



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES.
 Mailed Subscriptions: Contact Central Office for price.
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Service Meetings

Central Office Committee:
Monday, September 11, 2023
Thiens Restaurant, 8th Street
6:30 PM (for meeting); 5:30 PM (for supper)

Intergroup Meeting:
Wednesday, September 13, 2023
Thiens Restaurant, 8th Street
6:30 PM (for meeting), 6:00 PM (for supper)

Round Up Committee Meeting:
Wednesday, September 6, 2023
Travelodge Hotel
6:30 PM

Newsletter Submission Deadline:
22th of the Month for entries in the next month's newsletter.

GSR Meetings

District 8: 1st Wednesday
September 6, 2023
 Zoom Meeting ID: 841 336 5102
 Password: 123456
 7:00 PM

District 19: 2nd Wednesday
September 13, 2023
 7:00 PM

District 20: Last Sunday of the month
September 24th, 2023
 7:00 PM

District 21: 3rd Wednesday
September 20, 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

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.

I sincerely appreciate the time and effort everyone has put in to sending me the birthday milestones!!

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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 Email: aasaskatoon@sasktel.net Website: aasaskatoon.org Phone: (306) 665-6727

CENTRAL OFFICE & INTERGROUP COMMITTEE*CENTRAL OFFICE*

NAME	POSITION	PHONE	EMAIL
Paige F.	Chair	639-471-1433	paige87789@gmail.com
Kieran L	Alternate Chair	306-222-3428	kieranl@nulifegroup.com
Nathan Y	Treasurer	306-221-3190	NgY568@yahoo.ca
Cheryl K.	Newsletter	306-230-2497	klassenc@sasktel.net
Al D.	Literature	306-931-3984	flamers@sasktel.net
Greg D.	PI/CPC	306-291-5819	gcd08@hotmail.com
Brian B.	Corrections	306-220-0025	bbauche@shaw.ca
Sandy G.	Institutions	306-221-2149	sandyguyette@gmail.com
Greg L.	Telephone Answering Service/Web Servant	306-914-2399	gregl306sk@gmail.com

INTERGROUP

NAME	POSITION	PHONE	EMAIL
Doug B.	Chair	760-702-5175	supertightenterprise@gmail.com
	Alternate chair		
Philip P.	Treasurer	1-780-227-5527	philippilate46@gmail.com
Wendie L.	Secretary	306-292-6671	wjc149@sasktel.net
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 9 - "Made direct amends to such people wherever possible, except when to do so would injure them or others."

Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine. After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all. Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or perhaps after we have finished reading the book "Alcoholics Anonymous," we usually want to sit down with some member of the family and readily admit the damage we have done by our drinking. Almost always we want to go further and admit other defects that have made us hard to live with. This will be a very different occasion, and in sharp contrast with those hangover mornings when we alternated between reviling ourselves and blaming the family (and everyone else) for our troubles. At this first sitting, it is necessary only that we make a general admission of our defects. It may be unwise at this stage to rehash certain harrowing episodes. Good judgment will suggest that we ought to take our time. While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others. From Twelve Steps and Twelve Traditions, p.83-84

Tradition 9 - "A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

When Tradition Nine was first written, it said that "Alcoholics Anonymous needs the least possible organization." In years since then, we have changed our minds about that. Today, we are able to say with assurance that Alcoholics Anonymous—A.A. as a whole—should never be organized at all. Then, in seeming contradiction, we proceed to create special service boards and committees which in themselves are organized. How, then, can we have an unorganized movement which can and does create a service organization for itself? Scanning this puzzler, people say, "What do they mean, no organization?" Well, let's see. Did anyone ever hear of a nation, a church, a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society which couldn't somehow discipline its members and enforce obedience to necessary rules and regulations? Doesn't nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel offenders? Therefore, every nation, in fact every form of society, has to be a government administered by human beings. Power to direct or govern is the essence of organization everywhere. Yet Alcoholics Anonymous is an exception. It does not conform to this pattern. Neither its General Service Conference, its Foundation Board, * nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone mete out any punishment. We've tried it lots of times, but utter failure is always the result. Groups have tried to expel members, but the banished have come back to sit in the meeting place, saying, "This is life for us; you can't keep us out." Committees have instructed many an A.A. to stop working on a chronic backslider, only to be told: "How I do my Twelfth Step work is my business. Who are you to judge?"... Just as the aim of each A.A. member is personal sobriety; the aim of our services is to bring sobriety within reach of all who want it. From Twelve Steps and Twelve Traditions, p.172-175

