

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)

Step 4 - Made a fearless and searching moral inventory of ourselves. Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions. Therefore, we started upon a personal inventory. This was Step Four. A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values. We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its human manifestations. ... Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person entirely. Where were we to blame? The inventory was ours, not the other man's.

From Alcoholics Anonymous, Chapter 5 How It Works p. 63, 67

PROMISE FOUR: "WE WILL KNOW PEACE"

Tradition 4 - Each group should be autonomous except in matters affecting other groups or A.A. as a whole. Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous? Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today. When A.A.'s Traditions were first published in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We say that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group, they have no other affiliation. ... The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong. From Twelve Steps and Twelve Traditions, p146- 147.

CONCEPT FOUR—At all responsibility levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation for each member in reasonable proportion to the responsibility that he/she must discharge. (Paraphrased from the A.A. Service Manual/Twelve Concepts for World Service)

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

Central Office Hours: Monday to Thursday 10:00—3:00 (Closed on statutory holidays).
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The Chair's Corner

Hello everyone and we hope you all had a good Easter.

There were no group contributions for the month of March. With the Spring Assembly, the month of March is always very low when we look back, its been that way for years. However, this year its zero.

Intergroup is now giving Central Office less money starting in April. There is now a quarterly budget instead of a full year which makes adjustments quarterly plus or minus in the last month of the quarter. So, if groups give more, Intergroup adjusts the payment up and if Intergroup receives less, we adjust it lower (within those 3 months, very simple.

Turns out at Intergroup meetings, attendance has been good with an average of 23 people per meeting. Thank you so very much. It looks like there is more and more interest as time goes on. Its good to see that and to be part of it.

An E-transfer option is now available for Intergroup contributions and the email address is saskatoonintergroup@gmail.com so e-transfers will go directly to Intergroup.

Thanks, Mike P

Groups that contributed in 2023/2024:

Dundonald	Riversdale	Winner's Circle
Tea Room	12 th Hour	Just For Today
Martensville	Friday Night Men's Stag	
Kleen AAir	Westside	Life's Good
Attitude Adjustment	Stepping Stones	
Shamrock	Downtown Meeting Room	
Been There, Done That	Floral	Northerners
Sutherland	Warman	Mustard Seed
Riders in Recovery	Mount Royal	
Toon Town Connection	Grace and Gratitude	
New Freedom	District 8	Saskatoon Breakfast Group
Jekyll and Hyde	KISS	Saskatoon Roundup 2023



Central Office Connection

Central Office Service Positions Available

Saskatoon and District AA Central Office provides vital resources to assist with our primary purpose —to carry the message to the alcoholic who still suffers.

Ways that Central Office helps carry the message include:

- Monthly AA Sunrise Newsletter.
- AA Literature.
- Public Information, such as high school presentations.
- Co-operation with the professional community, such as presentations to nursing students.
- Corrections – bringing AA meetings into local corrections facilities.
- Institutions – bringing AA meetings into local rehabs and detox centers.
- 24/7 telephone answering services.
- AA Saskatoon & District Website.

We are seeking alternates for most positions and have multiple trustees with two terms that finish at the end of 2024.

Feel free to attend one of our next Central Office meetings to learn more!

Our next meetings are:

Monday April 8th at 6:30pm at Thien 2 on 8th Street. Supper at 5:30pm.

Monday May 6th at 6:30pm at Thien 2 on 8th Street. Supper at 5:30pm.

To learn more, please reach out to Kieran at cell: 306-222-3428 or email: kieran.lewko@outlook.com

Service Meetings**Central Office Committee:****Monday, April 8, 2024****Thiens Restaurant, 8th Street**

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

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

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

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

Zoom Meeting ID: 841 336 5102

Password: 123456

7:00 PM

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

Contributions can be made to:

saskatoondistrict19@gmail.com

District 20: Last Sunday of the month**April 28, 2024 at 6:30pm****Downtown Meeting Room/Hybrid**

Contributions can be made to:

treasurer.district20@gmail.com

District 21: 3rd Wednesday**April 17, 2024 at 6:30pm****St. Stephen's Anglican Church**

The Social Committee

We are currently looking for more members.

