political, economic, and religious life of the world is dependent upon publicized leadership. People who symbolize causes and ideas fill a deep human need. We of A.A. do not question that. But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. By temperament, nearly every one of us had been an irrepensible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint. The way this restraint paid off was startling. It resulted in more favorable publicity of Alcoholics Anonymous than could possibly have been obtained through all the arts and abilities of A.A.'s best press agents. Obviously, A.A. had to be publicized somehow, so we resorted to the idea that it would be far better to let our friends do this for us. Precisely that has happened, to an unbelievable extent. Veteran newsmen, trained doubters that they are, have gone all out to carry A.A.'s message. To them, we are something more than the source of good stories. On almost every news front, the men and women of the press have attached themselves to us as friends. In the beginning, the press could not understand our refusal of all personal publicity. They were genuinely baffled by our insistence upon anonymity. Then they got the point. Here was something rare in the world—a society which said it wished to publicize its principles and its work, but not its individual members..

**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

Pete W. November 19, 1981 42 years

### UPON AWAKENING

Lynn M. November 11, 1980 43 years

Sandy G. November 15, 1993 30 years

CAKE DAY November 26, 2023

### TENTH STEP

Fred D. October 13, 1976 47 years

Rosemarie M November 11, 1986 37 years

Cake Day November 10, 2023

### SHAMROCK

Mel M. November 2, 2007 16 years

Don G. November 21, 2004 19 years

### MARTENSVILLE

Frank M. November 29, 2016 7 years

Falyn G. November 29, 2019 4 years

Cake Day November 30, 2023

### WESTSIDE

Daphne T. November 5, 1989 34 years

Ron V. November 7, 1985 38 years

Colin P. November 28, 1999 27 years

Cake Day December 6, 2023

### GRACE & GRATITUDE

Betty T. 46 years

Virtual Cake Day November 27, 2023

### TOON TOWN CONNECTION

Dirk November 1, 2004 19 years

Rosemarie November 11, 1986 37 years

Jason B. November 14, 2015 8 years

Michelle W. November 15, 2021 2 years

Jeanee W. November 17, 2017 6 years

Dwayne H. October 1, 1995 28 years

Neil B. October 4, 2016 7 years

Shawn N. October 6, 2020 3 years

### SATURDAY SUNSET GROUP

Jay M. November 14, 2022 1 year

Cake Day November 25, 2023

Send your group milestones to

[aaskatoon@sasktel.net](mailto:aaskatoon@sasktel.net)

For announcements in the December newsletter,  
please have submission in by Nov 24, 2023.





Why do children of recovering alcoholics have such big family reunions? They have twelve step-parents.

Not what I had in mind: A sponsor walked into a meeting one evening to see his sponsee reading the Big Book. “I’m happy to see you reading the book Joe.” The sponsor said. “I’m looking for loopholes.” Joe responded.

Pg. 30 ...Reprinted with permission from AA Grapevine

### CONCEPT ELEVEN

“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern. □ Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help serve and strengthen the committee system? □ How do we encourage our special paid workers to exercise their traditional “Right of Participation”? □ Do we practice rotation in all our service positions?”

(Reprinted from the General Service Office Service Material)



PROMISE ELEVEN “We will intuitively know how to handle situations which used to baffle us.”

ELEVENTH STEP PRAYER—Higher Power, as I understand You, I pray to keep my connection with You Open and clear from the confusion of daily life. Through my prayers and meditation I ask especially for freedom from self-will, rationalization and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, Higher Power, not mine, be done.



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 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> Joe: April 29th	Mustard Seed	Lisa: April 21st
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 <sup>th</sup> : Cheryl K June 23 <sup>rd</sup> : Sheila U.
July	Shamrock Group	Tea Room Group		Sutherland Group	Tea Room Group
August	Roger	Roger	Tea Room Group	Melissa & Kara-lee	Aug 11 <sup>th</sup> : Chelsea H. Aug 18 <sup>th</sup> : 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	Kleen AAir Group	Friday Night Men's Stag Group	Dec 23/23-Serenity Group

Archives Committee

We are in need of help in sorting our materials. If you are interested in the history of AA in Saskatchewan, or just want to be of service, then give me a call.

We meet on the 3<sup>rd</sup> Saturday of every month. The Archives are located in the downtown meeting room.

