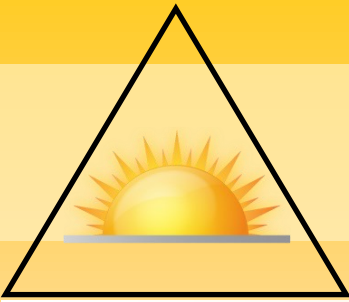




SUNRISE

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 5 “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

ALL OF A.A.'s Twelve Steps ask us to go contrary to our natural desires . . . they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one. A.A. experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them. So intense, though, is our fear and reluctance to do this, that many A.A.'s at first try to bypass Step Five. We search for an easier way—which usually consists of the general and fairly painless admission that when drinking we were sometimes bad actors. Then, for good measure, we add dramatic descriptions of that part of our drinking behavior which our friends probably know about anyhow.

But of the things which really bother and burn us, we say nothing. Certain distressing or humiliating memories, we tell ourselves, ought not be shared with anyone. These will remain our secret. Not a soul must ever know. We hope they'll go to the grave with us.

Yet if A.A.'s experience means anything at all, this is not only unwise, but is actually a perilous resolve. Few muddled attitudes have caused us more trouble than holding back on Step Five.

From Twelve Steps and Twelve Traditions, chapter on Step 5.

Tradition 5 “Each group has but one primary purpose—to carry the message to the alcoholic who still suffers.”

... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery, any doctor would set his other ambitions aside, at whatever personal cost.

From Twelve Steps and Twelve Traditions, chapter on Tradition 5.

CONCEPT FIVE — Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

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

Snippets From AA Literature

The description of Alcoholics Anonymous as “a spiritual program” has been confusion to some newcomers, many of whom tend to translate “spiritual” as “religious.” But as our cofounder Doctor Bob said (in an A.A. Grapevine article), “We are not bound by theological doctrine....We are many minds in our organization.”

From Came to Believe, Foreward

A new outlook on life

There was a time when many of us believed that alcohol was the only thing that made life bearable. We could not even dream of a life without drinking. Today, through the A.A. program, we do not feel that we have been deprived of anything. Rather, we have been freed and find that a new dimension has been added to our lives. We have new friends, new horizons, and new attitudes. After years of despair and frustration, many of us feel that we have really begun to live for the first time. We enjoy sharing that new life with anyone who is still suffering from alcoholism, as we once suffered, and who seeks a way out of the darkness and into the light. Alcoholism is one of North America's greatest health problems. It has been estimated that millions of people continue to suffer, perhaps unnecessarily, from this progressive illness. As members of A.A. we welcome the opportunity to share our experience in arresting this illness with anyone who seeks help. We appreciate that nothing we can say will have any real meaning until the alcoholic personally is ready to admit as we once did, “Alcohol is destroying me, and I want help.”

(Excerpt from Pamphlet: This is A.A. — An Introduction to the A.A. Recovery Program, pgs 16-17)

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, 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.

We are very excited to now have reoccurring AA Institutions meetings in Carter House and the Saskatoon Tribal Council (STC) Wellness Center.

We have two AA presentation planned for the Nursing College in May/June.

Corrections meetings continue to take place at Saskatoon corrections facilities. The first meeting at the Women's Reintegration Unit took place April 1.

March Central Office Traffic Report: 23 phone calls, 18 visits and 52 email communications. Total of 93 interactions.

Telephone Answering Services (TAS) provides 24/7 support for the still suffering alcoholic. In March, TAS received 1 call per day.

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

Additionally, please reach out to Central Office, 306-665-6727, if you have any questions.

Next meeting:

Monday, May 12, 2025

at 6:30pm at Central Office

(#5, 1006 8th Street East).

Service Meetings**Central Office Meeting:****Monday, May 12, 2025****Central Office, #5, 1006 8th Street East****6:30 pm****Intergroup Meeting:****2nd Wednesday, May 14, 2025****Travelodge Hotel****6:30 pm****Round Up Committee Meeting:****1st Wednesday, May 7, 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****May 7, 2025****NEW LOCATION****Cheese Toast Family Restaurant****2410 22nd St. W.****7:00 PM****District 19: 2nd Wednesday****May 14, 2025 at 7:00pm****Mayfair United Church**

Contributions can be made to:

saskatoondistrict19@gmail.com

District 20: Last Sunday of the month**May 25, 2025 at 6:30pm****Zoom Meeting****Zoom ID 862 3760 9104**

Contributions can be made to:

treasurer.district20@gmail.com

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

How does sponsorship help the newcomer? It assures the newcomer that there is at least one person who understands the situation fully and cares – one person to turn to without embarrassment when doubts, questions or problems linked to alcoholism arise. Sponsorship gives the newcomer an understanding, sympathetic friend when one is needed most. Sponsorship also provides the bridge enabling the new person to meet other alcoholics – in a home group and in other groups visited.

