



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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Step 10 “Continued to take personal inventory and when we were wrong promptly admitted it.”

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

From Twelve Steps and Twelve Traditions, chapter on Step 10.

NOTE

Central Office will be closed from 3:00 PM on October 9th to 10:00 AM on October 20th for staff vacation & Thanksgiving stat holiday. Its regular schedule will resume on October 20th.

Central Office is located @ #5-1006 8th Street East

Tradition 10 “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one old-timer recently declared, “Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly.”

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

From Twelve Steps and Twelve Traditions, chapter on Tradition 10.

CONCEPT TEN

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

(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

What is alcoholism?

As A.A. sees it, alcoholism is an illness. Alcoholics cannot control their drinking, because they are ill in their bodies and in their minds (or emotions), A.A. believes. If they do not stop drinking, their alcoholism almost always gets worse and worse.

Both the American Medical Association and the British Medical Association, chief organizations of doctors in those countries, also have said that alcoholism is an illness.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous , Pg 6)

Spot-check inventory

Some additional questions that can be helpful in evaluating whether our actions may or may not be in conflict with the principles of humility and sacrifice that underlie our anonymity traditions:

- Is my posting about the message or the messenger?
- Am I carrying the A.A. message in the hopes of helping someone else, or am I simply “shouting from the rooftops”?
- Am I taking my story and affiliating it with political causes?
- Am I being extra cautious about not identifying other A.A. members in photographs or statements?
- Am I avoiding the temptation to incite controversy through caustic argument or bullying others who may disagree with me?
- Am I providing helpful information about A.A. for those who may need our help?

(Excerpt from Pamphlet: Understanding Anonymity, Pgs. 12)

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.

Elections for two year term (2026/2027) Central Office trustee positions will take place at the November 10th Central Office meeting. The positions include Chair, Co-Chair, Treasurer, Literature, Secretary and Corrections. If you are interested in participating, please reach out to Kieran to learn more about the open positions.

Next meeting: Monday October 6th at 6:30pm at Central Office (#5, 1006 8th Street East).

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

Group Liability Insurance Call Out The Problem:

- Many meeting locations (i.e. churches) are now requesting proof of insurance coverage from tenants (i.e. AA group)
- AA groups are non legal entities that cannot easily acquire liability insurance.

Potential Solution:

- Central Office may be able to offer location specific coverage as a sub-policy under the office's insurance.
- The cost per group is estimated at ~ \$100/year, which would need to be paid for by the group.

Central Office is assessing Saskatoon group level interest in this offering. If your group is interested, please contact the office for details.

Kieran Lewko
306-222-3428
Kieran.Lewko@outlook.com

Service Meetings**Central Office Meeting:****2nd Monday, Oct. 6, 2025****Central Office, #5, 1006 8th Street East
6:30 pm****Intergroup Meeting:****2nd Wednesday, Oct. 8, 2025****Travelodge Hotel, 106 Circle Dr.
6:30 pm****Round Up Committee Meeting:****1st Wednesday, Oct. 1, 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****Oct. 1, 2025****Cheese Toast Family Restaurant****2410 22nd St. W. @ 7:00 PM**Contributions can be made to:
districtaa477@gmail.com**District 19: 2nd Wednesday****Oct. 8, 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****Oct. 26, 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****Oct. 15, 2025 at 6:45pm****St. Stephen's Anglican Church,
10 Grosvenor Cres.****ON SPONSORSHIP****Should a sponsor recommend hospitalization?**

The important thing to remember is that hospitalization is not part of the A.A. program and that a doctor, not a sponsor, is the person who should say whether it is required. Experienced sponsors are careful not to set themselves up as substitutes for doctors in dealing with any phase of alcoholism.

An A.A. oldtimer offers this reminder: Hospitalization or other professional care given to a newcomer "does not in any way lessen the responsibility of the A.A. member to carry the message in the best way possible, and to furnish good sponsorship. It is not good A.A. simply to dump an alcoholic into the lap of others because we do not have enough time, or because the alcoholic is troublesome and demanding. Most of us recall with gratitude the enduring patience and great kindness older members showed us when we were new ourselves."

(Excerpt from Pamphlet: Questions & Answers on Sponsorship, pg 16)

**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

SUNSET GROUP

Harold R. Oct 1/90 35 years
 Van B. Oct 7/87 38 years
 Celebration on Oct 25th

ROLLING STONES GROUP

Whitney G. Oct 14/22 3 years
 CAKE on Oct 25th

HEALING GROUP

John S. Oct 23/16
 Danielle L. Oct 16/21

STEPPING STONES GROUP

Pat K. Oct 7/70 55 years
 Cake Day Oct 7/25

K.I.S.S. GROUP

Cam L. Oct 14/20 5 years
 Aaron Oct 28/24 1 year
 CAKE on Oct 27th

KLEEN AAIR GROUP

Ramone B. Oct 24/24 1 year
 Trent H. Oct 2/95 30 years

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.



