

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)

Step 1—We admitted we were powerless over alcohol - that our lives had become unmanageable. Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us. No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete. But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take out first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built. We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety - if any - will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered. When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability... Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

From Twelve Steps and Twelve Traditions, Chapter on Step 1.

Tradition 1—Our common welfare should come first; personal recovery depends upon A.A. unity.

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in the caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!" "Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?" We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!" To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action... Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away...

From Twelve Steps and Twelve Traditions, chapter on Tradition 1.

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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The Chair's Corner

As 2024 starts, I would like to take this opportunity to introduce myself as your new Intergroup Chair. My name is Mike P. and I am looking forward to my new term and hopefully implementing some new and positive changes.

I am working cooperatively with Central Office to review the current financial situation as we are aware of some concerns. I have added an Intergroup Chair Corner to the monthly Sunrise newsletter so that I will be able to work at making Intergroup more transparent and accountable to you, our members.

I will be looking to find some members that are interested and willing to organize a book study of the Service Manual that we could put on for new intergroup reps on an annual basis. We may even consider doing a Big Book Promo at some time during the year, as well!

Thanks, Mike

Volunteers Needed

2024 Social Committee

First Meeting
1:00 P.M.
Sunday January
7th
Confederation INN
330 Fairlight Drive

More information: [Jason 306-716-5130](tel:306-716-5130)

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

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, January 8, 2024****Thiens Restaurant, 8th Street**

6:30 pm (for meeting) 5:30pm for supper

Intergroup Meeting:**Wednesday, January 10, 2024****Thiens Restaurant, 8th Street**

6:30 pm (for meeting) 6:00pm for supper

Round Up Committee Meeting:**Wednesday, January 3, 2024**

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****January 3, 2024**

Zoom Meeting ID: 841 336 5102

Password: 123456

7:00 PM

District 19: 2nd Wednesday**January 10, 2024 at 7:00pm****Mayfair United Church**

Contributions can be made to:

saskatoondistrict19@gmail.com

District 20: 2nd Wednesday**January 10, 2024 at 7:00pm****Downtown Meeting Room**

Contributions can be made to:

treasurer.district20@gmail.com

District 21: 3rd Wednesday**January 17, 2024 at 6:30pm****St. Stephen's Anglican Church****AA SASKATOON CENTRAL OFFICE CO-CHAIR**

AA Saskatoon Central Office is urgently looking for a Co-Chairperson for the two-year term of 2024-2025!

Central Office Co-Chairperson

- Five years' sobriety is suggested.
- Should attend all Central Office meetings.
 - Central Office meets, in-person, once per month.
 - Typically, the 1ST or 2nd Monday of the month at 6:30pm.
- The Co-Chairperson will handle such tasks as assigned by the Chairperson including filling in for the Chairperson if he/she is not available.

The Co-Chair would then be willing to let their name stand to take over as Central Office Chair for the two-year term of 2026-2027.

Central Office Chairperson

The Chairperson will have a long dedicate service background, should have seven years of sobriety and a strong business management background.

- One of the responsibilities of the Chair is to maintain the relationship between Central Office and Intergroup through good communication.
- Should have the experience and skills required to manage the business office and the professional staff employed by the office.
- Prepares and oversees the annual operating budget.

To learn more about the role of Central Office Co-Chair, please reach out to:
AA_Saskatoon@sasktel.net for more information.

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

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

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

Stan C.	January 1, 1980	44 years
Matt D.	January 3, 2022	2 years
Lisa T.	January 11, 2021	3 years

SATURDAY NIGHT SUNSET

Jim B.	January 2, 2023	1 year
Cake Day		January 27, 2024

KLEEN AAIR

Floyd H.	January 1, 1977	47 years
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Grace and Gratitude

Sandra S.	January 12, 2006	18 years
Virtual Cake Day		January 29, 2024

STEPPING STONES

Donna F.	January 1, 1978	46 years
Annette D.	January 1, 1986	38 years
Sheldon T.	January 27, 2015	9 years
Ed R.	January 31, 2023	1 year
Cake Day		January 27, 2024

TOON TOWN CONNECTION

Stephanie P.	January 8, 2022	2 years
Lisa T.	January 11, 2021	3 years
Gerry O.	January 13, 1988	36 years
Amanda S.	January 15, 2021	3 years
Cheryl W.	January 15, 2021	3 years
David L.	January 31, 2010	14 years
Paul Z.	December 8, 2021	2 years
Tony M.	December 12, 2020	3 years
Tatum B.	December 19, 2021	2 years
Rich S.	December 23, 1988	35 years
Geoff S.	December 28, 2020	3 years



Send your group milestones to

aaaskatoon@sasktel.net

For announcements in the February newsletter,
please have submission in by Jan 23, 2024 .