We meet on the first Sunday of each month at the

Confederation Inn - 3330 Fairlight Drive, in the glassed-in area of the restaurant. Come out and help us come up with some fun events and fellowship for the upcoming year!

We welcome new ideas from everyone!!

Family Friendly Karaoke Night - April 20th from 7pm to 12am at Christ Church, 515 28th Street West. 7th Tradition. Rock and Roll Theme and all are welcome to dress up!!

There will be a canteen with chips, pop and chocolate bars.

Please Contact Jason S., Social Committee Chairperson, for all questions or inquiries

We look forward to seeing you!

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

STEPPING STONES

Anne S. April 19, 1978 46 years
Cake Day April 30, 2024

TOON TOWN CONNECTION

Sharon A. April 1, 1990 34 years
Kristen S. April 14, 2017 7 years
Kyle April 17, 2021 3 years
Kathleen H. April 19, 2020 4 years

MARTENSVILLE

Chris Q. April 3, 2011 13 years
Nathan Y. April 17, 2014 10 years
Clay M. April 17, 1999 25 years

NORTHERNERS

Kevin C. April 2, 1999 25 years
Cake Day April 24, 2024

HEALING GROUP

Gene F. March 3, 2015 9 years
Celebration Day is April 7, 2024

My apologies for entering the years of sobriety for Gene as 2 years.

SHAMROCK

Doug T. March 7, 1980 44 years
Tavis M. April 10, 2019
Joanne S. April 11, 2015
John F. April 25, 1993

My sincere apologies to Doug T for incorrectly entering his sobriety date as 2024.

Grace and Gratitude

Denise H April 16, 1990 34 years
Birthday Meeting April 29, 2024

Send your group milestones to

aasaskatoon@sasktel.net or directly to the Newsletter Trustee

For announcements in the MAY newsletter, please have submission in by APRIL 23, 2024.



Welcome Group Trustee Report

I would like to thank Attitude Adjustment Group for chairing in March.

I also would like to thank the AA and Al-Anon speakers for taking time out of their busy schedules to come out and share their stories of experience, strength and hope with all of us.

Donovan—AA Jesse K—Al-Anon
Mark—AA Marge—Al-Anon

Sorry that I have missed a couple of speaker names but please know that you are very much appreciated. I am still on a learning curve here and trying to get a system in place so that everyone will be acknowledged.

For April we have:

April 6, 2024—Niki H for AA
TBA for Al-Anon
April 13, 2024—Sharon A for AA
TBA for Al-Anon
April 20, 2024—Jenn B for AA
TBA for Al-Anon
April 27, 2024—TBA for both AA and Al-Anon

Please note that in the event that we do not have any Al-Anon speakers willing to come out, we will have 2 AA speakers.

The 7th Tradition for Welcome Group keeps the doors open. We are the only city who has anything like this. We have helped alcoholics and their families who do not want to share at meetings and have gone to Welcome Group to hear the message of hope. In March, we collected \$279.75. That was 4 Saturdays and the rent for the month was \$250.00.

I am positive the way the numbers are increasing and when people hear the stories and stay for fellowship after we will be back to where we once were.

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

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	Toon Town Connection
August	
September	Been There, Done That Group
October	New Freedom Group
November	Westside Group
December	Yours, Mine & Ours Group

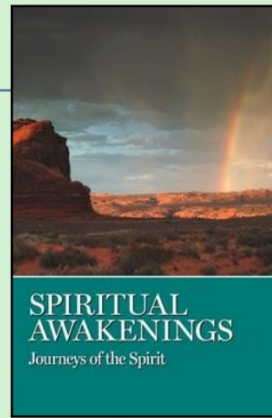
LEGEND	Yellow: Annual Commitment	Pink: 2024 Only	Green: Open Opportunity
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Literature

Featured Book of the Month.

