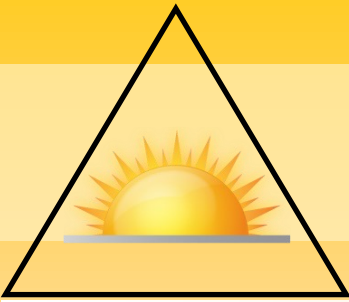




SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES.
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 (ALSO AVAILABLE VIA EMAIL FOR NO CHARGE, call Central Office)

STEP 3— “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.” In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance. Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God— or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to “a decision to turn our will and our lives over to the care of God as we understood Him.” To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness. From Twelve Steps and Twelve Traditions, Chapter on Step 3.

PROMISE THREE: “We will comprehend the word serenity.”

TRADITION 3- “The only requirement for A.A. membership is a desire to stop drinking.”

This Tradition is packed with meaning. For A.A. is really saying to every serious drinker, “You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you’ve gone, no matter how grave your emotional complications—even your crimes—we still can’t deny you A.A. We don’t want to keep you out. We aren’t a bit afraid you’ll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we’ve had. So you’re an A.A. member the minute you declare yourself.” To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn’t be relighted. Our unspoken, constant thought was “Which of us may be the next?”... Why did A.A. finally drop all its membership regulations? Why did we leave it to each newcomer to decide himself whether he was an alcoholic and whether he should join us? Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything? The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic’s full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery. As group after group saw these possibilities, they finally abandoned all membership regulations. One dramatic experience after another clinched this determination until it became our universal tradition. From Twelve Steps and Twelve Traditions, chapter on Tradition 3.

CONCEPT THREE — “To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.” • Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”? • Do we trust our trusted servants—G.S.R., D.C.M., area delegate, the Conference itself? (Reprinted from the General Service Office Service Material SM F-131)

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

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The Chair's Corner

Hello Everyone

Looking at tradition 7 contributions, 6 groups in the last 2 months have supported Intergroup, compared to 13 last yr, less than half. Just a little concerning, this downward trend can lead to what?

Last year we went with a half time secretary and a rent reduction of about \$700 per month by moving CO. Went from \$3500 to \$2500 and this has kept us above board, even keel. Budget is quarterly instead of full yr so we can make adjustments up or down, with those 3 months (quarterly). In 2023, we wrote \$3500 a month cheque even though we were not collecting anything close to that and we ended up broke with 0 money in our account in Sept 2023. Adjustments were made to rectify this in 2024.

We also had Welcome Group look into NA being invited to speak at the meeting for two weeks a month, because we seem to have trouble finding speakers for Al-anon. However, homework was done into looking for information on this and the AA guidelines state no affiliation is to be with NA and AA. This was voted out at the Feb 12th Intergroup meeting. Phone calls to GSO were also made, the answer was no.

We will still have Al-anon invited at Welcome Group, open meeting, run by AA with the invitation of Al-anon present, going on now close to 59 years.

April I will have the groups that made contributions to Intergroup.

Mike P, Intergroup Chair



Central Office Connection

Saskatoon Central Office provides vital resources to assist with our primary purpose —to carry the message to the alcoholic who still suffers. We are a sub committee of Saskatoon Intergroup. Central Office services would not be possible without 7th tradition contributions made to Intergroup.

- Central Office trustees continue to focus on carrying the message to the still suffering alcoholic through various avenues such as this newsletter, literature, the AA Saskatoon website, telephone answering services, bringing AA meetings to outside organizations (Calder Youth/Adult, Dube Center, Larson House detox and corrections facilities) along with public information presentations to outside organizations such as the College of Nursing. Thank you to everyone who volunteers their time to help keep these services afloat.
- At Central Office, we are now offer essential recovery books (Big Books and 12x12s) at discounted prices. For example, the Hard Cover/Soft Cover Big Books are now each \$20.
- Thanks to everyone who supported Central Office with literature purchases at the Round Up. In total, we had \$1,600 in sales which was a 33% improvement over 2024 sales.
- The last three months Central Office Traffic log, during regular office hours, is as follows:
—November 2024: 54 phone calls/visits.
—December 2024: 42 phone calls/visits.
—January 2025: 81 phone calls/visits.

All trustee positions are filled for 2025, except **Newsletter** trustee. We need someone to fill this position right away so that the newsletter continues to be published. We are always seeking trustee alternates and we have multiple trustees with 2-year terms that finish at the end of 2025.

