



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES.
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Service Meetings

Central Office Committee:

Monday, No Meeting in July

Zoom Meeting ID: 883 1791 4906

Password: CentralO

6:30 PM

Intergroup Meeting:

Wednesday, No Meeting in July

Zoom Meeting ID: 852 7303 7221

Password: Intergroup

6:30 PM

Round Up Committee Meeting:

Wednesday, No Meeting in July

Zoom Meeting ID: 839 5821 4276

Password: Roundup

6:30 PM

Newsletter Submission Deadline:

20th of the Month for entries in the next month's newsletter.

GSR Meetings

District 8: 1st Wednesday

July 5, 2023

Zoom Meeting ID: 841 336 5102

Password: 123456

7:00 PM

District 19: 2nd Wednesday

July 12, 2023

7:00 PM

District 20: Last Sunday of the Month

July 30, 2023

6:30 PM

District 21: 3rd Wednesday

July 19, 2023

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 big Thank You to all of the Groups that have submitted Milestones for this month! 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 can help 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).
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INTERGROUP

NAME	POSITION	PHONE	EMAIL
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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 7 - Humbly asked Him to remove our shortcomings.

SINCE this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us. Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency. Humility, as a word and as an ideal, has a very bad time of it in our world. Not only is the idea misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life... The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone. The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

From Twelve Steps and Twelve Traditions, p.70, 76.

Tradition 7 - Every A.A. group ought to be fully self-supporting, declining outside contributions.

SELF-SUPPORTING alcoholics? Who ever heard of such a thing? Yet we find that's what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us. Everybody knows that active alcoholics scream that they have no troubles money can't cure. Always, we've had our hands out. Time out of mind we've been dependent upon somebody, usually moneywise. When a society composed entirely of alcoholics says it's going to pay its bills, that's really news. Probably no A.A. Tradition had the labor pains this one did. In early times, we were all broke. When you add to this the habitual supposition that people ought to give money to alcoholics trying to stay sober, it can be understood why we thought we deserved a pile of folding money. What great things A.A. would be able to do with it! But oddly enough, people who had money thought otherwise. They figured that it was high time we now—sober—paid our own way. So our Fellowship stayed poor because it had to. There was another reason for our collective poverty. It was soon apparent that while alcoholics would spend lavishly on Twelfth Step cases, they had a terrific aversion to dropping money into a meeting-place hat for group purposes. We were astounded to find that we were as tight as the bark on a tree. So A.A., the movement, started and stayed broke, while its individual members waxed prosperous... Despite these misgivings, we had to recognize the fact that A.A. had to function. Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't, the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves. At last the pendulum stopped swinging and pointed straight at Tradition Seven as it reads today.

From Twelve Steps and Twelve Traditions, p.160-162.

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

Ken K. July 2, 2015 8 years
Grant I. July 20, 1994 29 years

STEPPING STONES

Lacey W. July 19, 2022 1 year
CAKE DAY July 25, 2023

UPON AWAKENING

Carol S. July 21, 1990 33 years
CAKE DAY July 30, 2023

BEEN THERE, DONE THAT

Brittany C. June 28, 2018 5 years
CAKE DAY July 4, 2023

SHAMROCK

Elaine T July 10, 1980 43 years
Lorne W. July 15, 2000 23 years
Chris C. July 17, 2015 8 years
Jim W. July 20, 2004 19 years
Al H. July 21, 1971 52 years
Josh M. July 28, 2015 8 years

GRACE and GRATITUDE

Norma R. July 2, 1999 24 years
Virtual Cake Day July 31, 2023



Send your group milestones to

aasaskatoon@sasktel.net

For announcements in the August newsletter, please have submissions in by July 24, 2023.



Why did the anvil get sent to A.A.?

He was always getting hammered.

F.E.A.R.

False. Evidence. Appearing. Real. OR

Face. Everything. And. Recover.



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	Adult Tues. @ 8:00 PM	Youth Fri. @ 8:00 PM (except last Fri. of ea. month)
			Zion Lutheran Church		
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

*Central Office
Will be closed from 4:30 PM on
June 29th
to 8:00 AM on July 10th
for staff vacation.*

It will re-open to its regular hours on July 10th.

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 AA Roundups

Lakeshore AA Round-Up — July 7, 2023, starting at 8:30 pm until July 9, 2023 at 12:00 pm at Murray Point Campground Emma Lake, SK, Canada Campout. Registration is Tradition 7. Note: This is a Provincial Park so there will be an entry charge.

July 28 Rabbit Lake - Pot Luck at Seniors Center on Main Street, "Details will Follow".

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.

Concept 7 (short form) The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.