

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 2 - "We came to believe that a power greater than ourselves could restore us to sanity."

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 our 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. Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone meditation and prayer? Who wants to sacrifice time and energy in trying to carry A.A.'s message to the next sufferer? No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect—unless he has to do these things in order to stay alive himself. 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 2.

CONCEPT TWO

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs. □ Do we have an understanding of history of the General Service Conference? □ What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions? □ Is our group meeting its wider Seventh Tradition responsibilities? (Reprinted from the General Service Office Service Material SM F-131)

Tradition 2 - "For our group purpose there is but one ultimate authority a loving God as He may Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

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 their 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... Thus has it been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which—God willing—shall sustain us in unity for so long as He may need us. From Twelve Steps and Twelve Traditions, chapter on Tradition 2.

PROMISE TWO "We will not regret the past nor wish to shut the door on it." What man does not want to make peace with his past? How many of us enter recovery with a deep feeling of shame for how we have lived? How many of us are confused about what we have done and what that might mean about who we are?

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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The Chair's Corner

Hello Everyone,

Below is a list of the Groups that have contributed to Intergroup in 2023. We had 25 groups out of 58 in person groups and 10 online groups which totals 68

groups (some of those have closed down). If your group's name is not on the list below, that means there's no contribution made by the group.

Changes will be made and if you want your group to be part of that change, please send your Intergroup Representative to the service meetings. Let's get together and bring about some real change!

On another note, those groups that do not contribute will not have the right to vote or make suggestions within Intergroup or Central Office. For example—in an election, the people that don't vote shouldn't complain about the outcome.

Groups that contributed in 2023:

- | | |
|------------------------|-------------------------|
| Dundonald | Riversdale |
| Tea Room | 12 th Hour |
| Martensville | Friday Night Men's Stag |
| Kleen AAir | Westside |
| Attitude Adjustment | Stepping Stones |
| Shamrock | Downtown Meeting Room |
| Been There, Done That | Floral |
| Sutherland | Warman |
| Riders in Recovery | Mount Royal |
| Toon Town Connection | Grace and Gratitude |
| New Freedom | District 8 |
| Jekyll and Hyde | KISS |
| Saskatoon Roundup 2023 | |

Thanks, Mike P

Archives Committee

Please keep an eye open for articles we will be submitting about the history of AA in Saskatchewan. We will be taking a walk down memory lane!

We are still 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

Welcome Group Trustee Report

Hello, my name is Karen B. I have volunteered to the Interim Welcome Group Trustee until February 14, 2024 when we will be voting in this position.

If you would like to hear all of my new ideas on how we are going to bring Welcome Group back to the packed house it used to be, please come to the Intergroup Meeting on February 14, 2024. The meeting is held at Thiens Vietnam 2 Restaurant at 1301 8th Street East, up the stairs and to the right in the meeting room.

New faces are welcome so come and be informed, listen or get involved. We will be needing a co-chair as well. I promise you will not be disappointed. Help us bring back what was and is so important to old and new sobriety.

See you there!

WELCOME GROUP 2024

WELCOME GROUP	
	Sat. @ 8:00 PM Louise Ave. Congregational Church
January	Martensville Group
February	Feb 3 rd : Nicki H. Feb. 10 th & 17 th : Sandy G.
March	Attitude Adjustment Group
April	April 6 th : Debz
May	K.I.S.S. Group
June	
July	
August	
September	Been There, Done That Group
October	New Freedom Group
November	Westside Group
December	

LEGEND	Yellow: Annual Commitment	Pink: Filled Space, 2024 only	Green: Open Opportunity
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Service Meetings**Central Office Committee:****Monday, February 5, 2024****Thiens Restaurant, 8th Street**

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

Intergroup Meeting:**Wednesday, February 14, 2024****Thiens Restaurant, 8th Street**

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

Round Up Committee Meeting:**Wednesday, February 7, 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****February 7, 2024**

Zoom Meeting ID: 841 336 5102

Password: 123456

7:00 PM

District 19: 2nd Wednesday**February 14, 2024 at 7:00pm****Mayfair United Church**

Contributions can be made to:

saskatoondistrict19@gmail.com

District 20: 2nd Wednesday**February 14, 2024 at 7:00pm****Downtown Meeting Room**

Contributions can be made to:

treasurer.district20@gmail.com

District 21: 3rd Wednesday**February 21, 2024 at 6:30pm****St. Stephen's Anglican Church**

Melissa and I want to thank everyone for making the News Years Dance a huge success. We raised \$1,058.00 for intergroup. We want to extend a special thanks to the guys in ButtCan and to Joseph who handled the sound, without whom this event would never have happened. We also want to thank all those who stepped up and helped with looking after the canteen and front door during the dance. Plus, we want to thank those that helped set up and take everything down. You know who you are, thank you very much.

