



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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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.

From Twelve Steps and Twelve Traditions, chapter on Step 9.

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.

From Twelve Steps and Twelve Traditions, chapter on Tradition 9.

CONCEPT NINE

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

(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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Snippets From AA Literature

For many years, alcoholism has been recognized as a highly prevalent and disabling health problem, one that affects far more than just the alcoholic alone. Family, friends and others are hurt by its effects — in the home, on the job, on our highways and roads. Alcoholism costs lives, as well as costing communities millions of dollars. So, whether or not you ever become an alcoholic yourself, alcoholism can still have a devastating impact on your life. We in A.A. have learned a great deal about alcoholism — how to identify and arrest it, and how to live a life in recovery. But so far, no one has discovered a way to prevent it; it is still unknown just why some drinkers turn into alcoholics and others do not. Many doctors and scientists in the field have studied this question but have not been able to determine a definitive cause (or causes) of alcoholism. For that reason, we in A.A. concentrate on helping those who are already alcoholics, those who may have a desire to stop drinking, so that they can begin to recover and to learn how to live a normal, happy life without alcohol.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous , Pg 5)

Personal anonymity

Q. Is it okay to tell someone if I witness or experience inappropriate behavior that happens either during or outside meeting times? Can I alert the proper authorities if there is criminal behavior?

A. Groups strive to provide as safe an environment as possible in which members can focus on sobriety, and, while anonymity is central to that purpose, it is not intended to be a cloak protecting inappropriate or criminal behavior. Saying something about inappropriate behavior or calling the proper authorities does not go against any A.A. Traditions and is meant to preserve the safety of all members.

(Excerpt from Pamphlet: Understanding Anonymity, Pgs. 9/10)

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.

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 Central Office Committee meeting:

Monday, September 8, 2025

at 6:30pm at Central Office

(#5, 1006 8th Street East).

'Rules' Dangerous but Unity Vital

September 1945

Does Alcoholics Anonymous have a public relations policy? Is it adequate to meet our present and future needs? Though it has never been definitely formulated or precisely stated, we certainly have a partly formed public relations policy. Like everything else in AA, it has grown up out of trial and error. Nobody invented it. Nobody has ever laid down a set of rules or regulations to cover it, and I hope no one ever will. This is because rules and regulations seem to be little good for us. They seldom work well.

The Language of the Heart, p. 6

Service Meetings**Central Office Meeting:****2nd Monday, Sept. 8, 2025****Central Office, #5, 1006 8th Street East
6:30 pm****Intergroup Meeting:****2nd Wednesday, Sept. 10, 2025****Travelodge Hotel, 106 Circle Dr.
6:30 pm****Round Up Committee Meeting:****1st Wednesday, Sept. 3, 2025****Travelodge Hotel, 106 Circle Dr.
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 306-665-6727**District Meetings****District 8: 1st Wednesday****Sept. 3, 2025****Cheese Toast Family Restaurant****2410 22nd St. W. @ 7:00 PM**Contributions can be made to:
districtaa477@gmail.com**District 19: 2nd Wednesday****Sept. 10, 2025 at 7:00pm****Mayfair United Church, 902 33rd St. W.**Contributions can be made to:
saskatoondistrict19@gmail.com**District 20: Last Sunday of the month****Sept. 28, 2025 at 6:00pm****(NEW TIME) Zoom Meeting****Zoom ID 862 3760 9104**Contributions can be made to:
treasurer.district20@gmail.com**District 21: 3rd Wednesday****Sept. 17, 2025 at 6:45pm****St. Stephen's Anglican Church,
10 Grosvenor Cres.****ON SPONSORSHIP****Is there any one best way of sponsoring a newcomer?**

The answer is no. All members are free to approach sponsorship as their own individual experiences and personalities may suggest. Some sponsors adopt a more or less brusque, "Take it or leave it" approach in dealing with newcomers. Others exhibit extreme patience and great personal interest in the people they sponsor. Still others are somewhat casual, content to let the new person take the initiative in asking questions or seeking help in special situations. Each approach is sometimes successful and sometimes fails. The sponsor has to decide which to try in a particular case. The experienced sponsor recognizes the importance of flexibility in working with newcomers, does not rely on a single approach, and may try a number of different approaches with the same person.