A drunk guy in Alaska decides to go ice fishing. So he packs up his stuff and goes out onto the ice. He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!" The drunk looks up, ignores it, and continues on. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE." The drunk looks up and says, "God? Is this God trying to warn me?" The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."

My AA sponsor told me to stay away from places where I used to drink. So I just sold my car.

Q: Why did the accountant do so well in AA?

A: He was already a friend of bills.

Q: Why aren't sober AA's good dancers?

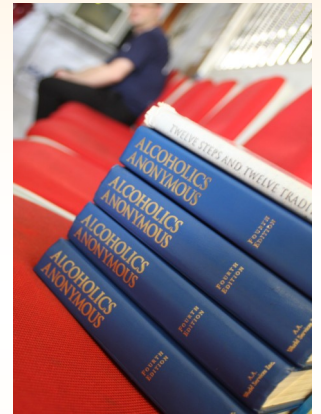
A: They lose interest after twelve steps.

CONCEPT ONE

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
 - Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

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



PROMISE ONE

“We are going to know a new freedom and a new happiness.”

FIRST STEP PRAYER

“I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.” Alcoholics Anonymous, Cleveland

**AA VOLUNTEERS REQUIRED TO HELP CARRY THE WORD TO THOSE INCARCERATED!
WE NEED YOUR HELP! THEY NEED YOUR SUPPORT!**

My name is Brian B and I am an alcoholic. I have just currently completed my term as Saskatoon and Districts A.A Corrections Trustee.

A couple of years before Covid struck a sign up sheet was passed around at my home group asking for volunteers to sign up for helping to run AA meetings in corrections. I remember thinking that this was a good way for me to be more engaged in service in a way that seemed very meaningful to me. After all, "Our primary purpose is to stay sober and help other alcoholics to achieve sobriety." I also thought of our Responsibility statement: "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. I signed up, little did I know that in doing so, my life would be transformed. Carrying the message to those incarcerated has been amazingly rewarding in so many ways!!

After doing the basic paperwork and background check I was given clearance for Provincial Corrections. I received a call from another fellow who was doing meetings and he asked me to attend with him, I wasn't able to go but was told that the BRAVO unit had meetings at 7:00pm on Tuesdays or whenever they could offer them. There were not a large number of volunteers at the time and I know that others were offering meetings at the ECHO units and at Urban camp. Bottom line is that I just decided to go in and do a meeting on my own one Tuesday night, after all, how hard could that be?

I showed up at Provincial Corrections on a Tuesday evening at about 6:50. I was scanned and escorted to the BRAVO UNIT. When I walked in and told the guards that I was here to do an A.A. meeting they looked at me and said that they hadn't had an A.A. meeting there for as long as they could remember!? But they welcomed me and told me that I could hold the meeting in the "Dungeon". BRAVO UNIT was built in the 60's and it is concrete walls and cells, personally I found it to be not the cleanest.

The guards asked me if I wanted to take an emergency buzzer with me if I needed assistance at any time if something happened. Being a typical alcoholic I said that I was fine and didn't need it. I went into the dungeon and set up with the inmates between me and the exit. I remember being quite nervous at the first meeting (mainly due to my ill-conceived stereotyping) but that nervousness was dispelled once the guys came in for the meeting. The guys were gracious, welcoming and well behaved. After the meeting they shook my hand and thanked me for being there for them! I walked out of my first meeting taking more than I could ever give back. As time went on I came to love these guys as my brothers! I looked forward to being there on Tuesday nights. Many of the guys were so committed to get sober and stay sober that they studied the Big Book and worked the program with my guidance. I was very naive at first about how easily and accessible alcohol and drugs are in the institutions, and yet here were men who were desperate and wanting to get sober and stay sober. And that is how my love of being the hand of A.A. for those in the institutions began.

