

# SUNRISE

### THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES.
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# **Step 1** "We admitted we were powerless over alcohol—that our lives had become unmanageable."

WHO cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all selfsufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety—if any—will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life.

From Twelve Steps and Twelve Traditions, chapter on Step 1.

# Tradition 1 "Our common welfare should come first; personal recovery depends upon A.A. unity."

THE unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk, and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought . . ." but never "You must!"

From Twelve Steps and Twelve Traditions, chapter on Tradition 1.

### CONCEPT ONE

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

(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.

# **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)

# Questions and Answers about Anonymity

Q. I've heard a number of people, inside and outside of A.A., say that well-known A.A. members should be encouraged to announce their membership to help promote the Fellowship. Why does A.A. continue to maintain the Tradition of anonymity for celebrities and other members?

A. Those Traditions developed out of the experience of the early members. At first, they too felt that well-known A.A. members could help the Fellowship by breaking their anonymity. But it soon became apparent that, if one anonymity breaker stepped forward, others would follow; and if members were to strive for public acclaim and power, the spiritual unity so essential to the work of helping fellow alcoholics would soon be lost.

(Excerpt from Pamphlet: Understanding Anonymity, Pg 9)

# **Central Office Connection**

### **Central Office Chair Introduction**

Happy New Year!

I hope everyone had a wonderful holiday season.

I would like to thank Kieran L our outgoing chair for his hard work, dedication and kindness. He has made coming into this position seamless and not so intimidating with his knowledge and willingness to be there for any questions I may have.

For those of you who do not know me my name is Karen B and I have been sober coming up 37 years in May. I have held the position of Treasurer for District 21, and am active with my home group KISS helping where need be.

I look forward to working with our Central Office Trustees and with our new Intergroup Chair Cheryl K over the next 2 years.

We are currently looking for a Secretary and have several alternate positions open.

If anyone is interested or would like to come find out what we are all about please come join us.

We hold our meetings the second Monday of each month at 6:30 pm at Central Office 5-1006 8th Street East ( use entrance facing parking lot)

I look forward to meeting you.

Yours in Service

Karen B.

### **Service Meetings**

Central Office Meeting: 2nd Monday, Jan 12, 2026 Central Office, #5, 1006 8th Street East 6:30 pm

Intergroup Meeting: 2nd Wednesday, Jan 14, 2026 Travelodge Hotel, 106 Circle Dr. 6:30 pm

Round Up Committee Meeting: 1st Wednesday, Jan 7, 2026 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 Jan 7, 2026 Cheese Toast Family Restaurant 2410 22nd St. W.@ 7:00 PM Contributions can be made to: districtaa477@gmail.com

District 19: 2nd Wednesday
Jan 14, 2026 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 Jan 26, 2026 at 6:00pm Zoom Meeting Zoom ID 862 3760 9104 Contributions can be made to: treasurer.district20@gmail.com

District 21: 3rd Wednesday Jan 21, 2026at 6:45pm St. Stephen's Anglican Church, 10 Grosvenor Cres.

## **ON SPONSORSHIP**

### Can I sponsor a person in custody?

Yes. Sponsorship can be provided in-person or through the mail. The "Methods Used to Provide Sponsorship to Members Behind the Walls" section of the Corrections Workbook includes shared experience. Contact with your local correction committee can provide more details about local practices.

(Pamphlet Excerpt: Questions & Answers on Sponsorship, pg 23)



### **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**

### **GRACE AND GRATITUDE**

Sandra S. Jan 12/06 20 years Celebration on Jan 26th @ 5:15 pm

# **SHAMROCK GROUP**

Terry W. Jan 6/90 36 years

# **TOON TOWN GROUP**

Jayne A. Jan 19/25 1 year David L Jan 31/11 15 years

## **KLEEN AAIR GROUP**

Dave S. Jan 1/14 12 years Don C. Jan 6/81 45 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.

