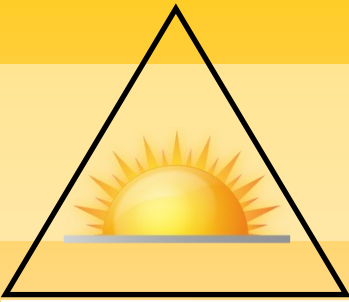




SUNRISE

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 11 “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which “proved” there was no God whatever. What about all the accidents, sickness, cruelty, and injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all.

From Twelve Steps and Twelve Traditions, chapter on Step 11.

Tradition 11 “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.”

WITHOUT its legions of well-wishers, A.A. could never have grown as it has. Throughout the world, immense and favorable publicity of every description has been the principal means of bringing alcoholics into our Fellowship. In A.A. offices, clubs, and homes, telephones ring constantly. One voice says, “I read a piece in the newspapers . . .”; another, “We heard a radio program . . .”; and still another, “We saw a moving picture . . .” or “We saw something about A.A. on television. . . .” It is no exaggeration to say that half of A.A.'s membership has been led to us through channels like these.

The inquiring voices are not all alcoholics or their families. Doctors read medical papers about Alcoholics Anonymous and call for more information. Clergymen see articles in their church journals and also make inquiries. Employers learn that great corporations have set their approval upon us, and wish to discover what can be done about alcoholism in their own firms.

Therefore, a great responsibility fell upon us to develop the best possible public relations policy for Alcoholics Anonymous.

From Twelve Steps and Twelve Traditions, chapter on Tradition 11.

CONCEPT ELEVEN

The trustees should always have the best possible commitments, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

(General Service Office Service Material)

Snippets From AA Literature

How does A.A. help the alcoholic?

Through the example and friendship of the recovered alcoholics in A.A., new members are encouraged to stay away from a drink “one day at a time,” as the A.A.s do. Instead of “swearing off forever” or worrying about whether they will be sober tomorrow, A.A.s concentrate on not drinking right now — today. By keeping alcohol out of their systems, newcomers take care of one part of their illness — their bodies have a chance to get well. But remember, there is another part. If they are going to stay sober, they need healthy minds and healthy emotions, too. So they begin to straighten out their confused thinking and unhappy feelings by following A.A.’s “Twelve Steps” to recovery. These Steps suggest ideas and actions that can guide alcoholics toward happy and useful lives. To be in touch with other members and to learn about the recovery program, new members go to A.A. meetings regularly.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous , Pg 7)

Questions and Answers about Anonymity

Q. Should I tell people who seem to have a drinking problem about my A.A. affiliation?

A. This is a personal matter. However, the spirit of the program is one of sharing and a recent study of A.A. members shows that a high proportion of them joined the Fellowship through another member. Before reaching a decision about such matters, most members find it helpful to discuss them with sponsors or A.A. friends.

(Excerpt from Pamphlet: Understanding Anonymity, Pg 8)

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.

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

Next meeting: Monday November 10th at 6:30pm at Central Office.

Thanks,

Kieran Lewko

306-222-3428

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, Nov. 10, 2025****Central Office, #5, 1006 8th Street East
6:30 pm****Intergroup Meeting:****2nd Wednesday, Nov. 12, 2025****Travelodge Hotel, 106 Circle Dr.
6:30 pm****Round Up Committee Meeting:****1st Wednesday, Nov. 5, 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****Nov. 5, 2025****Cheese Toast Family Restaurant****2410 22nd St. W. @ 7:00 PM****Contributions can be made to:
districtaa477@gmail.com****District 19: 2nd Wednesday****Nov. 12, 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****Nov. 30, 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****Nov. 19, 2025 at 6:45pm****St. Stephen's Anglican Church,
10 Grosvenor Cres.****ON SPONSORSHIP****Should a sponsor lend money to a newcomer?**

This is, of course, a matter of individual judgment and decision. Involved in it is the basic fact that A.A. has a single purpose: to help alcoholics with their drinking problem. A.A. is not a philanthropic or job-finding society.

Money, or the lack of it, has never been a key factor in an individual's ability to get sober in A.A.

The sponsor who lends money to a newcomer does so at risk and may even be slowing down the new person's progress toward sobriety. The newcomer who turns to A.A. for money, clothes, or assurance of employment is coming to the wrong place for the wrong thing. A.A. has something far more important to offer: sobriety.

Professional agencies can furnish other kinds of help if needed. But many alcoholics, when sober, can solve their own domestic, vocational, or legal problems.