2024 Social Committee

The 2024 Social Committee held its first meeting on January 7th. Eleven people attended.

We had a follow up meeting on January 21st. From those meetings Hunter W. was elected as Alternate chair and Wade C was elected as treasurer. At the January 21st meeting two activities were planned for March. Our First workshop will be held on Sunday March 3rd at the Downtown meeting room. This workshop will be on the A.A. Service Manual, and we will be holding a Fellowship Coffee on Sunday March 17, St. Patrick's Day, at the downtown meeting room. See the posters included in this newsletter for more information.

The next Social Committee meeting will be held on Sunday February 11th @1:00 p.m. at the Confederation Inn 3330 Fairlight Drive, in the glassed-in area in the restaurant. If you are interested in service, this is the place to start. We have lots of activities we are discussing, and we could use lots of help to bring those activities to Saskatoon A.A.

Jason S. Social Committee Chair

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

Don C	January 6, 1981	43 years
Jim S.	February 14, 1993	
Ryan D.	February 19, 2018	
Rosanne G.	February 27, 1992	

MARTENSVILLE

Sean C.	February 28, 2015	9 years
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Grace and Gratitude

Lynn G.	February 11, 1989	35 years
Birthday Meeting	January 29, 2024	

TOON TOWN CONNECTION

Jamie M.	February 2, 2021	3 years
Destiny	February 13, 2021	3 years
Nancy	February 17, 2021	3 years
Mark G.	February 19, 2022	2 years

SHAMROCK

Twyn A.	February 28, 1993
Ed. S	February 28, 1980

HEALING GROUP

Ivan H.	January 24, 2022	2 years
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STEPPING STONES

Heather D.	February 14, 1999	25 years
Mike S.	February 19, 1987	37 years
Cake Day	February 27, 2024	

KISS

Chris R	February 16, 2017	7 years
Cake Day	February 26, 2024	



The Floral Group that meets Tuesdays at the Floral School will now be starting at 7:30pm, effective February 6, 2024, instead of 8pm.

Send your group milestones to aasaskatoon@sasktel.net or directly to the Newsletter Trustee

For announcements in the MARCH newsletter, please have submission in by Feb 23, 2024.



How many members of Alcoholics Anonymous does it take to change a light bulb?
Only one, but the bulb has to really want to change.

A woman attended a funeral for the husband of a high school friend. After the service, she walked up to the sobbing widow and asked, "What happened to your husband?" The widow responded, "Oh it was the alcohol, it finally got him". The woman inquired "That's too bad, but why didn't he just go to AA?" The Widow replied angrily "He wasn't that Bad!"

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.

An Intergroup and Social Committee Workshop
On:
THE A.A. SERVICE MANUAL
 combined with
TWELVE CONCEPTS FOR WORLD SERVICE
 by Bill W.

Presenters
Lori R. Area Delegate
Randy M. Past Delegate
Sunday, March 3rd
3:00 P.M. To 5:30 P.M.
Downtown Meeting Room
115 3rd Ave S.
Coffee And Snacks Provided

2021-2023 Edition
 REVISED AND UPDATED

INSTITUTIONS CHAIRING SCHEDULE, 2024

	LARSON HOUSE		CALDER CENTRE	
	Mon. @ 8:00 PM	Fri. @ 8:00 PM	Adult Tues. @ 8:00 PM	Youth Fri. @ 8:00 PM (except last Fri. of ea. month)
January	Jan 1 st : Sandy G Jan 8 th , 15 th , & 22 nd : Jason & Chelsea. Jan 29 th : Ernie D.	Tea Room Group	Jan. 2 nd & 30 th : Collin Jan. 9 th , 16 th , & 23 rd : Melissa	Been There, Done That Group
February	Dundonald Group	Serenity Group	KISS Group	Feb 2 nd & 9 th : Rod Feb 16 th : Sandy
March	Serenity Group	Rod	Westside Group	
April	Upon Awakening Group	Upon Awakening Group	Mustard Seed	
May	Wisdom on Wednesdays			
June			Northerners Group	
July	Shamrock Group		Sutherland Group	Tea Room Group
August	Roger	Roger		
September	Sutherland Group		Mustard Seed Group	
October	Attitude Adjustment Group	Attitude Adjustment Group	Upon Awakening Group	
November	Rolling Stones Group	KISS Group	Fresh AAir Group	
December	Floral Group	Floral Group		