### **Intergroup Chair Introduction**

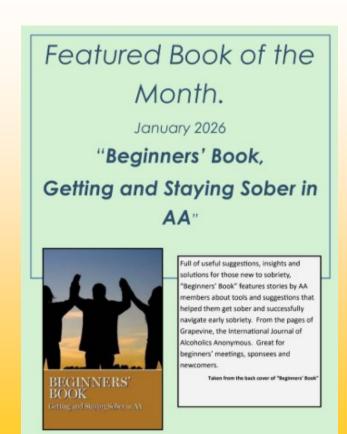
Hi everyone, my name is Cheryl and I am an alcoholic. My homegroup is KISS, we meet Mondays at 5:30pm. I was recently votedin as your 2026-2027 Intergroup Chair.

I am looking forward to getting to as many meetings as possible to introduce myself and give you a brief update on what your Intergroup will be working on over the next while. I will also try to get to the district meetings as well.

Some positions have changed for the 2026-2027 term. We have a new treasurer, Tyler S. My thanks to Philip P. for his dedication over the 2024-2025 term. Wendie L. is staying on for another term as secretary and we appreciate her service. We have a new Social Committee Chair, Lori R, and she will be looking for people that are interested in some service opportunities in planning some social events for the fellowship. My thanks to Whitney G. for her hard work as the Social Committee Chair for the past term.

We also have a new Chair for Central Office, Karen B, and she and I will be working co-operatively to ensure that both Intergroup and Central Office are working together for the good of AA in Saskatoon and District. My thanks go out to Kieran L. for his invaluable work as Central Office Chair for the last term.

I would like to thank the past Chair (Mike P) for his service for the 2024-2025 term.





### Reminder!!!

The 59th Annual Saskatoon and Area AA Intergroup Roundup!

The deadline to purchase tickets to get entered in the early bird draw for the 2 night stay in a Hot Tub Room is

January 13, 2026.

# First Step Snippet From the Big Book Page 30

MOST of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his liquor drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovered control. All of us felt at times that we were regaining control, but such intervals—usually brief— were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.

# **HAPPENINGS**



# WESTSIDE AA MEETING

Time will change from Wednesdays @ 8:00 PM to 7:30 PM. <u>Effective January 7th, 2026</u>
Westside Group meets Wednesdays @ St Stephen's Church 10 Grosvenor Crescent

# New Group: AA Guardians

**Location: Augustana Lutheran** 

Church; 1201 Broadway Ave

Day of the week: Wednesday

Time of day: 12:12 PM

Accessible or not accessible? No

Starting Date: January 7th, 2026

This is a closed meeting

# New Years Day Alcathon

Meetings Every Hour from 8 AM - 8 PM



Please join us for one, two or all twelve meetings on New Years Day!

### This is an open meeting for ALL!

Feel free to bring snacks or treats to share! Coffee, water, pop provided!

Where: Redeemer Lutheran Church - 812 Preston Ave When: January 1st, 8AM (Step 1) → 7PM (Step 12)

<u>INTERGROUP</u>			
NAME	POSITION		
Cheryl K	Chair		
Chris R.	Alternate Chair		
Tyler S.	Treasurer		
Wendie L.	Secretary		
Melissa V.	Roundup Chair		
Lori R.	Social Committee Chair		
Kevin C.	Welcome Group Trustee		

CENTRAL OFFICE				
NAME	POSITION			
Karen B.	Chair			
Philip P.	Alternate Chair/Treasure			
	Secretary			
Doug H.	Newsletter			
	Literature			
Barry S.	PI/CPC			
Matt D.	Corrections			
Sheila U.	Institutions			
Trent H.	Telephone Answering Service			
Cathy H.	Website			

Please Contact Central Office to get connected with persons on either of these two committees