March 2024

“Spiritual Awakenings, Journeys of the Spirit”



Spiritual Awakenings is a collection of stories by AA members about journeys of the spirit they have taken before and after sobriety, their struggles with faith and how they apply spiritual values to their daily lives. With warmth, passion, and humor AA members describe the diverse ways in which they have found the “sunlight of the spirit.” From the pages of Grapevine, the International Journal of Alcoholics Anonymous. One of our most popular books.

Taken from the cover of “Spiritual Awakenings”

THE ROUND UP COMMITTEE

POSITIONS ARE AVAILABLE

Next meeting will be April 3rd at 6:30 pm Travel Lodge Hotel (106 Circle Drive)!!!

The Round Up Committee Members are volunteers who donate their time and skills to help organize the annual Saskatoon and Area Intergroup Round Up.

We are “trusted servants.” We believe you will find this to be a rewarding experience and you are providing a significant service to A.A...

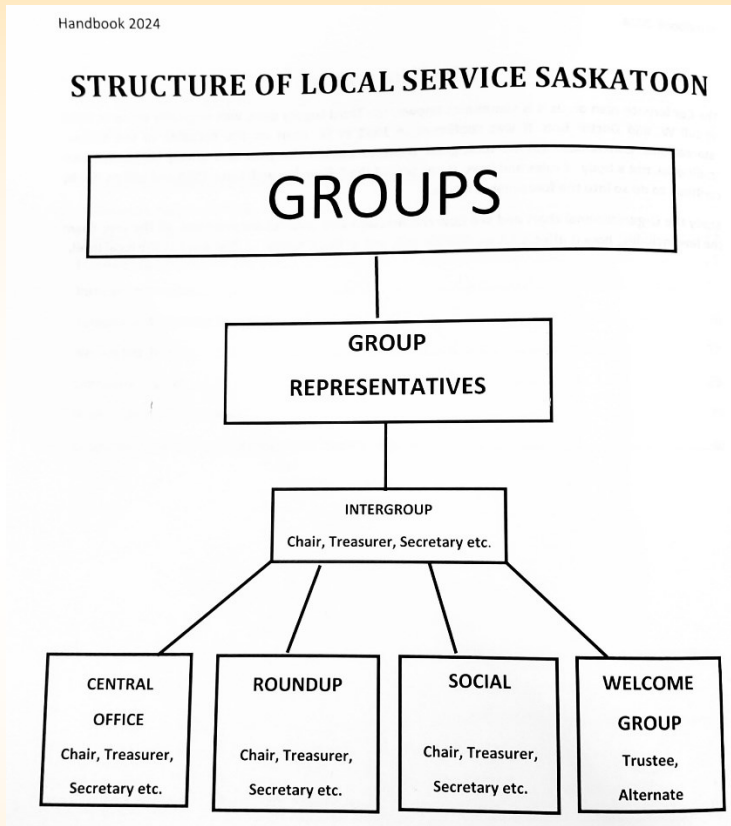
Thank you for your time and effort, it is greatly appreciated.

Positions Available Are:
2025 Round Up Chair
Co-chair
Voice (Emcee)

Hello, my fellows.

My name is Melissa, and I am an alcoholic. I am also a trusted servant in many areas of AA service, but most favorably in our local area service structure with Intergroup. I was humbly honored to have been nominated and voted in as your Alternate Intergroup Chair this year, a position which I do not take lightly. It would be an understatement to say I have been eagerly learning during this time, for I cherish not only all the wisdom passed onto me but also the connections I have made with my fellows whose dedication and passion for service continue to inspire me. This has kept me on my toes and active as I more than willingly learn about the many facets of Alcoholics Anonymous including our Traditions, Principles, Concepts, and the Three Legacies: Recovery, Unity, and Service.

