



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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Service Meetings

Central Office Committee:

Monday, No Meeting in August

Zoom Meeting ID: 883 1791 4906

Password: CentralO

6:30 PM

Intergroup Meeting:

Wednesday, No Meeting in August

Zoom Meeting ID: 852 7303 7221

Password: Intergroup

6:30 PM

Round Up Committee Meeting:

Wednesday, No Meeting in August

Zoom Meeting ID: 839 5821 4276

Password: Roundup

6:30 PM

Newsletter Submission Deadline:

22th of the Month for entries in the next month's newsletter.

GSR Meetings

District 8: 1st Wednesday

Zoom Meeting ID: 841 336 5102

Password: 123456

7:00 PM

District 19: 2nd Wednesday

7:00 PM

District 20: Last Sunday of the month

August 27th

6:30 PM

District 21: 3rd Wednesday

6:30 PM

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

A huge Thank You to all of the Groups that have submitted Milestones for the month of August! I appreciate everyone doing this so that we can celebrate the experience, strength and hope of our members.

I am still looking for people that are willing to share their story in upcoming newsletters. If you are able to help me out, please email me directly.

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 as well as the last Friday of every month).

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INTERGROUP

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Chris R.	Roundup Chair	306-716-5176	yxechris@hotmail.com
Melissa V.	Social Committee Chair	639-916-0942	melissaflvermette@gmail.com
	Document Retention Chair		

Service Opportunities

THE CENTRAL OFFICE HOURS

8:00AM-1:00PM & 1:30PM-4:30PM

Step 8 - "Made a list of all persons we had harmed, and became willing to make amends to them all."

STEPS Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know. This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away. These obstacles, however, are very real. The first, and one of the most difficult, has to do with forgiveness.... When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we had hurt. It had been embarrassing enough when in confidence we had admitted these things to God, to ourselves, and to another human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them...

From Twelve Steps and Twelve Traditions, p.77-79.

Tradition 8 - "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words "Freely ye have received, freely give." We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated. Alcoholics simply will not listen to a paid twelfth stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few A.A.'s have ever worked the Twelfth Step for a fee. Despite this certainty, it is nevertheless true that few subjects have been the cause of more contention within our Fellowship than professionalism.... At last, however, a plain line of cleavage could be seen between professionalism and non-professionalism. When we had agreed that the Twelfth Step couldn't be sold for money, we had been wise. But when we had declared that our Fellowship couldn't hire service workers nor could any A.A. member carry our knowledge into other fields, we were taking the counsel of fear, fear which today has been largely dispelled in the light of experience.... The job was not to do Twelfth Step work; it was to make Twelfth Step work possible. It was a service proposition, pure and simple.... This is the exciting welter of events which has finally cast up A.A.'s Tradition of non-professionalism. Our Twelfth Step is never to be paid for. but those who labor in service for us are worthy of their hire.

From Twelve Steps and Twelve Traditions, p.166-171

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

Susan S. August 15, 2006 17 yrs

DUNDONALD

Morgan M. August 8, 2018 5 years

Jason E. August 12, 2013 10 years

Dayne B. August 14, 2022 1 year

SUNSET

Bob R. 27 years

CAKE DAY August 22, 2023

CAKE DAY August 26, 2023

WINNERS CIRCLE

Al D. August 12, 1970 33 years

WESTSIDE

Dylan M. August 27, 2018 5 years

NEW FREEDOM

FRESH AIR

Stacey H. August 13, 2013 10 years

Tyson B. August 14, 2022 1 year

Nancy B Sept 1/99 24 years

CAKE DAY Sept 4, 2023

CAKE DAY August 16, 2023



Send your group milestones to

aasaskatoon@sasktel.net

For announcements in the August newsletter, please have submissions in by August 21, 2023.



Where do Canadian alcoholics go to sober up?

Eh Eh

Why did the broken straw go to rehab?

It had a serious drinking problem.

EIGHTH STEP PRAYER

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.



Please update your calendar!!!!!!

57th ANNUAL SASKATOON DISTRICT & AREA
AA INTERGROUP ROUNDUP COMMITTEE
Announces exciting news— new dates for 2024.
February 02, 03, 04, 2024

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!

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 Zion Lutheran 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 st , 8 th , 15 th & 22 nd . 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	
July	Shamrock Group	Tea Room Group		Sutherland Group	Tea Room Group
August	Roger	Roger	Tea Room Group	Melissa & Karalee	
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	
December	Floral Group	Floral Group	Riders in Recovery Group	Friday Night Men's Stag Group	Dec 23/23-Serenity Group

LEGEND	Yellow: Annual Commitment	Pink: Filled Space, 2023 only	Green: Open Opportunity
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Updated June 7, 2023

Contact: Sandy G. (Institutions Trustee)
306-221-2149
aainstitutions@outlook.com

Welcome Group

Starting July 1st 2023, Welcome Group will be moving to a new location!!

*The new venue will be
Mayfair United Church
902 33rd Street West.*

*The time will remain
Saturdays @ 8:00 PM.*

Upcoming Round Ups

Pike Lake-Delisle Round-Up August 11, 12, 13th at Pike Lake Ukrainian Park

September 1 starting at 1:00 pm - September 4 at 1:00 pm, Greig Lake 44th AA Campout Roundup with Al-Anon Participation. Meadow Lake Provincial Park Meadow Lake, Saskatchewan, Canada.



Lost & Found Group

Has moved to a different day!!

You can now find this group on

Fridays @ 8:00 PM

Instead of Tuesdays @ 8:00.

The location will remain the same

@ Holy Trinity Anglican Church

3572 33rd Street West.

Effective immediately

PROMISE EIGHT “Self-seeking will slip away.”

CONCEPT EIGHT “The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

(Reprinted from the General Service Office Service Material)