AREA 91 SPRING ASSEMBLY

March 15, 16 and 17, 2024

Humboldt Uniplex 619 17th St. Humboldt, SK

2024 Area 91 Spring Assembly Pre-Registration Form - please email completed pre-registration form to district2dcm@aaask.org

Name: _____
 Phone #: _____ Email Address: _____
 District: _____ Voter: Yes No
 Service Position: _____
 Home Group Name: _____
 Area 91 Committee Position: _____

Meal Package for lunch and supper on Saturday March 16: **\$35 per person**

Saturday lunch: soup, sandwich, salad & dessert - \$15

Saturday supper: pulled pork with a bun, Caesar salad and dessert - \$20

Meal Package: Yes No

Please send pre-registration form to: district2dcm@aaask.org

Please e-transfer registration fee (\$30) & meal package (\$35) payments to: treasurer@aaask.org

Please put Spring Assembly Registration or Registration and Meal Package in the notes section of the e-transfer

Registration opens Friday March 15 at 6:00 pm at the Humboldt Uniplex
 Registration fee: \$30 (may be paid at door if not pre-registered, but meal package needs to be paid by February 29, 2024)

Restaurants close by: A&W, Dairy Queen and Boston Pizza

Hotel Information - Pioneer Hotel \$105.00 per night for one bed, \$115 per night for two beds call 1-866-682-2638 call ASAP to book (rooms are not reserved) Ask for corporate rate for Assembly attendees.
 Bella Vista Inn \$114.95 per night. Block of rooms under Area 91 AA Spring Assembly. Rooms held until February 29th.
 CanAlta Hotel \$162 per night - book online if other hotels full

LEGEND	Yellow: Annual Commitment	Pink: Filled Space, 2024 only	Green: Open Opportunity
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St. Patrick's Day Coffee.



A Social Committee Fellowship Event
4 P.M. To 7 P.M.
Sunday, March 17th
The Downtown Meeting Room
115 3rd Ave. S.

Hello brothers and sisters, fellow seekers trudging the road! My name is Roger R. and I am an alcoholic.

I'm writing this note as a form of amends to those who were deemed "Oldsters" when I was a "newbie". I judged and condemned them as rigid, dull and set in their ways. I'm not the sharpest knife in the drawer so it took a while before I understood that they got old because they followed the AA path ("Rarely have we seen a person fail who has *thoroughly followed our path*"). Eventually I understood that they had experienced something that had not only kept them sober, but they also knew they could not keep it unless they gave it away; in some areas that simply meant to guard the path so others could find the same "mother lode". I hope you recognize these words as quotations from the BB and 12x12, the path as mapped out by our founders. I'm being facetious when I reference not being the sharpest knife as I recognize today that the journey from the head to the heart is long and perilous. I don't know either if I am worthy of being a guardian of the AA path at this point however, I do know that 36 years ago I was subject to a spiritual experience that set the foundation I needed to enjoy, at this point, 36 years of continuous sobriety: After 4 months of attending AA meetings, two treatment centres, I drank for oblivion x 3 days. When I could not pour it down any longer, I felt overwhelmed by a state described in our literature as a place of incomprehensible demoralization; I couldn't drink because drinking brought me to the jumping off place and I could not not drink because I didn't know how. (Powerlessness) My intuition spoke loudly "get your donkey back to AA, they'll show you how to live sober". I came back and saw that I had not drunk in those preceding four months because I attended meetings thereby I was being disciplined enough so I could hear what went on; I was being disciplined to pray, opening by the Serenity prayer and closing with the Our Father. I was still too full of myself to recognize and give thanks to the process I had been subject to but the relapse caved my EGO just a little and I began to hear what was said; what was demonstrated during those four months that saved my life; that made the difference, it gave me the courage to come back!

