



# 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, call Central Office)

### Step 4 “Made a searching and fearless moral inventory of ourselves.”

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given. Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities. Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

*From Twelve Steps and Twelve Traditions, Chapter on Step 4.*

### 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 saw 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.” From Twelve Steps and Twelve Traditions, chapter on Tradition 4.

**CONCEPT FOUR** — At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge. (General Service Office Service Material)

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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## Newsletter Editorial Committee

In March we re-established a Newsletter Editorial Committee. The function of the committee is to review a draft of this newsletter prior to distribution. The review will focus on preventing typing errors, inappropriate/controversial content and adherence to our non-negotiable traditions.

This review will be done over a few days following the submission deadline. To this end, I want to take this opportunity to politely **ask that you please respect our submission deadline of the 20th of the month.** This is very important to ensuring that important information is included and nothing gets left out. If submissions are received after the submission deadline they may not get included in the Newsletter for the following month.

Feel free to contact the Newsletter Trustee if you have any comments or questions.

Doug H., 306 291-8647, [doug.s.humphreys@gmail.com](mailto:doug.s.humphreys@gmail.com)

## A Snippet From AA Literature

Some A.A. members must take prescribed medication for serious medical problems. However, it is generally accepted that the misuse of prescription medication and other drugs can threaten the achievement and maintenance of sobriety. It may be possible to minimize the threat of relapse if the following suggestions are heeded:

- No A.A. member should “play doctor”; all medical advice and treatment should come from a qualified physician.
- Active participation in the A.A. program of recovery is a major safeguard against alcoholic relapse.
- Be completely honest with your doctor and yourself about the way you take your medicine. Let your doctor know if you skip doses or take more medicine than prescribed.
- Explain to your doctor that you no longer drink alcohol and you are trying a new way of life in recovery.
- Let your doctor know at once if you have a desire to take more medicine or if you have side effects that make you feel worse.
- Be sensitive to warnings about changes in your behavior when you start a new medication or when your dose is changed.
- If you feel that your doctor does not understand your problems, consider making an appointment with a physician who has experience in the treatment of alcoholism.
- Give your doctor copies of this pamphlet.

(Excerpt from Pamphlet: The A.A. Member— Medications & Other Drugs, pg 4)

## 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. Central Office services would not be possible without 7th tradition contributions made to Intergroup.

I would like to express gratitude to our office secretary, Celine, who has been a part of Central Office for over 6 years!

- 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 (TAS), bringing AA meetings to outside organizations (Institutions and Corrections) along with public information presentations to outside organizations. 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 \$20 each.
- Thanks to the Round Up literature sale, 16 pieces of AA literature were donated to Saskatoon Corrections facilities and 17 pieces were donated to Saskatoon Institutions facilities.
- We are very excited to now have reoccurring AA Institutions meetings in Carter House and the Saskatoon Tribal Council (STC) Wellness Center.
- We recently had a public information AA presentation completed at the College of Emmanuel & St. Chad.
- Corrections meetings continue to take place at Saskatoon corrections facilities.
- The last three months Central Office Traffic log, during regular office hours, is as follows:
  - December 2024: 42 phone calls/visits.
  - January 2025: 81 phone calls/visits.
  - February 2025: 34 phone calls/visits.
  - Going forward we will begin to also monitor email communications traffic to get a better overall sense of Central Office traffic.
- Telephone Answering Services provides 24/7 support for the still suffering alcoholic. In February TAS received 31 calls.
- The newsletter will now involve a content editorial review committee, as per the Intergroup Saskatoon Service Handbook suggestion.

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](mailto:kieran.lewko@outlook.com)**

Service Meetings**Central Office Meeting:****Monday, April 7, 2025****Central Office, #5, 1006 8th Street East**

6:30 pm

**Intergroup Meeting:****Wednesday, April 9, 2025****Travelodge Hotel**

6:30 pm

**Round Up Committee Meeting:****Wednesday, April 2, 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!  
aasaskatoon@sasktel.net or 306-665-6727GSR Meetings**District 8: 1st Wednesday****April 2, 2025****NEW LOCATION****Cheese Toast Family Restaurant****2410 22nd St. W.**

7:00 PM

**District 19: 2nd Wednesday****April 9, 2025 at 7:00pm****Mayfair United Church**

Contributions can be made to:

saskatoondistrict19@gmail.com

**District 20: Last Sunday of the month****April 27, 2025 at 6:30pm****Zoom Meeting****Zoom ID 862 3760 9104**

Contributions can be made to:

treasurer.district20@gmail.com

**District 21: 3rd Wednesday****April 16, 2025 at 6:45pm****St. Stephen's Anglican Church****ON SPONSORSHIP**What is Sponsorship?

