



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, sign up on page 2)

Service Meetings

Central Office Committee:
Monday, December 11, 2023
Thiens Restaurant, 8th Street
 6:30 pm (for meeting) 5:30pm for supper

Intergroup Meeting:
Wednesday, December 13, 2023
Thiens Restaurant, 8th Street
 6:30 pm (for meeting) 6:00pm for supper

Round Up Committee Meeting:
Wednesday, December 6, 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
December 6, 2023
 Zoom Meeting ID: 841 336 5102
 Password: 123456
 7:00 PM

District 19: 2nd Wednesday
December 13, 2023 at 7:00pm
Mayfair United Church
 Contributions can be made to:
 saskatoondistrict19@gmail.com

District 20: 2nd Wednesday
December 13, 2023 at 7:00pm
Downtown Meeting Room
 Contributions can be made to:
 treasurer.district20@gmail.com

District 21: 3rd Wednesday
December 20, 2023 at 6:30pm
St. Stephen's Anglican Church

I am still looking for people who would like to share their experience, strength and hope in the form of a short write up.

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.

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

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/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	melissaflvermette@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 12 -Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. From Twelve Steps and Twelve Traditions, p106, p107, p109

The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily live so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it. Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs... When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself... Now, what about the rest of the Twelfth Step? The wonderful energy it releases, and the eager action by which it carries our message to the next suffering alcoholic and which final-

Tradition 12 - Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. From Twelve Steps and Twelve Traditions, p184

The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit - well symbolized by anonymity - is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.

From November 25th, Daily Reflections A POWERFUL TRADITION - In the years before the publication of the book, "Alcoholics Anonymous", we had no name... By a narrow majority the verdict was for naming our book "The Way Out." ... One of our early lone members...found exactly twelve books already titled "The Way Out." ... So Alcoholics Anonymous" became first Choice. That's how we got a name for our book of experience, a name for our movement and, as we are now beginning to see, a tradition of the greatest spiritual import. "A.A. Tradition: How It Developed", pp. 35-36 Beginning with Bill's momentous decision to Akron to make a telephone call rather than a visit to the hotel bar, how often has a Higher Power made itself felt at crucial moments in our history! The eventual importance that the principle of anonymity would acquire was but dimly perceived, if at all, in those early days. There seems to have been an element of chance even in the choice of a name for our Fellowship. God is no stranger to anonymity and often appears in human affairs in the guises of "luck," "chance," or "coincidence." If anonymity, somewhat fortuitously, became the spiritual basis for all of our Traditions, perhaps God was acting anonymously on our behalf.

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

MARTENSVILLE

Roger R. December 5, 1987 36 years
Tyler E. December 12, 2021 2 years

FLORAL

Willie G. December 5, 1963 60 years
Garry P. December 20, 1978 45 years

Cake Day December 19, 2023

SHAMROCK

Quincy A. December 26, 2022 1 year

Grace and Gratitude

Belle M. 24 years

Virtual Cake Day December 18, 2023

WOMEN OF WILL

Justice N. December 15, 2021 2 years

Cake Day December 18, 2023—Open Mtg

WESTSIDE

Bryon M. December 12, 1997 26 years

April A. December 20, 2018 5 years

Brian B. December 28, 1996 27 years

Cake Day January 3, 2024



Send your groups milestones to

aaskatoon@sasktel.net

For announcements in the January newsletter,
please have submission in by Dec 23, 2023 .

Upon Awakening now meets in the Glassed Off Area in the restaurant at the Confederation Inn, 3330 Fairlight Drive, Sundays at 11am.



Christmas riddles □
 Why is a burning candle like being thirsty? Because a little water ends both of them!
 What do you give a train driver for Christmas? Platform shoes!
 What happens to you at Christmas? Yule be happy!
 What’s Tarzan’s favourite Christmas song? Jungle bells!
 Where does mistletoe go to become famous? “Holly”wood!
 I have holes in my top and bottom, my left and right, and in the middle, but I still hold water. What am I?
 A sponge!

CONCEPT TWELVE

“The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.” □



How do we guard against becoming a “seat of perilous wealth or power”? □ How do we practice prudent use of our Seventh Tradition contributions and literature revenue? □ Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others? □ Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity? □ As guardians of A.A.’s traditions, are we ever justified in being personally punitive? □ Are we careful to avoid public controversy? □ Do we always try to treat each other with mutual respect and love?

(Reprinted from the General Service Office Service Material SM F-131)

PROMISE TWELVE

“We will suddenly realize that God is doing for us what we could not do for ourselves.”

TWELFTH STEP PRAYER

Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day, on the road of spiritual progress.

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

INSTITUTIONS CHAIRING SCHEDULE, 2023

INSTITUTIONS CHAIRING SCHEDULE, 2024

	LARSON HOUSE		WELCOME GROUP	CALDER CENTRE	
	Mon. @ 8:00 PM	Fri. @ 8:00 PM	Sat. @ 8:00 PM Louise Ave. Congregational 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			KISS Group	Feb 3: Joe & Chelsea Feb 10: Joe & Bradley Feb 17: Joe & Chelsea
March			Attitude Adjustment Group	Westside Group	
April	Upon Awakening Group	Upon Awakening Group		Mustard Seed	
May			KISS 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			

LEGEND	Yellow: Annual Commitment	Pink: Filled Space, 2023 only	Green: Open Opportunity
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Contact: Sandy G. (Institutions Trustee)
306-221-2149
sandyguyette@gmail.com

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 3rd Saturday of every month. The Archives are located in the downtown meeting room.

Al K. Archives Chair 306-221-1826

The 2024 Social Committee's first meeting

will be held at 1:00pm on **Sunday, January 7th, 2024**, in the glassed in area in the restaurant at the Confederation Inn 3330 Fairlight Drive.