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

Linda G September 8, 1990 33 years

SATURDAY SUNSET

Nolan A. September 17, 2017 6 years
CAKE DAY September 30, 2023

WESTSIDE

Deryk J. September 16, 2013 10 years
Dave Mc September 29, 2018 5 years

STEPPING STONES

Pat K. September 2, 1970 53 years
CAKE DAY September 26, 2023

SHAMROCK

Rick P. September 4, 2014 9 years
Randy T. September 5, 2005 18 years
Nick A. September 13, 1992 31 years
Ernie D. September 15, 2005 18 years
Doug C. September 16, 2005 18 years

RIDERS IN RECOVERY

Donovan September 15, 2019 4 years
Chey L. September 23, 2021 2 years
CAKE DAY September 27, 2023

DUNDONALD

Franki S. September 6, 2000 23 years
Karlee P. September 11, 2020 3 years
Verna R. September 16, 1977 46 years
CAKE DAY September 19, 2023

KISS

Cheryl K September 2, 2020 3 years
CAKE DAY September 25, 2023

NEW FREEDOM

Nancy B. Sept 1, 1999 24 years
CAKE DAY September 4, 2023

FLORAL

Paul G. September 15, 2011 12 years
Barry C. September 2, 1993 30 years
CAKE DAY September 26, 2023

Send your group milestones to

aasaskatoon@sasktel.net or to the newsletter trustee directly via text or email

For announcements in the October newsletter, please have submissions in by September 22, 2023.



A man and his wife were awoken at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push. "Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed. "Who was that?" asked his wife.. "Just some drunk guy asking for a push," he answers. "Did you help him?" she asks. "No, I did not, it is 3:00 in the morning and it is pouring rain out there!" "Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!" The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?" "Yes," comes back the answer. "Do you still need a push?" calls out the husband. "Yes, please!" comes the reply from the dark. "Where are you?" asks the husband. "Over here on the swing," replied the drunk.

NINTH 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 & be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.



PROMISE NINE

"Our whole attitude and outlook upon life will change."

CONCEPT NINE

"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by Trustees of the General Service Board of Alcoholics Anonymous." (Reprinted from the General Service Office Service Material)

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 Mayfair United 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	June 16th: Cheryl K June 23 rd : Sheila U.
July	Shamrock Group	Tea Room Group		Sutherland Group	Tea Room Group
August	Roger	Roger	Tea Room Group	Melissa & Karalee	Aug 11 th : Chelsea H. Aug 18 th : Chelsea & Jason E
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 August 21, 2023

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

**57th ANNUAL SASKATOON & AREA
AA INTERGROUP ROUNDUP**
with AL-ANON PARTICIPATION
Travelodge, Saskatoon SK
FEBRUARY 2, 3, 4 2024
The Art of Recovery
Registration begins September 15
Register by email:
saskatoonaaroundup@gmail.com
2024 committee Co-chair needed

S.O.S.
Serenity
on
76
Join us
Sundays at 4pm
Starting Aug. 13th
Open Meeting
of Alcoholics Anonymous
Knox United Church
302 - 2nd Ave East
Langham
(side door)

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

BATTLEFORDS' A.A. 60TH ANNUAL ROUNDUP

with Al-Anon participation

SEPTEMBER 23, 2023

“THE WISDOM TO KNOW THE DIFFERENCE”

1:00 pm Doors open – Fellowship

2:00 pm Call up Meeting

4:00 pm AA & Al-Anon Meeting

5:00 pm-6:00 pm Supper – Roast Beef, Mashed Potato & Gravy

6:30 pm Countdown

7:00 pm-8:00 pm A.A. Speaker: Mel F. North Battleford, SK

8:00 pm-9:00 pm Al-Anon Speaker: Rosemary S. Lloydminster, AB

9:00 pm-12:00 Dance/Dance Contests

12:00 Midnight Doors close

****Door Prizes throughout the day and evening****

**Please Bring Potluck Salads and desserts
The Roundup supplies the meat and potato**

Sharon School, North Battleford

North of Walmart, off Airport Road

Free electric Campsites are available onsite

Questions? Call Frank R: (306)480-6202