My service journey started with Intergroup as a Representative for my home group. I was very early in my sobriety, and I didn't know then what that position entailed. Today, I can see the importance of that responsibility. As an Intergroup Representative, that individual is the link between their homegroup and Intergroup, and the voice for the group's conscious. With decisions that might affect AA, both in the local area and as a whole, it is imperative that every individual member has the opportunity to be heard and represented. This is how our Service Structure is presented in Intergroup:



I credit AA for not only saving and enhancing my life but for also giving me a voice to which I can speak. (And as many of you know, I am a woman of many words)

Our primary purpose is to carry the message for the still-suffering alcoholic. Intergroup is a crucial component in doing this as it oversees all active entities, including Central Office and the various Committees, but it is nothing without the groups and their voice. I hope to encourage individuals to send their Intergroup reps to our meetings so that their voices can be heard as well.

I would like to send a huge thank you to those groups listed below for attending and actively participating in the meetings:

- | | | | |
|--------------|-------------------|----------------------|-----------------------|
| Tea Room | Upon Awakening | Toon Town Connection | Been there, done that |
| Northerners | Floral Discussion | Yours, Mine & Ours | Stepping Stones |
| Martensville | Dundonald | Rolling Stones | New Freedom |

I will end with this quote from As Bill Sees It, "It is not only to the few that we owe the remarkable developments in our unity and in our ability to carry AA's message everywhere. It is to the many; indeed, it is to the labors of all of us that we owe these prime blessings." (pg. 155)

Gratefully in Service,

Melissa V

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	Chelsea H.
April	Upon Awakening Group	Upon Awakening Group	Mustard Seed	Chelsea H.
May	Wisdom on Wednesdays			Sheila & Danielle
June	Healing Group	Healing Group	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	Yours, Mine & Ours
December	Floral Group	Floral Group		

LEGEND	Yellow: Annual Commitment	Pink: Filled Space, 2024 only	Green: Open Opportunity
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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!



What would you call a drunk who works at an upholstery shop?

A recovering alcoholic.

How many alcoholics does it take to change a light bulb?

Just one, he holds the bulb up and the whole world revolves around him!

How do you get a drunk up on the roof?

Tell him drinks are on the house.

Sample Distribution Plans for your group to consider.

Plan A: Determined by group conscience

- ___% to district
- ___% to area committee
- ___% to G.S.O.
- ___% to intergroup

Plan B: Agreed to by group conscience

- 10% to district
- 10% to area committee
- 30% to G.S.O.
- 50% to intergroup

CORRECTIONS

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

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.

A.A.'S LEGACY OF SERVICE by BILL W.

“Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; **this is our principal aim and the main reason for our existence.** Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.”

We are called to carry the message to those who still suffer. Inmates in these institutions are so grateful to our volunteers for bringing the A. A. Program to them, assisting them in their recovery while they are incarcerated. Trust me, those of us that work in this area consider ourselves Blessed! It is such a rewarding and fulfilling experience!! The inmates are so thankful and have so much gratitude because we give of our time to be there and to make A.A. meetings available to them.

IF THIS IS AN AREA OF SERVICE THAT YOU MIGHT BE INTERESTED IN, PLEASE CONTACT ME:

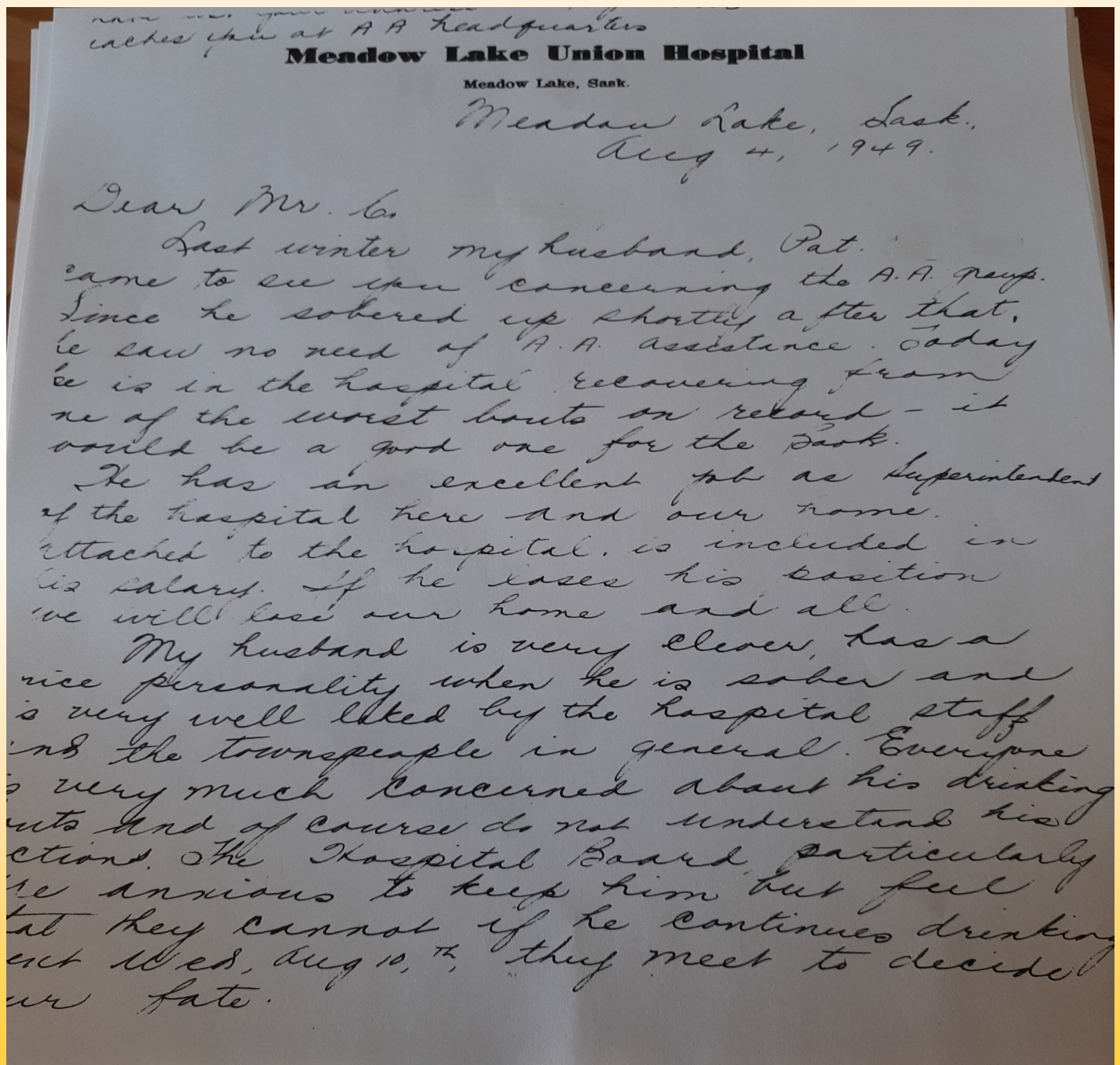
Matt D. 306-251-0242

Archives Committee

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

Here is an example of the historical footprints we are finding!



INTERGROUP and CENTRAL OFFICE COMMITTEES

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.	Intergroup to Group Coordinator and Past Roundup Chair	306-716-5176	yxechris@hotmail.com	Jan 2024—Dec 2025
Gerard K.	Intergroup to Group Co-Coordinator	306-203-3011	gerardkaal@yahoo.com	Jan 2024—Dec 2025
Jason S.	Social Committee Chair	306-716-5130	j.p.stefanuk@gmail.com	Jan 2024—Dec 2025
	Document Retention Chair			
Karen B.	Interim Welcome Group Trustee	306-221-2561	kjbur@sasktel.net	Jan 2024—Dec 2025

CENTRAL OFFICE

NAME	POSITION	PHONE	EMAIL	TERM
Kieran L.	Chair	306-222-3428	Kieran.lewko@outlook.com	Jan 2024 - Dec 2025
	Alternate Chair			
Tim T.	Treasurer	306-229-2567	tim@cheshiresmile.com	Jan 2024-Dec 2025
Cheryl K.	Newsletter and Secretary	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 and 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

10:00am to 3:00pm Monday to Thursday

Closed all Statutory Holidays