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

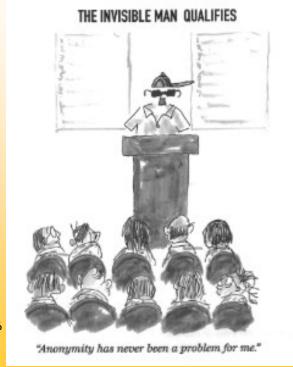
INSTITUTIONS CHAIRING SCHEDULE, 2026: Contact: Sheila U. (Institutions Trustee) @ shuurzada@gmail.com or 306-713-9810						
	LARSON HOUSE		CALDER CENTRE		DUBE CENTRE	Carter House Treatment Centre
	Mon. @ 8:00 PM	Fri. @ 8:00 PM	Adult	Youth	1st & 3rd Mondays of	Thursdays
			Tues. @ 8:00 PM	Fri. @ 8:00 PM	each month.	@ 7:00 PM
				(except last Fri. of ea.	7:00 PM	
				month)		
January	Rod M.	Jennifer C.	Paul L	Been There, Done That	Jan 5 <sup>th</sup> : Sandy G.	Jan 1st <sup>th</sup> : Howard R.
				Group	Jan 19 <sup>th</sup> : Danielle L	Jan 8 <sup>th</sup> : Belle M
						Jan 15th: Lori R & Jacquie W.
						Jan 22nd: Paul L.
						Jan 29 <sup>th</sup> : Howard R.
February	Dundonald	Serenity Group	KISS Group	Feb 6/26: Kariann R.	Feb 2 <sup>nd</sup> : Sandy G	Feb 5 <sup>th</sup> : Kevin C.
	Group			Feb 13 <sup>th</sup> : Belle M.	Feb 16th: Danielle L.	Feb 12 <sup>th</sup> : Belle M.
				Feb 20th: Emily M		Feb 19th: Lori R. & Jacquie W.
						Feb 26 <sup>th</sup> : Paul L.
March	Serenity Group	Eddie E.	Westside Group	Mar 6/26: Kariann R.	Mar 2 <sup>nd</sup> : Sandy G.	Mar 5 <sup>th</sup> : Jennifer C.
				Mar 13th: Belle M.	Mar 16 <sup>th</sup> : Danielle L	Mar 12 <sup>th</sup> : Belle M.
				Mar 20th: Emily M.		Mar 19th: Lori R & Jacquie W.
						Mar 26 <sup>th</sup> : Paul L.
April	Upon Awakening	Upon Awakening	Mustard Seed	Apr. 3 <sup>rd</sup> : Emily M.	Apr. 6 <sup>th</sup> : Sandy G.	Apr 2nd: Jennifer C.
	Group	Group		Apr. 10th: Kariann R.	Apr 20 <sup>th</sup> : Danielle L	Apr 9 <sup>th</sup> : Belle M.
				Apr. 17 <sup>th</sup> : Belle M.		Apr 16th: Lori R. & Jacquie W.
						Apr 23 <sup>nd</sup> : Paul L
						Apr. 30 <sup>th</sup> : Ramone
May	Sonya	Eddie E	Jennifer C.	May 1st: Kariann R.	May 4 <sup>th</sup> : Sandy G.	May 7 <sup>th</sup> : August M., Sheila U.
				May 8th: Belle M.	May 18th: Danielle L	May 14 <sup>th</sup> : Belle M.
				May 15 <sup>th</sup> : Emily M.		May 21st: Lori R & Jacquie W.
				May 22 <sup>nd</sup> : Emily M.		May 28 <sup>th</sup> : Paul L.
June	Greg R.	Mike S.	Northerners'	Jun 5 <sup>th</sup> : Kariann R.	Jun 1st: Sandy G	Jun 4 <sup>th</sup> : Kevin C.
			Group	Jun 12 <sup>th</sup> : Belle M.	Jun. 15 <sup>th</sup> : Danielle L	Jun 11 <sup>th</sup> : Belle M.
				Jun 19 <sup>th</sup> : Emily M.		Jun 18 <sup>th</sup> : Lori R. & Jacquie W.
						Jun 25 <sup>th</sup> : Paul L.