(Excerpt from Pamphlet: Questions & Answers on Sponsorship, pg 15)

**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

MARTENSVILLE

Jacqui B. Sep 10/12 13 years
Trent W. Sep 15/88 37 years

FLORAL GROUP

Mike R. Sep 27 5 years
Paul G. Sep 15 14 years
Barry C. Sep 21 31 years
Cake Tues Sep 30th, meeting at 7:30

ROLLING STONES GROUP

Michael W. Sep 16/98 27 years
Ken G. Sep 16/98 27 years
CAKE on Sep 27th

SHAMROCK GROUP

Rick P. Sep Sep 14/14 11 years
Randy T. Sep 5/05 20 years
Nick A. Sep 13/92 33 years
Ernie D. Sep 15/05 20 years
Doug C. Sep 16/05 20 years

KLEEN AAIR

Patrick M. Sep 3, 2023
Linda G. Sep 8, 1990

K.I.S.S. GROUP

Cheryl K. Sep 12/20 5 years
CAKE on Sep 29th

WELCOME GROUP

Speaker Meeting
Louise Ave. Congressional Church, 1602 Louise Ave.
Saturdays 7:30pm-8:30pm

Contact Info
Trustee Kevin C.
Ph:306-220-6436
Email: Lukenuke26@hotmail.com

Welcome Group Update

As we come to a close of summer and a return to school I am happy to announce that Welcome Group was a success. We had a meeting every Saturday of July and August with attendance at about 30 people. Welcome Group covered all of its expenses through tradition 7. This could not have happened without support from the fellowship. I will continue trying to increase participation, perhaps not to the attendance of previous years but growing. I welcome any interest in hosting Welcome Group or speaking in the following months. This venue has started many of our members on the road to recovery. The speakers from AA and Al-anon share "what it was like, what happened and what it's like now"

I would like to thank all of the groups that have helped Welcome Group run smoothly throughout the year. Special thanks to all the AA and Al-Anon speakers that have given freely of their time over the summer months. I know there were a few that gave up a weekend at the lake to help make sure Welcoming Group stayed open throughout the summer. Thank you for your service.

Thanks to Celine from Central Office for always having posters made in a timely matter and putting up with my disorganization and frequent last minute changes. And lastly a big thank you to Chris R for her patience and time helping me learn the ropes. Chris has been invaluable, and I am very grateful for all her help. She has taught me so much.

Just a reminder that Welcome Group is open to anybody that wishes to attend. Come and enjoy an evening of fellowship every Saturday at 7:30 PM. Remember the coffee is always on.

Send your group milestones to
aasaskatoon@sasktel.net
Or the Newsletter Trustee

Doug H. at
doug91074@gmail.com

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

1602 Louise Ave. Congressional Church
Your trusted servant
Kevin C

SAVE THE DATE

59th ANNUAL SASKATOON & AREA AA INTERGROUP ROUND UP with AL-ANON PARTICIPATION

UNITY THROUGH LOVE & SERVICE

FEBRUARY 13, 14, & 15, 2026
Travelodge Hotel, Saskatoon Sk.



Registration begins October 1st
Register by email : saskatoonaaroundup@gmail.com or contact Cheryl K -
306.230.2497

Ninth Step Snippet From the Big Book Page 83

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen—we send them an honest letter. And there may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, and considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.

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	Healing Group
July	July 5 th : Miss Jane July 12 th : Hart R. July 19 th & 26 th : Wisdom on Wednesdays
August	Life's Good
September	Been There, Done That Group
October	Saturday Morning Live
November	Dundonald Group
December	Yours, Mine & Ours Group

LEGEND	Yellow: Annual Commitment	Pink: 2025 Only	Green: Open Opportunity
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HAPPENINGS

TEA ROOM IN THE PARK MEETINGS

(Jun 14th, Jul 12th, Aug 9th, and Sept 13th), Second Saturday of the Month, 3pm
Buena Vista Park (7th St & Victoria Ave), Bring your own chair/blanket & coffee

Weather permitted meeting will resume at Tea Room's usual location

No Washrooms on site

District 20 is changing its meeting time. Instead of meeting on zoom at 6:30 on the last Sunday of the month, the meeting will be at 6:00pm.

MUSTARD SEED 50th Anniversary Meeting

Sunday October 5th at 8 pm, Grosvenor Park United Church (Cumberland Ave. & 14th St.)
An Open Meeting, All Are Welcome

SPEAKERS:

Stan C., Prince Albert (A Founding Member of Mustard Seed)

Jim Z., Prince Albert (The History of AA)

Please Bring Your Own Refreshments (coffee/pop/etc.)

Stay for Cake (We'll Bring That) and Fellowship

SERVICE OPPORTUNITIES

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:

greenleafwhitney@gmail.com.

Give Back What Has Been So Freely Given to You

Your help is Needed.

Volunteer in Corrections and R.P.C.