(Questions & Answers on Sponsorship, pg 9)

**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

Larry B. April 21, 1971 54 years
 Deb E. May 1, 1987 38 years
 Doug B May 1, 2015 10 years

FRESH AIR GROUP

Philip P. 6 years
 Tim T. 5 years
 Jesse D. 5 years
 Celebration May 28 @ 7pm

HEALING GROUP

Patricia P. May 16, 1980 45 years
 Celebration on Last Sunday of May May 25th

K.I.S.S. GROUP

Karen B. May 24, 1989 36 Years
 Celebrations last Monday of the Month (May 26th)

TOON TOWN

Peggy F May 26, 1989 36 years



Send your group milestones
to

aasaskatoon@sasktel.net

Or the Newsletter Trustee

Doug H. at
doug.s.humphreys@gmail.com

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

THANK-YOU

Hi. I hope you are all doing well. I want to take this opportunity to thank those who assisted and supported the successful issuing of the APRIL 2025 edition of this newsletter. The APRIL edition was my first one as Newsletter Trustee and it went very well.

Specifically, I would like to thank Cheryl K., Kieran L., Celine, Editorial Committee, Central Office Committee, My Sponsor and everyone else who provided submissions on time.

In service,
 Doug H.
 Newsletter Trustee

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 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 @ 7:00 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	Mar 7 th : Healing Group Mar 14 th , 21 st & 28 th : Mike S	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.	Mar 6 th : Chris R & Kevin C. Mar 13 th : Howard & Sheila Mar 20 th : Kevin C. & Judy M. Mar 27 th : Lori R & Vance J.
April	Upon Awakening Group	Upon Awakening Group	Mustard Seed	Apr 4 th & 11 th : Belle M. Apr. 18 th : Dawn D & Justice N.	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	Apr 3 rd : Colin D. Apr. 10 th : Kevin C. & Natasha Apr 17 th & 24 th : Howard R.
May		Mike S			May 5 th : (2 nd Floor): Sandy G., Danielle L. May 19 th : (Main floor): Roger	May 1 st & 15 th : Colin D.	May 1 st & 8 th : Belle May 15 th : Chris R. May 22 nd : Colin D. May 29 th : Emily M & Sheila U.
June		Serenity Group	Northerners Group		Jun 9 th : (2 nd floor): Sandy G., Danielle L. Jun 23 rd : (Main floor): Roger	June 5 th & 19 th : Darla D.	June 5 th : June 12 th : June 19 th : June 26 th : Chris R
July	Shamrock Group		Sutherland Group		July 7 th : Sandy G. July 21 st :	July 3 rd : Emily M. & Sheila U.	Tea Room Group
August	Roger	Roger	Tea Rm. Gr.		Aug. 4 th : Sandy G. Aug 18 th :		Aug 7 th : Aug 14 th : Aug 21 st : Aug 28 th : Chris R.
September	Sutherland Group		Mustard Seed Group		Sept 1 st : Sandy G. Sept 15 th :		Sept 4 th : Sept 11 th : Sept 18 th : Sept 25 th : Chris R.
October	Attitude Adjustment Group	Attitude Adjustment Group	Upon Awakening Group		Oct. 6 th : Sandy G. Oct 20 th :		Oct 2 nd : Oct 9 th : Oct 16 th : Oct 23 rd : Chris R. Oct 30 th :
November	Rolling Stones Group	KISS Group			Nov 3 rd : Sandy G. Nov 17 th :		Nov 6 th : Nov 13 th : Nov 20 th : Nov 27 th : Chris R.
December	Floral Group	Floral Group	Friday Night Men's Stag		Dec 1 st : Sandy G. Dec 15 th :		Dec 4 th : Dec 11 th : Dec 18 th : Dec 25 th : Chris R

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

Annual Commitment 2025 only Open Opportunity



A weasel walks into a bar. The bartender says, "Wow, I've never served a weasel before. What can I get you?"

"Pop," goes the weasel.

A blind man walks into a bar. And a table. And a door. And a staircase.

It takes me five minutes to walk to the local pub and 25 mins to walk back from it

The difference is staggering



**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**

Fifth Step Prayers From the Big Book Page 75

“We thank God from the bottom of our heart
that we know Him better.”

“we ask if we have omitted anything”

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

Green: Open
Opportunity

HAPPENINGS

FRIDAY NIGHT MENS STAG 9th ANNUAL BBQ

When: Friday July 11th, 2025 at 7 PM
Where: 812 Preston Ave.

Cost: 7th Tradition

BBQ will include Burgers, Hotdogs, Salad, Pop
and Coffee.

Just bring yourself and your mind will follow.
OPEN SPEAKER MEETING AT 8 PM

BIG BOOK IN UKRAINIAN

We hope to be receiving some copies of our Big Book in Ukrainian. The plan is they will be available, for free, at Central Office in June. Feel free to contact me if you are interested.

Doug H., Newsletter Trustee
doug.s.humphreys@gmail.com

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

New Group 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 Restaurant—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

Volunteer Opportunities Are Available!!!

The Institutions Committee is looking for individuals or groups to chair Calder Adult & Youth Calder in the month of May.

If you are interested, please contact

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

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 meetings. 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	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
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