Annual Commitment 2026 only Open Opportunity

There once was an alcoholic named Cheryl Who used to drink wine by the barrel While staggering around - - - she fell face first on the ground Now she thinks she's someone named Darryl

(anonymous author)





From "Take Me to Your Sponsor" pg 16

# **CENTRAL OFFICE HOURS IN JANUARY**

# CO HOURS January

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			New Year's Day CO Closed	CO Closed	3	4
5 CO Open 10:00 AM-3:00 PM	6 CO Open 10:00 AM-3:00 PM	7 CO Open 10:00 AM-3:00 PM	8 CO Open 10:00 AM-3:00 PM	9 CO Closed	10	11
12 CO Open 10:00 AM-3:00 PM	13 CO Open 10:00 AM-3:00 PM	14 CO Open 10:00 AM-3:00 PM	15 CO Open 10:00 AM-3:00 PM	16 CO Closed	17	18
19	20	21	22	23	24	25
CO Open 10:00 AM-3:00 PM	CO Closed					
26 CO Open 10:00 AM-3:00 PM	27 CO Open 10:00 AM-3:00 PM	28 CO Open 10:00 AM-3:00 PM	29 CO Open 10:00 AM-3:00 PM	30 CO Closed	31	

CO IS OPEN MONDAYS-THURSDAYS UNLESS OTHERWISE SPECIFIED.

# **SERVICE OPPORTUNITIES**

# Give Back What Has Been So Freely Given to You

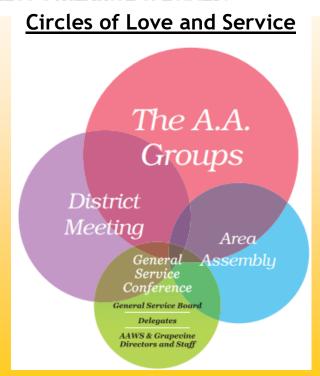
Your help is Needed.

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



### Web Servants

The Web Servant positions are appointed by the Area 91 Table Officers (or elected according to the Third Legacy Procedure, depending upon the number of members interested) with resumes submitted to the Area 91 Chair. Deadline for resume submission is 30 days prior to the Fall Assembly. The Web Servant positions are two-year terms, and the positions rotate on alternate years so that both positions do not change at the same time.

There are 2 Web Servant positions: Digital Collaboration Web Servant and Digital Operations Web Servant, described as follows:

- 1. Area 91 Digital Collaboration Web Servant responsible for creating and enhancing online experiences through website design, collaboration, and content development. Focus on understanding Area 91 needs, implementing creative design solutions, and fostering collaboration among Area Committee members to deliver a seamless and engaging digital experience ensuring it aligns with Area 91's goals and values.
- 2. Area 91 Digital Operations Web Servant ensures the smooth functioning of the Area 91 website by providing technical support and implementing new functionalities. This involves troubleshooting technical issues, performing updates, maintaining the website's performance, resolving issues promptly, working closely with vendors as required and implementing enhancements to meet the evolving needs of the Area and all users.

### Value of two Web servant Roles:

- Two Web servant roles allow operational technical support for day-to-day
  maintenance as well as support for more Area projects currently being discussed
  such as digitization of Archives, password protected member areas on the
  website, and SEO (search engine optimization) analytics to improve traffic to the
  website and others.
- · Two Web servants provide back-up for and collaborate with each other.
- Having two Web servants provides a better chance for attendance at Area Committee meetings and Assemblies.
- Rotation of roles on alternate years provides continuity of technical support and opportunity for quicker onboarding of new trusted servants.

### Digital Collaboration Webservant

### Purpose:

The Area 91 Digital Collaboration Web Servant is responsible for creating and enhancing online experiences through website design, collaboration, and content development. Focus on understanding Area 91 needs, implementing creative design solutions, and fostering collaboration among Area Committee members to deliver a seamless and engaging digital experience ensuring it aligns with Area 91's goals and values.