**WE WOULD LIKE TO INVITE
 FAMILY & FRIENDS FOR A GATHERING
 TO HONOUR THE LIFE OF
 STANLEY "DONALD" GWOZDZ**
**Please join us in sharing
 memories, stories & laughter
 of the man we all loved.**
COSMO SENIORS CENTER - 614 11th Street East
SATURDAY OCTOBER 4th
3:00-5:00pm

NOTE FROM INTERGROUP...

Group contributions are down!!

Only 2 groups have actually contributed this summer.
 This is a little concerning.

Please keep this in mind when you are distributing
 your collections each month.

If this trend continues, Intergroup will have to access
 monies from the prudent reserve.

Any questions or concerns? Please talk to your IG rep
 or call Mike P. (IG Chair) @ 306-261-0201

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

Tenth Step Snippet From the Big Book Page 85

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee—Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

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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Contact: Call or text Kevin C. @ 306-220-6436 or email lukenuke26@hotmail.com

HAPPENINGS

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

Healthy Minds Group will be changing locations

starting October 4th to Christ Church Anglican Church, 515-28th Street W.

The time will remain Saturdays @ 8:00 PM

Healthy Minds currently meets Saturdays @8:00 PM at Mayfair United Church 902-33rd St. W.

NEW MEETING

Road to Freedom

Building Strong Foundations with the 12 Steps and 12 Traditions of Alcoholics Anonymous
Fridays 7:00 to 8:00 pm, Grace Westminster United Church 505 10th Street E., Saskatoon

Step Meeting Alternating with the Corresponding Tradition each week

Meeting takes place in the basement. Everyone Welcome.

District 20 has changed 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.

SERVICE OPPORTUNITIES

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, Mattdonlevy@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 : Emily M Oct. 10 th : Kariann R. Oct 24 th : Emily M.	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	Natasha	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 : Rod M. 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 : Emily M 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 : Natasha Dec 25 th : Chris R
Annual Commitment			2025 Only		Open Opportunity	



Man goes to his doctor.
 Man "what's wrong with me doc?"
 Doctor "you're an alcoholic."
 Man "I want a second opinion"
 Doctor "you're ugly too"

Alcoholic: "it's not how many times you fall, it's
 how many times you get back up."
 Police officer: "Sir, that's not how a field sobriety
 test works."

Man meets a woman newcomer in an AA meeting.
 He asked what had brought her here. She replies
 she's fresh out of prison for murdering her hus-
 band. He responds, So you're single then.

CENTRAL OFFICE HOURS IN OCTOBER

CO Hours		October 2025				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 CO open from 10:00 AM -3:00 PM	2 CO open from 10:00 AM -3:00 PM	3 CO Closed	4	5
6 CO open from 10:00 AM -3:00 PM	7 CO open from 10:00 AM -3:00 PM	8 CO open from 10:00 AM -3:00 PM	9 CO open from 10:00 AM -3:00 PM	10 CO Closed	11	12
13 Thanksgiving CO Closed	14 Staff Vacation CO closed	15 Staff Vacation CO closed	16 Staff Vacation CO closed	17 CO Closed	18	19
20 CO open from 10:00 AM -3:00 PM	21 CO open from 10:00 AM -3:00 PM	22 CO open from 10:00 AM -3:00 PM	23 CO open from 10:00 AM -3:00 PM	24 CO Closed	25	26
27 CO Closed	28 CO open from 10:00 AM -3:00 PM	29 CO open from 10:00 AM -3:00 PM	30 CO open from 10:00 AM -3:00 PM	31 CO open from 10:00 AM -3:00 PM		

CO IS OPEN FROM
MONDAY TO THURSDAY
UNLESS OTHERWISE
SPECIFIED.

Central Office will be closed from 3:00 PM on October 9th to 10:00 AM on October 20th for staff vacation & Thanksgiving stat holiday. Its regular schedule will resume on October 20th.

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AREA UPDATE

It is with gratitude and enthusiasm that I provide an update on my activities so far as Area 91 Panel 75 Delegate. I attended the 75th General Service Conference (GSC) in New York from April 27 to May 3, 2025. It was a remarkable and life changing experience. I am currently travelling the province delivering reports. Fortunately, it looks like I will be able to complete reports at all 19 Districts, with some of the reports being combined with 2, 3 or 4 Districts at a time.

I am learning a great deal throughout the report back process and enjoying the questions and conversations afterwards. Rather than a focus on the details from the GSC, the big picture concepts of unity, principles before personalities, the importance of the group conscience and trusting the process have been in the forefront. The details, including the outcomes of all the agenda items, can be found in the 2025 Conference Final Report when it is available.