Alcoholics Anonymous began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: "You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!" He found Dr. Bob, who had been trying desperately and unsuccessfully to stop drinking, and out of their common need A.A. was born. The word "sponsor" was not used then; the Twelve Steps had not been written; but Bill carried the message to Dr. Bob, who in turn safeguarded his own sobriety by sponsoring countless other alcoholics. Through sharing, both of our co-founders discovered, their own sober lives could be enriched beyond measure. (Questions & Answers on Sponsorship, pg 7)

**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

## SHAMROCK GROUP

Joanne S	April 11	10 years
John S	April 25	32 years

## GRACE AND GRATITUDE

Denise H.	April 16, 1990	35 years
Birthday	Zoom Meeting	Monday April 28th

## ROLLING STONES

Chelsea D.	April 19, 2022	3 years
Cake Day	April 26, 2025	

## TOON TOWN

Sharon A.	April 1, 1990	35 years
Kristen S.	April 14, 2017	8 years
Kathleen H.	April 19, 2020	5 years

## NORTHERNER'S GROUP

Kevin C.	April 2, 1999	26 years
Cake Day	April 30th	



Hi

I would like to take this opportunity to introduce myself as the new Newsletter Trustee.

I look forward to doing my part to provide you with this newsletter over the next couple of years. I am honored and grateful for this opportunity.

This is my first newsletter and an important milestone in my recovery. I look forward to working with others as we trudge the road of happy destiny.

In service,

Doug H.

**Send your group milestones**

to

[aaskatoon@sasktel.net](mailto:aaskatoon@sasktel.net)

Or the Newsletter Trustee

Doug H. at

[doug.s.humphreys@gmail.com](mailto:doug.s.humphreys@gmail.com)

**For announcements please submit by the 20th of the month for entry into the next month's Newsletter.**

**INSTITUTIONS CHAIRING SCHEDULE, 2025:**

	LARSON HOUSE		CALDER CENTRE		DUBE CENTRE	STC WELLNESS CENTRE	Carter House Treatment Centre
	Mon. @ 8:00 PM	Fri. @ 8:00 PM	Adult Tues. @ 8:00 PM	Youth Fri. @ 8:00 PM (except last Fri. of es. month)	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays of each month. 7:00 PM	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of the month 7:00 PM	Thursdays @ 8:00 PM
January	Jan 6 <sup>th</sup> & 27 <sup>th</sup> : Colin Jan 13 <sup>th</sup> & 20 <sup>th</sup> : Serenity Group	Tea Room Group	Women of Will	Been There, Done That Group	Jan 6/25: Sandy & Kevin (2 <sup>nd</sup> 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 <sup>nd</sup> floor) Feb 17/24: Marina & Sheila (Main Floor)		
March	Serenity Group	Mar 7 <sup>th</sup> : Healing Group Mar 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> : Mike S	Westside Group	Healing Group	Mar 3 <sup>rd</sup> (2 <sup>nd</sup> Floor) Colin D, Sandy G. Mar 17 <sup>th</sup> (Main floor) Colin D., Rodger	Mar 6 <sup>th</sup> & 20 <sup>th</sup> : Susan S. & Sheila U.	Mar 6 <sup>th</sup> , Chris R & Kevin C Mar 13 <sup>th</sup> : Howard & Sheila Mar 20 <sup>th</sup> : Kevin C. & Judy M. Mar 27 <sup>th</sup> : Emily M. & Sheila U.
April	Upon Awakening Group	Upon Awakening Group	Mustard Seed	Apr 4 <sup>th</sup> & 11 <sup>th</sup> : Belle M. Apr. 18 <sup>th</sup> : Dawn D & Justice N.	Apr 7 <sup>th</sup> : (2 <sup>nd</sup> Floor): August M & Sheila U. Apr 21 <sup>st</sup> : (Main Floor): August M & Sheila U.	Apr 3 <sup>rd</sup> & 17 <sup>th</sup> : Sonya & Roger	Apr 3 <sup>rd</sup> & 10 <sup>th</sup> : Apr 17 <sup>th</sup> & 24 <sup>th</sup> : Howard R.
May					May 5 <sup>th</sup> : (2 <sup>nd</sup> Floor): Sandy G., Danielle L May 19 <sup>th</sup> : (Main floor)	May 1 <sup>st</sup> & 15 <sup>th</sup> : Colin D.	May 1 <sup>st</sup> & 8 <sup>th</sup> : Belle May 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> :
June			Northerners Group		Jun 9 <sup>th</sup> : (2 <sup>nd</sup> Floor): Sandy G., Danielle L. Jun 23 <sup>rd</sup> : (Main floor)	June 5 <sup>th</sup> & 19 <sup>th</sup> : Daria D.	
July	Shamrock Group		Sutherland Group		July 7 <sup>th</sup> : Sandy G. July 21 <sup>st</sup> :		
August	Roger	Roger	Tea Rm. Gr.		Aug. 4 <sup>th</sup> : Sandy G. Aug 18 <sup>th</sup> :		
September	Sutherland Group		Mustard Seed Group		Sept 1 <sup>st</sup> : Sandy G Sept 15 <sup>th</sup> :		
October	Attitude Adjustment Group	Attitude Adjustment Group	Upon Awakening Group		Oct. 6 <sup>th</sup> : Sandy G. Oct 20 <sup>th</sup> :		
November	Rolling Stones Group	KISS Group			Nov 3 <sup>rd</sup> : Sandy G. Nov 17 <sup>th</sup> :		
December	Floral Group	Floral Group	Friday Night Men's Stag		Dec 1 <sup>st</sup> : Sandy G Dec 15 <sup>th</sup> :		