Covid stopped us dead in our tracks in being able to go into the institutions to run meetings. I began to miss my work with the guys so I went looking for more service work that I could do during the pandemic. I started attending the Saskatoon and District A.A. Central office meeting on Zoom. I began to learn how A.A. operated behind the scenes. I really had been ignorant of how A.A. operated on the local level. How Inter-group and Central office worked and the number of trustee positions that work out of Central office and the role that they play on a local level. It was here where the position of Saskatoon and District A.A. Corrections Trustee alternate was open so I jumped at the chance to sign up and take on the challenge. I am so happy that I did! This area of service work is so rewarding!!

The following is a general summary of the Correctional institutions and units where we are responsible to provide meetings for those incarcerated:

Federal Institution: REGIONAL PSYCHIATRIC CENTER (RPC)

Mens Units:

McKenzie, Clearwater (upper and lower) and **Bow** (2 units) we offer meetings weekly in person meetings every Wednesday at 1:00 pm in the Chapel.

Churchill Unit: Zoom meetings every Friday at 12:00 pm

Women's Units: In person meeting the first Wednesday of the month (we are trying to get to meetings up to at least every two weeks)

Sask Provincial Corrections: We offer meetings in the following Units of Provincial Corrections here in Saskatoon:

Saskatoon Provincial Correctional Centre. 910 60th St. East

BRAVO UNIT: 2 units - meetings every Tuesday night from 7:00 pm to 8:00 pm. Approximately 12 participants.

ECHO 1 (DATSU Program) This unit is dedicated to Drug and Alcohol treatment. Meetings are held every Tuesday night from 6:00 pm to 7:00 pm. Approximately 20 to 25 inmates participate.

Urban Camp:

We offer one meeting every second week at Urban camp. The offenders at Urban Camp work as a team in the municipality helping out with projects around the community.

Men's Reintegration Unit (MRU)

The offenders at the Men's Reintegration Unit live in a house on 4th Ave. downtown and are basically being reintegrated back into society. Some of the guys are working during the day and some are going to school.

We offer meetings once monthly for the men here.

IF THIS IS AN AREA OF SERVICE THAT YOU MIGHT BE INTERESTED IN, PLEASE CONTACT US: Matt D (306) 251-0242 or Brian B (306)220-0025

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				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
aainstitutions@outlook.com

INTERGROUP and CENTRAL OFFICE COMMITTEE

INTERGROUP

NAME	POSITION	PHONE	EMAIL	TERM
Mike P.	Chair	306-261-0201	mrpiche62@gmail.com	Jan 2024—Dec 2025
Melissa V.	Alternate chair	639-916-0942	melissaflvermette@gmail.com	Jan 2024-Dec 2025
Philip P.	Treasurer	1-780-227-5527	philippilate46@gmail.com	??
Wendie L.	Secretary	306-292-6671	wjc149@sasktel.net	Jan 2023 —Dec 2024
Chris R.	Roundup Chair	306-716-5176	yxechris@hotmail.com	Mar 2023—Mar 2024
Jason S.	Social Committee Chair	639-916-0942	j.p.stefanuk@gmail.com	Jan 2024—Dec 2025
	Document Retention Chair			

CENTRAL OFFICE

NAME	POSITION	PHONE	EMAIL	TERM
Kieran L.	Chair	306-222-3428	kieranl@nulifegroup.com	Jan 2024 - Dec 2025
	Alternate Chair			
Nathan Y	Treasurer	306-221-3190	Ngy568@yahoo.ca	Jan 2022—?
Cheryl K.	Newsletter	306-230-2497	klassenc@sasktel.net	Jan 2023—Dec 2024
Brian B.	Literature	306-220-0025	bbauche@shaw.ca	Jan 2024—Dec 2025
Greg D.	PI/CPC	306-291-5819	gcd08@hotmail.com	Jan 2022 - Dec 2024
Matt D.	Corrections	306-251-0242	mattdonlevy@gmail.com	Jan 2024 - Dec 2025
Sandy G.	Institutions	306-221-2149	sandyguyette@gmail.com	Jan 2023 - Dec 2024
Greg L.	Telephone Answering Service/Web Servant	306-914-2399	gregl306sk@gmail.com	Jan 2023 - Dec 2024

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

CENTRAL OFFICE HOURS

8:00AM-1:00PM & 1:30PM-4:30PM MONDAY TO FRIDAY,

Closed the last Friday of every month