### Duties and Responsibilities include:

- Work together with the Digital Operations Web Servant to oversee the development and day-to-day maintenance of the Area 91 website and other technology solutions.
- Connect with Area Committees to understand how the website and technology could support their work connecting with AA members and/or carrying the message to others.
- Reach out to other areas to learn how they are using technology to help carry the message.
- · Make changes to the meeting list as requested by Area Committee Members
- Add events to the events calendar as requested by Area Committee members.
- Participate as a member of an Area Committee based on active projects requiring technology support. (ie Public Information Committee, Archives, etc)
- Work with the Digital Operations Web Servant to respond to the changing technology needs of the AA membership in Area 91.

### The Digital Collaboration Web Servant shall:

- Be a voting member of the Assembly (if the Digital Operations Web Servant is not), and member of the Area Committee.
- Provide input into the Area budget process with recommendations based on requirements
- · Communicate clearly the technical constraints based on the approved budget.
- Track actual spending and work within the Area budget assigned to the website.
- Meet once every 2 months with the Digital Operations Web Servant to coordinate planning and work items.
- Ensure attendance by one of the Web Servants at Area meetings as required.
- Respond to the changing needs of the AA membership in Area 91 as they
  determine the uses of the website as a communication tool.

### Qualifications for Digital Collaborations Web Servant Position includes:

A solid period of sobriety, at least two years is recommended.

- Experience in the General Service Structure.
- Strong communication, collaboration and teamwork skills as they connect with the Area Committee Chairs, DCMs and other members to make sure that the current technology and proposed changes are meeting the needs of the Area.
- · Access to a personal computer and the internet.
- · Have the time and the willingness to serve.
- Ability to train and support Area members in the facilitation of on-line meetings.

### Digital Operations Webservant

#### Purpose:

The Area 91 Digital Operations Web Servant ensures the smooth functioning of the Area 91 website by providing technical support and implementing new functionalities. This involves troubleshooting technical issues, performing updates, maintaining the website's performance, resolving issues as promptly as possible within budgetary constraints, working closely with vendors as required and implementing enhancements to meet the evolving needs of the Area and all users.

#### **Duties and Responsibilities include:**

- Work together with the Digital Collaborations Web Servant to oversee the development and day-to-day maintenance of the Area 91 website and other technology solutions.
- Ensure that confidential information including members last names be only accessible through a password protected area of the website.
- Research, recommend and develop email solutions that facilitate trusted servants' confidentiality as well as a seamless rotation of roles.
- Act as back-up to the Digital Collaborations Web Servant to make changes to the meeting list and add events to the events calendar as requested by Area Committee Member
- Participate as a member of an Area Committee based on active projects requiring technology support. (ie Public Information Committee, Archives, etc)
- Work with the Digital Collaborations Web Servant to respond to the changing technology needs of the AA membership in Area 91.

The Digital Operations Web Servant shall:

- Be a voting member of the Assembly (if the Digital Collaborations Web Servant is not), and member of the Area Committee.
- Provide input into the Area budget process with recommendations based on requirements.
- · Track actual spending and work within the Area budget assigned to the website.
- Meet once every 2 months with the Digital Collaboration Web Servant to coordinate planning and work items.
- Ensure attendance by one of the Web Servants at Area meetings as required.
- Respond to the changing needs of the AA membership in Area 91 as they
  determine the uses of the website as a communication tool.

### Qualifications for Digital Operations Web Servant Position includes:

- · A solid period of sobriety, at least two years is recommended.
- Technical computer knowledge and experience
- An understanding of computer programming
- Experience in website design and maintenance
- · Ability to train and support Area members in the facilitation of on-line meetings.
- · Access to a personal computer and the internet.
- Have the time and the willingness to serve.