For More Information Contact:

Call, Text or email

Brian B (306) 220-0025, bbauche@shaw.ca

Matt D. (306) 2510242, Mattdon-levy@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
Chris R	Alternate chair	306-716-5176	yxechris@hotmail.com	Jan 2024-Dec 2025
Philip P.	Treasurer	1-780-227-5527	philippilate46@gmail.com	Term ends Dec 2025
Tyler S	Treasurer Co-Chair	306-250-5474	tylershoffer@gmail.com	Term ends Dec 2025
Wendie L.	Secretary	306-292-6671	wjc149@sasktel.net	Jan 2023—Dec 2025
.	Intergroup to Group Coordinator			
Whitney G.	Social Committee Alternate Chair	306-314-4512	greenleafwhitey@gmail.com	Jan 2024—Dec 2025
Kevin C	Welcome Group Trustee	(306) 220-6436	Lukenukr26@hotmail.com	Apr 2024—Apr 2026
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	doug91074@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

INSTITUTIONS CHAIRING SCHEDULE, 2025:Contact: Sheila U. (Institutions Trustee) @ shuurzada@gmail.com or 306-713-9810.

	LARSON HOUSE		CALDER CENTRE		DUBE 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	Thursdays @ 7:00 PM
August	Eddie E.	Eddie E.	Tea Rm. Gr.	Aug 1 st , 8 th : Natasha Aug 15 th , 22 nd : Colin D.	Aug. 4 th : Sandy G. (2 nd Floor) Aug 18 th : Danielle L. (Main Floor)	Aug 7 th : Belle M. Aug 14 th : Lori R. Aug 21 st : Belle M. Aug 28 th : Chris R.
September	Sutherland Group	Serenity Group	Mustard Seed Group	Life's Good	Sept 1 st : Sandy G (2 nd Floor) Sept 15 th : Danielle L. (Main Floor)	Sept 4 th : Howard R Sept 11 th : Lori R. Sept 18 th : Howard R. Sept 25 th : Chris R.
October	Attitude Adjustment Group	Attitude Adjustment Group	Upon Awakening Group	Oct 3 rd & 17 th : Colin D. Oct. 10 th : Kariann R. Oct 24 th : Sheila U.	Oct. 6 th : Sandy G. (2 nd Floor) Oct 20 th : Danielle L. (Main Floor)	Oct 2 nd : Paul L. Oct 9 th : Lori R Oct 16 th : Paul L. Oct 23 rd : Chris R. Oct 30 th : Paul L.
November	Rolling Stones Group	KISS Group	Colin D.	Nov 7 th : Kariann R. Nov 14 th & 21 st : Belle M.	Nov 3 rd : Sandy G. (2 nd Floor) Nov 17 th : Danielle L. (Main Floor)	Nov 6 th : Lori R. Nov 13 th : Colin D. Nov 20 th : Howard R. Nov 27 th : Chris R.
December	Floral Group	Floral Group	Friday Night Men's Stag	Dec 5 th & 12 th : Colin D. Dec. 19 th : Kariann R.	Dec 1 st : Sandy G (2 nd Floor) Dec 15 th : Danielle L (Main Floor).	Dec 4 th : Belle M. Dec 11 th : Kevin C Dec 18 th : Colin D. Dec 25 th : Chris R
Annual Commitment			2025 Only		Open Opportunity	



I am proud to say that I am clean and sober. And by clean and sober I mean that I just took a shower and I'm headed to the liquor store.

I went 11 years without drinking any alcohol, zero... then I turned 12

I'm getting ready to celebrate 20 years sober. Just 19 years 364 days left to go.

"Hi my name is Jeff (*hiccup*) and I'm an alcoholic." "Sir, this is Triple A, not AA." I know, I'm trying to s'plain why my (*burp*) car is in the lake.

CENTRAL OFFICE HOURS IN SEPTEMBER

September

2025

CO Hours: CO is open Mondays-Thursday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day: CO Closed	2 CO open from 10:00 AM -3:00 PM	3 CO open from 10:00 AM -3:00 PM	4 CO open from 10:00 AM -3:00 PM	5 CO Closed	6
7	8 CO open from 10:00 AM -3:00 PM	9 CO open from 10:00 AM -3:00 PM	10 CO open from 10:00 AM -3:00 PM	11 CO open from 10:00 AM -3:00 PM	12 CO Closed	13
14	15 CO open from 10:00 AM -3:00 PM	16 CO open from 10:00 AM -3:00 PM	17 CO open from 10:00 AM -3:00 PM	18 CO open from 10:00 AM -3:00 PM	19 CO Closed	20
21	22 CO open from 10:00 AM -3:00 PM	23 CO open from 10:00 AM -3:00 PM	24 CO open from 10:00 AM -3:00 PM	25 CO open from 10:00 AM -3:00 PM	26 CO Closed	27
28	29 CO open from 10:00 AM -3:00 PM	30 CO open from 10:00 AM -3:00 PM				