INSTITUTIONS CHAIRING SCHEDULE, 2024

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Contact: Sandy G. (Institutions Trustee)
306-221-2149
sandyguyette@gmail.com

Central Office will be closed from December 26th-29th for staff vacation. It will re-open to its regular hours on January 2nd 2024 at 8:00am.

Life is short Happiness is always there within reach, no matter how long it lasts. Let's enjoy life and don't live a complicated life. Life is too short. Work as if it was your first day. Forgive as soon as possible. Love without boundaries. Laugh without control and never stop smiling. .. author unknown



MERRY CHRISTMAS

KISS will be having a
Candlelight Meeting on
Monday, December 18, 2023
At 5:30pm

There will be snacks, goodies and
fellowship following the meeting.

Saturday Sunset Group
Christmas Potluck
Saturday, December 23rd.

Saskatoon Youth for Christ
1338-Avenue B. North

The doors will be open & the coffee will be on
around 7:00 PM.
The regular meeting will start @ 8:00 PM
We will have a Potluck before and after the
meeting.

Some suggestions for the potluck as follows:
Snack tray, Cheese tray, Chips, Salsa, Nuts

Miracle Group
Open Candle Light Christmas
Meeting



St Martin's United Church
2617 Clarence Avenue South
Dec. 14 @ 8:30.
Come and join us to celebrate the season

Welcome Group
Starting on December 1st, 2023,
Welcome Group will move to the
Louise Avenue Congregational Church
1602 Louise Avenue.
Saturdays @ 8:00 PM



**Christmas 24-Hour
Alcathon**
Sunday, Dec 24/23 @ 9:00 PM-
Monday, Dec. 25/23 @ 9:00 PM
Hosted by the Serenity
Group

St Thomas Wesley Church
808-20th Street W.
(Corner of Ave H & 20th St.)

Open meetings. Bring your families
Potluck

**Wisdom on
Wednesdays Group**
Christmas Potluck
Wednesday, December 13th, 2023
@ 6:00 PM

Evangelical Orthodox Church
1426 Alexandra Avenue
(In basement)

**DUNDONALD GROUP
OPEN CANDLELIGHT
CHRISTMAS MEETING**

Tuesday
December 12
7:00
Mayfair United Church
902 33rd Street West

Fellowship and
Goodies to Follow

AN AA INTERGROUP SOCIAL COMMITTEE EVENT

**NYE
Dance
2024**

MUSIC BY:
bButt cCaan

SUNDAY, DECEMBER 31ST
CHRIST CHURCH
515 28TH ST. WEST
8PM- 1AM
TICKETS \$10

FOR INFORMATION ON TICKETS CONTACT:
CENTRAL OFFICE 306 665 6727
JASON 306 716 5130
OR MELISSA 639 916 0942

CANTEEN • RAFFLE • COUNTDOWN

57th ANNUAL SASKATOON DISTRICT & AREA
AA INTERGROUP ROUNDUP WITH AL-ANON PARTICIPATION

The Art of Recovery
with AA Talent Showcase
February 2nd, 3rd, 4th 2024
Travelodge Hotel, Saskatoon, SK
Corner of Circle Drive W & Idylwynd Drive

<p>Friday February 2, 2024</p> <p>4:00 pm - 8:00 pm Registration (Lobby) 6:30 pm - 7:30 pm AA/Al-Anon Joint Interlude Meeting 8:00 pm - 9:00 pm AA Speaker: Judy M., Calgary, AB 9:00 pm - 10:00 pm Special Guest Comedian 10:00 pm - 12:00 am DJ Dance</p> <p>Saturday February 3, 2024</p> <p>9:00 am - 6:00 pm Registration (lobby) 10:00 am - 11:30 am Joint AA/Al-Anon Workshop Topic: Getting Creative in Recovery 12:00 pm Lunch/Break 1:00 pm - 2:00 pm Al-Anon Speaker: Diane E., Saskatoon, SK 2:15 pm - 3:45 pm Joint AA/Al-Anon Panel Discussion Topic: The Art of Spiritual Principles 4:00 pm - 5:00 pm AA Interlude Meeting 4:00 pm - 5:00 pm Al-Anon Interlude Meeting 5:30 pm - 7:30 pm Banquet 7:30 pm - 8:00 pm Sobriety Countdown 8:00 pm - 9:00 pm AA Speaker: Dan R., Calgary, AB 9:30 pm - 12:00 pm Live Music by bButt cCaan</p> <p>Sunday February 4, 2024</p> <p>9:30 am - 10:30 am Al-Anon Speaker, Mark C., Saskatoon, SK 10:45 am - 11:45 am AA Speaker, Trent H., Saskatoon, SK 12:00 pm Closing Remarks</p>	<p>Tickets:</p> <p>\$35 Pre-registration (All events without Banquet). \$40 guaranteed entry at the door. \$75 Registration & Banquet.</p> <p>We accept Cash, Cheque, VISA/MC, E-transfer and Debit.</p> <p>Cash, Cheque and Debit contact Central Office at 306 665 6727</p> <p>To Register Contact: Bonnie F. 639 480 8407 E-transfer/Registration: saskatoonaaaroundup@gmail.com</p> <p>Other inquiries contact: Wendie L. 306 292 6671 wjc149@sasktel.net Chris R. 306 716 5176 yeechrist@hotmail.com</p> <p>Early Bird Draw for 2 night Stay Deadline: January 15, 2024</p> <p>Individual UCBs, CDB and links to download will be sold. Complete sets with all 5 speakers are \$50.</p>
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Travelodge Hotel Phone: 306-242-8881, Toll Free: 1-800-578-7878
Roundup Weekend Room Rate: \$129.00/Night
The hotel has reserved a block of rooms which will be released to the general public after Jan 15th