The following additional (or similar) skills/experience are not required but would be considered an asset. Training and orientation for incoming Web Servants will be provided as part of transition:

- · HTML, CSS, PHP and other languages
- · Guttenberg 6.x and Elementor web editors
- cPanel Configuration
- DNS Records
- · Plugin installation and maintenance
- · Experience in the General Service Structure

#### What is Welcome Group?

Welcome Group is a <u>weekly open speakers</u> meeting that anyone can attend. (To make it easier for single parents to attend there is a side room for children). It is a <u>one hour</u> speakers meeting on Saturdays at 7:30-8:30 PM. There is an AA and an Al-Anon speaker for the evening that share their experience, strength and hope.

Welcome group may be a person's first meeting. They may be unsure whether they are an alcoholic. They may be fearful of a regular meeting or fearful to give their name and admit they are an Alcoholic in a room full of strangers. Welcome group is less stressful. They are not asked to give their name and can remain anonymous

Do you have friends, family or co-workers that are curious about the AA program and how it works? Welcome group is the perfect place for them to learn about both programs. The Al-Anon speakers are very helpful by sharing their experiences of living with alcoholics. Some attendees may find they may also need the Al-Anon program as solution to help them deal with the alcoholics in their life. There is also both AA and Al-Anon literature available at meetings.

It is also a great place to meet people in the fellowship and make new friends.

### WELCOME GROUP, 2026

	WELCOME GROUP
	Sat. @ 7:30 PM
	Louise Ave. Congregational
	Church
January	Martensville Group
February	Kleen AAir
March	Attitude Adjustment Group
April	
May	
June	
July	
August	
September	Been There, Done That Group
October	
November	Road to Freedom
December	Yours, Mine & Ours Group

LEGEND	Yellow: Annual	Pink: 2026 Only	Green: Open
	Commitment		Opportunity

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

#### Welcome Group Speaker Meeting

@ Louise Avenue Congressional Church

1602 Louise Ave

CONTACT: KEVIN C

PH.306-220-6436

EMAIL:lukenuke26@hotmail.com

### NOW BOOKING 2026 WELCOME GROUP SCHEDULE!

Attention Group Contacts,

Hello, My name is Kevin C.

I am the trustee for the Welcome Group speaker meetings each Saturday at 1602 Louise Avenue Congressional Church at 7:30-8:30pm.

If you are reading this letter, then your group is thinking about or will be chairing Welcome Group in 2026. Please contact me regarding opportunities to chair in 2026 as there are 6 groups that have yearly commitments. Limiting amount of chairing opportunities.)See 2026 Welcome Group chairing schedule in the monthly Newsletter and also the Central Office weekly email for a list of open chairing opportunities. They are being filled quickly.

If your group is <u>interested</u> I have compiled an info package with a contact information sheet. It includes Al-Anon central office contact, set up <u>instructions</u> and an example of the Welcome Group poster. If you have any <u>questions</u> please feel free to call, text or email me

To make it easier for smaller groups to chair the <u>meetings</u> we have implemented a few changes listed <u>below</u>. If you have any questions regarding Welcome <u>Group</u> feel free to contact Kevin.

- In 2026 we are now accepting <u>2 week</u> chairing opportunities if no groups step up to fulfill the month long commitments.
- The two week chairing opportunities will allow smaller groups to experience the joy
  of AA service that fulfils our primary purpose. To help the still suffering Alcoholic.

## How can I contact A.A.?

Look for Alcoholics Anonymous online or in your local telephone directory. These telephones are answered by A.A. volunteers who will be happy to answer your questions, or put you in touch with those who can. If there is no A.A. telephone service close to you, write or phone the A.A. General Service Office or visit our website at www.aa.org.

Here is a list of A.A. pamphlets which may be particularly helpful to you:

"Is There an Alcoholic in Your Life?"

"Frequently Asked Questions About A.A."

"Is A.A. for You?"

"Do You Think You're Different?"

"Women in A.A."

"Young People in A.A."

Remember that alcoholism is a progressive disease. Take it seriously, even if you feel you are only in the early stages of the illness. Alcoholism kills people. If you are an alcoholic, and if you continue to drink, in time you will get worse.

(Pamphlet Excerpt: A Newcomer Asks, pg 3)