(Pamphlet Excerpt: 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

ROAD TO FREEDOM

Mike P. Nov 5/87
Celebration on Nov 28th

K.I.S.S. GROUP

Doug H. Nov 14/22 3 years
CAKE on Nov 24th

KLEEN AAIR GROUP

Pete W. Nov 19/81 44 years

SHAMROCK GROUP

Mel M Nov 3/07 18 years
Aden S Nov 9/11 14 years

UPON AWAKENING

Lynn M. Nov 11/80 45 years
Sandy G. Nov 15/93 32 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.

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

The 2025 Welcome Group calendar has been filled for the year!

I would like to thank all the AA groups and individuals that volunteered in 2025. Your service is greatly appreciated. I would also like to thank all of the Al-Anon participants for speaking at welcome group

NOW BOOKING WELCOME GROUP 2026 CALENDAR!

We are looking for groups to chair Welcome Group in 2026. Groups can chair for one month or two weeks for smaller groups.

If your group is interested, text or email me regarding which months are still available. A 2026 Welcome Group Schedule calendar is posted weekly in the Central Office mail outs and monthly AA news letter.

SEE YOU ALL AT WELCOME GROUP!
Your trusted servant Kevin C.

Election Reminders

Central Office is holding elections for the following positions on November 10, 2025

Chair
Co-Chair
Treasurer
Secretary
Literature Trustee
Corrections Trustee

Elections will take place at Central Office, #5-1006 8th Street East at 6:30pm.

If you are interested in being of service to Alcoholics Anonymous on the local level, please contact Kieran L, Central Office Chair.

Intergroup will be holding elections of the following positions on November 12, 2025

Chair
Alternate Chair
Treasurer
Secretary

Elections will take place at the Travelodge Hotel meeting room at 6:30pm.

All Intergroup Reps should be in attendance to cast their votes.

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

Eleventh Step Snippet From the Big Book Page 87

As we go through the day, we pause when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when trying to arrange life to suit ourselves.

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

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.

SASKATOON DISTRICT 8, 19, 20 & 21 GRATITUDE NIGHT

Saturday November 15 at St. Joseph Parish Hall, 535 8th St. East

\$10 Entry or 7th Tradition Doors Open at 5 pm / Potluck dinner at 6 pm

AA Speakers / Sobriety Countdown Cash Canteen / late-night meeting

All Proceeds go to GSO in New York

KLEEN AIR CHRISTMAS PARTY

Join Us to Celebrate the Season Wednesday December 17 @ 7 pm

521 Vancouver Ave N. Goodies Provided

OFFBEAT PATH HAS A NEW NAME: MY MEETING

An Open Alcoholics Anonymous Meeting Grace-Westminster United Church Sunday @ 7 pm

Parking Available Hot Water/Tea Plain Language Big Book Read

TENTH STEP GROUP

Due to circumstances beyond our control, Tenth Step Group has closed permanently.

Thank you for your service.

WESTSIDE AA MEETING

Time will change from Wednesdays @ 8:00 PM to 7:30 PM. **Effective January 7th, 2026**

Westside Group meets Wednesdays @ St Stephen's Church 10 Grosvenor Crescent

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., Ramon
October	Attitude Adjustment Group	Attitude Adjustment Group	Upon Awakening Group	Oct 3 rd : Emily M Oct 17 th : Emily M., Shailey S., Sherry S. Oct. 10 th : Kariann R. Oct 24 th : Emily M., Ramon	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	Nov 4 th : Natasha, Ramon Nov 11 th : Natasha Nov 18 th : Natasha, Eddie E. Nov. 25 th : 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., Sherry S., Shailey S. Nov 13 th : Rod M. Nov 20 th : Howard R. Nov 27 th : Chris R., Jennifer C.
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., Jennifer C Dec 11 th : Kevin C Dec 18 th : Natasha Dec 25 th : Chris R

Annual Commitment

2025 Only

Open Opportunity

*"I vote we change this to a discussion meeting!"*

CENTRAL OFFICE HOURS IN NOVEMBER**CO Hours****November 2025**

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

CO IS OPEN FROM
MONDAY-THURSDAY
UNLESS OTHERWISE
SPECIFIED.

***DUNDONALD GROUP
OPEN CANDLELIGHT
CHRISTMAS MEETING***

Tuesday

December 16

7:00

Mayfair United Church

902 33rd Street West

***Fellowship and
Goodies to Follow***