To learn more, please reach out to the Central Office Chair – Kieran
via cell: 306-222-3428 or
email: kieran.lewko@outlook.com



Service Meetings**Central Office Meeting:****Monday, March 10, 2025****Central Office, #5, 1006 8th Street East****6:30 pm****Intergroup Meeting:****Wednesday, March 12, 2025****Travelodge Hotel****6:30 pm****Round Up Committee Meeting:****Wednesday, March 5, 2025****Travelodge Hotel****6:30 PM****Newsletter Submission Deadline:****20th 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!
aaskatoon@sasktel.net or 306-665-6727**GSR Meetings****District 8: 1st Wednesday****March 5, 2025****Downtown Meeting Room****7:00 PM****District 19: 2nd Wednesday****March 12, 2025 at 7:00pm****Mayfair United Church**

Contributions can be made to:

saskatoondistrict19@gmail.com

District 20: Last Sunday of the month**March 30, 2025 at 6:30pm****Zoom Meeting****Zoom ID 862 3760 9104**

Contributions can be made to:

treasurer.district20@gmail.com

District 21: 3rd Wednesday**March 19, 2025 at 6:45pm****St. Stephen's Anglican Church****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

HEALING GROUP

Gene F. March 3, 2015 10 years
Celebration Day March 30, 2025

KLEEN AAIR

Meagan D. March 12, 2024 1 year
Jim S. February 14, 1993 32 years
Rosanna G. February 27, 1992 33 years

NORTHERNERS

Skip W. March 29, 1985 40 years
Cake Day March 26, 2025

TOON TOWN

Marie Junia March 14, 2004 21 years

DUNDONALD

Wilf B. March 7, 2005 20 years
Al K. March, 2008 17 years
Jenn A. March 27, 2019 6 years
Cake Day March 25, 2025

MARTENSVILLE

Tim T. March 21, 2024 1 year
Craig J. March 15, 1989 36 years



Send your group milestones
to

aasaskatoon@sasktel.net

For announcements in the
APRIL newsletter,
please have submissions in by
March 20, 2025 .

I would like to take this opportunity to express my gratitude for having being able to serve as the Newsletter Trustee for the last 2 years (and a bit!!).

I have been so fortunate to have met so many wonderful people during my term. I have learned so much and I am grateful for the opportunity.

I appreciate everyone's patience with the errors that I have made! At least I knew people were reading the newsletter!!!!

In service,
Cheryl K.

INSTITUTIONS CHAIRING SCHEDULE, 2025:

	LARSON HOUSE		CALDER CENTRE		DUBE CENTRE	WELLNESS CENTRE	Carterhouse Treatment 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)	1 st & 3 rd Mondays of each month. 7:00 PM	1 st & 3 rd Thursday of the month 7:00 PM	Thursdays @ 8:00 PM
January	Jan 6 th & 27 th : Colin Jan 13 th & 20 th : Serenity Group	Tea Room Group	Women of Will	Been There, Done That Group	Jan 6/25: Sandy & Kevin (2 nd Floor) Jan 20/25: Sheila & Colin D. (Main Floor)		
February	Dundonald Group	Serenity Group	KISS Group	Colin D.	Feb 3/25: Colin D. & Rodger (2 nd floor) Feb 17/24: Marina & Sheila (Main Floor)		
March	Serenity Group	Healing Group	Westside Group	Healing Group	Mar 3 rd (2 nd Floor) Colin D, Sandy G. Mar 17 th (Main floor) Colin D., Rodger	Mar 6 th & 20 th : Susan S. & Sheila U.	
April	Upon Awakening Group	Upon Awakening Group	Mustard Seed	Apr 4 th & 11 th : Belle M.	Apr 7 th : (2 nd Floor): August M & Sheila U. April 21 st : (Main Floor): August M & Sheila U.	April 3 rd & 17 th : Sonya & Roger	
May					May 5 th : (2 nd Floor): Sandy G., Danielle L. May 19th: (Main floor)	May 1 st & 15 th : Colin D.	
June			Northerners Group		Jun 9 th : (2 nd Floor): Sandy G., Danielle L. Jun 23rd: (Main floor)		
July	Shamrock Group		Sutherland Group				
August	Roger	Roger	Tea Rm. Gr.				
September	Sutherland Group		Mustard Seed Group				
October	Attitude Adjustment Group	Attitude Adjustment Group	Upon Awakening Group				
November	Rolling Stones Group	KISS Group					
December	Floral Group	Floral Group	Friday Night Men's Stag				

Contact: Sheila U. (Institutions Trustee) @ shuurzada@gmail.com or 306-713-9810

Annual Commitment	2025 only	Open Opportunity
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An optimist sees a partly filled glass and says it's half full.

A pessimist sees a partly filled glass and says it's half empty.