Al K.

Archives Chair

306-221-1826

Hello, my name is Melissa, and I am an Alcoholic.

I am fortunate and beyond grateful to have celebrated 4 years on May 7<sup>th</sup>, and for which I attribute my sobriety entirely to the fellowship and program of Alcoholics Anonymous. AA has saved my life and taught me how to live simultaneously. As I write this, I think about the founders- those who laid down a strong foundation for our program- and I am reminded of the 'Three Legacies': Recovery, Unity, and Service. My program would not be as secure as it is now without incorporating these facets, especially service work, which has given me a purpose beyond any I have had before.

I started my service journey much like many others, by chairing a meeting at my home group. From there a fire was ignited and I have since jumped into many other roles including Intergroup Rep, Secretary, and Alternate GSR. Currently, I am the Social Committee Chair and GSR for my home group, Tea Room, and have been involved with the Cooperation with Professionals and Public Information Committee. Service work has become an essential part of my program, as it not only gives me a sense of accountability and a purpose but also anchors me into the other 2 facets of the three legacies: unity and recovery (or the Fellowship and Program of AA)

Chapter 2 of our big book, simply named 'Alcoholics Anonymous', states:

"The feeling of having shared in a common peril is one element in the powerful cement that binds us. But that in itself would never have held us together as we are now joined. The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action."

The action referred to here is the Steps and in Step twelve it says, "Having had a spiritual awakening, as a result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs". One of the key points in step twelve is carrying the message, which all parts of service work involve, whether that be a position within your home group, Intergroup/ Central Office, or District and area level. All are crucial in carrying the message to the next suffering alcoholic. If it wasn't for Intergroup, which supports Central Office, for whom the institution's trustee functions under, and who organizes members to chair at Larson (Detox Center), I would not have known about this program that saved my life. This is just one example of how service work carries the message and how important each position is in our program.

In writing this, I hope to inspire others to get involved and give back by doing service work. As positions at Central Office and Intergroup are nearing the end of their rotation, members are needed to fill those roles. The Social Committee, in cooperation with Intergroup and Central Office, will be holding a 'Service Social' on Saturday, November 4<sup>th</sup> (Details in poster on pg. 8) where information will be provided for those who are interested in diving further into local service positions. I encourage all those who are even slightly curious to attend, whether you are a newer member or a long-timer. If you cannot make this service event, come to the next Intergroup meeting which is held every second Wednesday of the month. I'll end this off with a reminder I have heard countless times in the rooms, which meaning is prevalent in AA, "We can only keep what we have by giving it away".

Gratefully In Service, Melissa V

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!

An AA Intergroup, Social committee & Central Office Event

# Service Social

## Potluck

Saturday, November 4th  
 Redeemer Lutheran Church  
 812 Preston Ave South  
 (Corner of Preston & Main st.)

### Agenda

- 6:00- Doors Open/  
Potluck
- 7:00- Welcoming  
Remarks & Presentation
- 7:30- Committee Chair &  
Trustee's Speeches
- 8:20- Health Break
- 8:30- Event Speaker
- 9:00- Late Owl Meeting



### AA Responsibility Pledge

I am responsible, when anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.



## GRATITUDE NIGHT POTLUCK PARTY!

BRING A FAVORITE DISH TO SHARE!

ALL PROCEEDS TO GSB IN NYC

Saturday Nov. 18th | Doors @ 5 PM | Dinner 6pm  
 St. Joseph Parish Hall 535 8th St. E  
 \$10 Cash Entry or 7th Trad  
 Sobriety Countdown | AA Speakers  
 Canteen | Late Night Meeting  
 Closes @ 11pm

## New Years Day 12 Hour Alcathon.

Monday January 1st  
 8:00 AM-8:00 PM

Hosted by Friday Night  
 Men's Stag

Redeemer Lutheran Church  
 812 Preston Ave S.

All 12 meetings will be Open Meetings.  
 Goodies and snacks will be available,  
 feel free to bring some as well.

## REMINDER!!

57<sup>th</sup> ANNUAL SASKATOON  
 DISTRICT & AREA  
 AA INTERGROUP  
 ROUNDUP COMMITTEE

Announces exciting news—  
 new dates for 2024.

February 02, 03, 04, 2024