I was fortunate to attend the International Convention in Vancouver from July 3 to 6, 2025. In addition to helping organize the Western Canada Regional Hospitality Suite and volunteering as a BC Place Greeter, I had the amazing opportunity to speak about the history, current struggles and successes of AA in Saskatchewan as part of the panel "Western Canada, Meet Your Neighbours". Thank you to all Area 91 members who generously participated in many ways at the International Convention, including attending, volunteering and chairing or speaking on panels.

The Area 91 Fall Assembly is quickly approaching. It is being held in North Battleford on October 17, 18 and 19th. I look forward to seeing many of you there. For more information and to register, please visit our Area 91 website at www.aasask.org.

Yours in service,
Alison GT
Area 91/Panel 75 Delegate
area91alisongt@gmail.com

INSTITUTIONS: Carrying the Message of Hope

My name is Sheila U. I am an alcoholic. It is a privilege to serve as your Institutions Trustee! I love my job. My term ends December 2026.

We carry the message of hope to 7 institutions. I am so happy to report we chaired over 150 meetings so far this year. Commitments to chair from 14 home groups and 12 individuals made this possible! I thank you for your service.

Background: Since the beginning in 1935, the Fellowship of AA has cooperated with treatment facilities. Bill W. himself was a product of a treatment facility-Towns Hospital in New York City. After he put together several months of sobriety, Bill W. returned to Towns to work with other alcoholics. This was keeping him sober. This was the beginning of AA's twelve step work in hospitals.

A surgeon from Akron, Ohio named Dr. Bob then entered the scene. He sobered up and realized the need for an alcoholism ward at St. Thomas Hospital, where he worked. With the loving assistance and dedication of Sister Ignatia, Dr. Bob established a ward for alcoholics; together, they reached over 5000 alcoholics.

The principle of carrying the message to other alcoholics was fundamental to the recovery and continued sobriety of AA's co-founders (Bill W. and Dr. Bob) and early AA members. Through the practice of this principle-the Twelfth step-the AA message has been carried around the world including at treatment centers.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics! It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail." (c. 7, Big Book)

Institutions we serve:

Larson House (Brief Detox Unit and Social Detox Unit): Located at 201 Avenue O South. Serves Adults 18 years or older. On-site Addiction Counsellors, Emergency Medical Technicians, and Registered Nurses. 12 bed unit for detox. 12 bed unit for social detox. AA meetings are on Mondays and Fridays at 8:00 PM.

Calder Adult: Located at 2003 Arlington Avenue (use main entrance). 4-week treatment plan for alcohol and drugs. 38 beds. AA meetings are on Tuesdays @ 8:00 PM.

Calder Youth: Located at 2003 Arlington Avenue (use north entrance). Serves youth 12-17 years of age. Youth detox 4-10 days. 6 beds. Youth treatment 28 days. 12 beds. AA meetings are on Fridays at 8:00 PM.

INSTITUTIONS: Carrying the Message of Hope (con't)

Dube Centre: Located at 103 Hospital Drive. Acute care inpatient services for youth & adults with major mental health problems. 64 beds. AA meetings are on the 1st and 3rd Monday of the month @ 7:00 PM.

Carter House: Located @ 601 Taylor Street West. Opened November of 2024. Family healing and recovery center. 3-month comprehensive treatment. Capacity for 20 families. AA meetings are on Thursdays @ 7:00 PM.

Saskatoon Tribal Council Wellness Centre: Located @ 415 Fairmont Drive. Drop in shelter facility for vulnerable people. 106 beds. AA meetings were held for 3 months then paused. We will revisit needs in the future. Our role now is to ensure AA literature is replenished and the AA meeting list is current.

Mustard Seed Shelter: Located @ 210 Pacific Avenue. Temporary emergency shelter. Opened April of this year. House-focused approach. Goal is to transition into long term housing. 40 beds. AA meetings were held on-site for 5 weeks. We will revisit the needs in the future, given that the permanent shelter is expected to open in the Caswell Hill area in 2026. Our role right now is to ensure the AA literature is replenished and the AA meeting list is current. A map to the Drinkle Building from the Shelter is available on-site should the clients want to walk to the noon meetings.

I am responsible: AA members who want to strengthen their sobriety or add more AA joy to their life are encouraged to carry the message of hope to the suffering alcoholics at institutions. Just trying to help another alcoholic does seem to work wonders for us. It succeeds when everything else fails.

Please contact me, Sheila U. (Institutions Trustee) @ shuurzada@gmail.com or 306-713-9810 for further information. I would love to hear from you, both groups and individuals, to discuss future chairing opportunities. I also welcome (really!) any suggestions on how we can improve service to the institutions.

Our pledge: I am responsible...when anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.