An alcoholic sees a partly filled glass and says, "Hey, were you going to finish that?"

So, this Irishman walks out of a bar.....No, really, it can happen!!



What's Irish and sits out in the yard?

Paddy O'Furniture



**Give back what has
been so
freely given to you**

**A New Year's Resolution?
Your help is desperately needed -
Volunteer in Corrections and R.P.C**

For more information contact:
Call, text or email Brian B – (306) 220 0025
bbauche@shaw.ca
Or Matt D. (306) 251-0242
Mattdonlevy@gmail.com

Third Step Prayer Pg. 63 -

“God, I offer myself to Thee -
to build with me and do with
me as Thou wilt. Relieve me
of the bondage of self, that I
may better do Thy will. Take
away my difficulties, that vic-
tory over them may bear wit-
ness to those I would help of
Thy Power, Thy Love and Thy
Way of Life. May I do Thy will
always!”

WELCOME GROUP, 2025

	WELCOME GROUP Sat. @ 7:30 PM Louise Ave. Congregational Church
January	Martensville Group
February	
March	Attitude Adjustment Group
April	
May	K.I.S.S. Group
June	
July	July 19 th only
August	August 16 th only
September	Been There, Done That Group
October	
November	
December	Yours, Mine & Ours Group

LEGEND

Yellow: Annual
Commitment

Pink: 2024 Only

Green: Open
Opportunity

Area 91
2025
Spring Assembly

March 21st, 22nd & 23rd
Western Development Museum
2610 Lorne Avenue
Saskatoon, SK

Registration - \$30.00
Meal package (lunch & supper - Sat only) - \$70.00
Coffee provided- 7th Tradition
Snacks available for purchase
** Free entry into 1910 Boomtown Museum



Any billeting, reservation inquiries and
etransfers can be sent to:
saskatoondistrict19@gmail.com

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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

Delegate's Report

My name is Alison GT and I'm an alcoholic. My sobriety date is June 15, 2003, and my home group is Tuesday Night Discussion in Moose Jaw. I am honoured to have the privilege to serve as your Delegate for the next two years. I am excited to travel to every corner of our beautiful province delivering reports, meet all of you, listen to your concerns and celebrate together the miracle of Alcoholics Anonymous.

I would like to thank our past Delegate Lori R for her support, encouragement, and inspiration. We are so blessed in Area 91 to have an incredible line-up of past Delegates with a wealth of wisdom and experience to draw on for support and advice. I would also like to congratulate all newly elected trusted servants in Area 91 for putting their names forward and embracing the service side of our recovery triangle. Together, let's make the next two years productive, rewarding and fun.

I am retired from a rewarding 37-year career as a Physiotherapist. In my spare time, when not doing AA service work, I like dogs, swimming, yoga, playing piano, writing, and singing. My husband Laurie and I have a trailer, and we love camping. Maybe some Delegate's reports can be combined with a camping trip!

Please email me at area91alisongt@gmail.com with any questions or concerns and to book a date for our get together. I look forward to hearing from you!

Happy New Year everyone and best wishes for a wonderful 2025, one day at a time.

Yours in love and service,

Alison GT

INTERGROUP and CENTRAL OFFICE COMMITTEES***INTERGROUP***

NAME	POSITION	PHONE	EMAIL	TERM
Mike P.	Chair	306-261-0201	mrpiche62@gmail.com	Jan 2024—Dec 2025
	Alternate chair			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	306-716-5176	yxeChris@hotmail.com	Jan 2024—Dec 2025
Whitney G.	Social Committee Alternate Chair	306-314-4512	greenleafwhitney@gmail.com	Jan 2024—Dec 2025
	Welcome Group Trustee			
Melissa V.	Roundup Chair	639-916-0942	melissaflvermette@gmail.com	Mar 2025—Mar 2026

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.	Secretary	306-230-2497	klassenc@sasktel.net	Jan 2024—Dec 2025
	Newsletter			Jan 2025—Dec 2026
Brian B.	Literature	306-220-0025	bbauche@shaw.ca	Jan 2024—Dec 2025
Barry S.	PI/CPC	306-241-6800	stuart.commercial@hushmail.com	Jan 2025 — Dec 2026
Matt D.	Corrections	306-251-0242	mattdonlevy@gmail.com	Jan 2024 — Dec 2025
Sheila U.	Institutions	306-713-9810	shuurzada@gmail.com	Jan 2025—Dec 2026
Cathy H.	Web Servant	306-830-5182	cthanch@mail.com	Jan 2025—Dec 2026
Trent H.	Telephone Answering Service	306-222-0041	trentheidt777@gmail.com	Jan 2025—Dec 2026

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