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

Annual Commitment	2025 only	Open Opportunity
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A son says to his dad " hey dad, what is an alcoholic"

The dad puts his arm around his son and says "well son, you see those four trees over there, an alcoholic would see eight trees"

And the son says "but dad, there are only two trees there"

Math Teacher: "If I have 5 bottles in one hand and 6 in the other hand, what do I have?"

Student: "A drinking problem."

My girlfriend told me that there is no such thing as problems, only opportunities.

I thought.... that's great. Well I have a serious drinking opportunity.



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

**Fourth Step Prayer  
RESENTMENT  
Big Book Pg. 67**

“We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, ‘This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.’”

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 <sup>th</sup> only
August	August 16 <sup>th</sup> only
September	Been There, Done That Group
October	
November	
December	Yours, Mine & Ours Group

LEGEND	Yellow: Annual Commitment	Pink: 2024 Only	Green: Open Opportunity
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## HAPPENINGS

### Battleford 62nd AA Roundup

With AL\_ANON Participation

“Acceptance is the Answer to My Life”

April 25th and 26th, 2025, Sharon  
School, North Battleford

For more information, contact Kelly C @ 306 441-8085 or  
Adria B @ 639 384-8530

### Vibank 34th Annual AA Roundup (in Francis)

With AL-ANON Participation

“Serenity After the Storm”

Saturday, April 5, 2025 11:30 am - 10:00 pm

Francis Community Hall, Francis SK.

Contact: Tom K 306 535-2447, Don A 306 781-7428  
vibankroundup@gmail.com

**New meeting location** for the **Kleen AAir Group** is at Mount Royal Emmanuel Church  
521 Vancouver Ave, Wednesdays 7:00, Effective April 2, 2025

### **New Group** (starting April 6th)

#### **Offbeat Path**

Grace Westminster Church, 505 10th Street East  
Sundays @ 7 pm

### **New Group**

#### **The Fellowship Café**

Thursdays @ 12:12 PM, Rear Meeting Room @ Cohen's Restau-  
rant—101-20 th Street West (Corner of 20 th St. & Idylwyld  
Dr.) This meeting is closed & accessible. Be there by  
noon to order lunch

## SERVICE OPPORTUNITIES

### **Archives Committee**

We are still in need of help in sorting our materials. If 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

### **The Institutions Committee**

is looking  
for people to chair various meetings in  
April, May & June 2025.

If you are or your group is able to help out  
for all or part of the month, please contact

Sheila U. @306-713-9810 or  
shuurzada@gmail.com

### **The Intergroup Social Committee**

Is looking for volunteers to  
fill the following positions:  
Secretary & Co-Chair.

If you are able to help out,  
please

contact Whitney @ her email  
address:  
greenleafwhitney@gmail.com.

### **Carter House**

We need volunteers to chair AA  
meetings on Thursdays at 8 pm

For information about Carter  
House and/or volunteer contact:

Sheila U  
Institutions Trustee  
306 713 9810

### **Wellness Centre**

The Saskatoon Tribal Council runs  
It - located at 415 Fairmont Drive.

AA meetings held at 7 pm the 1st  
and 3rd Thursday of each month

We need people to chair the meet-  
ings. If you are interested, please  
contact

Sheila U  
Institutions Trustee  
306 713 9810 shuurzada@gmail.com

**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	melissafilvermette@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
Doug H.	Newsletter	306-291-8647	doug.s.humphreys@gmail.com	Mar 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**