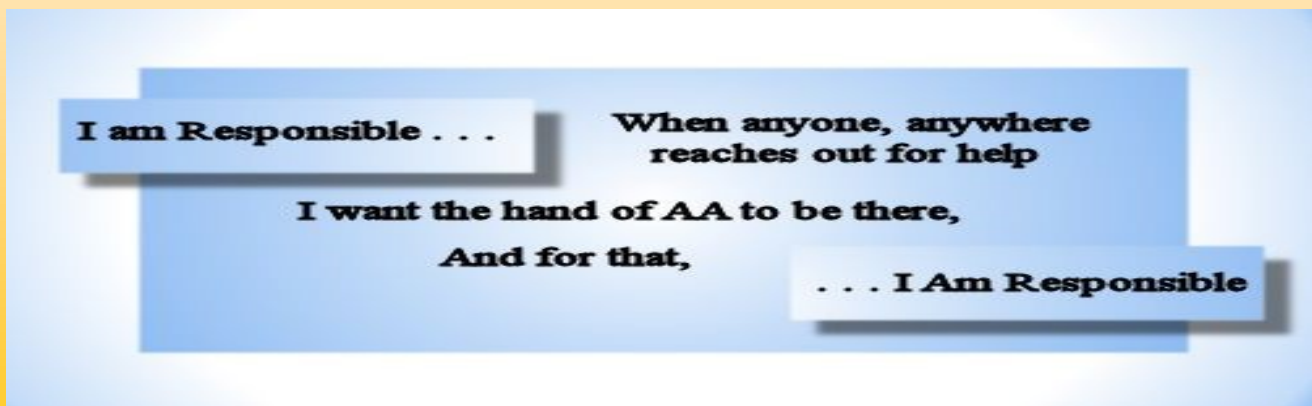
Eventually, I got to appreciate that when the founders first wrote the Steps they used the "I" word and found that it was too self-ish self-centered so they changed it to We. "We admitted" coincides very well with "Our", we are not alone. Our Father also indicates even if it only at the subliminal level as newcomers suffer from a particular sickness, a dis-ease nevertheless speaking to the subliminal indicates that we do this together, that everyone is accepted, loved and cherished no matter what. And, if we all have the same father, maybe, just maybe everyone will respect the other as one in the sibling line and not to be hit on in pursuit of gratifying basic instincts. The closing prayer also includes "Kingdom", in the spiritual world Kingdom simply means under the umbrella where S/HE can watch over, care and sustain those in the Kingdom; the congregation that have turned their will and their life over to the God of their understanding. The entire prayer is loaded with paradoxical meanings to be discovered!

Where am I going with all of this, well a few years ago when I was a Trustee, the Responsibility Statement was utilized in favor of the Lord's Prayer. That didn't sit well with me but I didn't want to make waves and there were no newcomers in attendance so why bother. Then at the District meeting, there it is again. Then at the group level there's a motion to axe the closing prayer out of what I have known as the path of AA. There are newcomers in the room that for the life of me I can't find one single element of that Responsibility Statement that could carry them between meetings, not one! There are a multitude of citations I can draw out of our literature that speaks clearly to prayer as the foundation of the AA program. If it does not appeal to the newcomer, those within 10 years of their first meeting, keep coming back more will be revealed. That person is still in the process of letting go of old ideas and until they let go absolutely, the result is nil. Then we have the Step Three, Seven and Eleven prayers and it says clearly that prayer on its own has merit, as does meditation, but when they're performed together, they become the foundation for living. Who would want to deny that to anyone?

In closing, my most cherished brothers and sisters, thanks for reading. The argument I've encountered is "AA is a spiritual program not a religious one". It also states that it is attraction rather than promotion, it does not require promoting AA as either or. My guides along the way informed me that AA was a spiritual program that will set your spirit free, free from all addictions and self-destructive behaviors. There are many more correlates but as learned - go back to the basics and here it is, in the booklet of Grapevine collections "Following the articles, the Grapevine printed a letter from Bill W. who wrote that "it is sometimes complained that the Lord's Prayer is a Christian document". He went on to write that "it only seems right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheist newcomers to the extent of completely hiding our light under a bushel".

Again, thank you for reading! Half measures availed us nothing!

Peace, love and richness of living as a wish for you all in 2024! Roger R.



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			
Karen B.	Interim Welcome Group Trustee	306-221-2561	kjbur@sasktel.net	

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 and Minutes Recorder	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