

SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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 Mailed Subscriptions: Contact Central Office for price.
 (ALSO AVAILABLE VIA EMAIL FOR NO CHARGE, call Central Office)

Step 2 "Came to believe that a Power greater than ourselves could restore us to sanity."

THE moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one. How often have we heard them cry out, "Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us won't believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right—but where do we go from here?"

Let's look first at the case of the one who says he won't believe—the belligerent one. He is in a state of mind which can be described only as savage. His whole philosophy of life, in which he so gloried, is threatened. It's bad enough, he thinks, to admit alcohol has him down for keeps. But now, still smarting from that admission, he is faced with something really impossible. How he does cherish the thought that man, risen so majestically from a single cell in the primordial ooze, is the spearhead of evolution and therefore the only god that his universe knows! Must he renounce all this to save himself?

From Twelve Steps and Twelve Traditions, chapter on Step 2.

Tradition 2 "For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

WHERE does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, "This simply can't be. There must be an angle somewhere." These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, "Yes! It definitely does." The friends mutter that this looks vague, nebulous, pretty naive to them. Then they commence to watch us with speculative eyes, pick up a fragment of A.A. history, and soon have the solid facts.

From Twelve Steps and Twelve Traditions, chapter on Tradition 2.

CONCEPT TWO

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

(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).

Published by Saskatoon & District Central Office, Unit 5, 1006 8th Street East, Saskatoon, SK S7H 0R9
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Snippets From AA Literature

Who belongs to A.A.?

Like other illnesses, alcoholism strikes all sorts of people. So the men and women in A.A. are of all races and nationalities, all religions and no religion at all. They are rich and poor and just average. They work at all occupations, as lawyers and housewives, teachers and truck drivers, waitresses and members of the clergy. A.A. does not keep a list of members, but groups do report how many people belong to each one. From these reports, total A.A. membership is estimated at over 2,000,000.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous , Pg 8)

Questions and Answers About Anonymity

Q. I maintain a website and social media pages. At what level should I protect my anonymity on the Internet?

A. Publicly accessible aspects of the Internet such as websites featuring text, graphics, audio, and video can be considered the same as publishing or broadcasting. Unless password-protected, a website requires the same safeguards that we use at the level of press, radio, and film/video. Simply put, this means that A.A.s do not identify themselves as A.A. members using their full names and/or full-face photos. It is suggested that when A.A.s gather as A.A.s or as an A.A. group on social media and other similar platforms that these pages are set to “private” rather than “public.”

(Excerpt from Pamphlet: Understanding Anonymity, Pg 10)

SERVICE OPPORTUNITIES

Central Office Needs a Secretary

We are desperately looking for a Secretary.

If you are interested in filling this position please contact either:

Karen B. (Chair) at Kjburko@gmail.com / (306) 221-2561

Or

Doug H. (Newsletter Trustee) at doug91074@gmail.com / (306) 291-8647

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

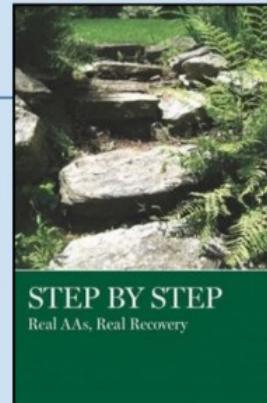
Brian B (306) 220-0025, bbauche@shaw.ca

Matt D. (306) 2510242, Mattdonlevy@gmail.com

Featured Book of the Month.

February 2026

“Step By Step Real AAs, Real Recovery”



STEP BY STEP
Real AAs, Real Recovery

Step By Step is a collection of stories featuring a variety of experiences from members about the joys and challenges of working AA's Twelve Steps of recovery. There is a different chapter for each Step. From the pages of *Grapevine*, the International Journal of Alcoholics. Great for sponsors and AA Step meetings.

Taken from the back cover of "Step By Step"

<u>Service Meetings</u>	<u>District Meetings</u>
<p>Central Office Meeting: 2nd Monday, Feb 9, 2026 Central Office, #5, 1006 8th Street East 6:30 pm</p> <p>Intergroup Meeting: 2nd Wednesday, Feb 11, 2026 Travelodge Hotel, 106 Circle Dr. 6:30 pm</p> <p>Round Up Committee Meeting: 1st Wednesday, Feb 4, 2026 Travelodge Hotel, 106 Circle Dr. 6:30 PM</p> <p>Newsletter Submission Deadline: 20th of the Month for entries in the next month's newsletter.</p> <p>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</p>	<p>District 8: 1st Wednesday Feb 4, 2026 Cheese Toast Family Restaurant 2410 22nd St. W. @ 7:00 PM Contributions can be made to: districtaa477@gmail.com</p> <p>District 19: 2nd Wednesday Feb 11, 2026 at 7:00pm Mayfair United Church, 902 33rd St. W. Contributions can be made to: saskatoondistrict19@gmail.com</p> <p>District 20: Last Sunday of the month Feb 22, 2026 at 6:00pm Zoom Meeting Zoom ID 862 3760 9104 Contributions can be made to: treasurer.district20@gmail.com</p> <p>District 21: 3rd Wednesday Feb 18, 2026 at 6:45pm St. Stephen's Anglican Church, 10 Grosvenor Cres.</p>

ON SPONSORSHIP

How does sponsorship differ from Twelfth Step calls?

A Twelfth Step call – visiting an alcoholic who has asked for help and talking about the A.A. program with them— may become the beginning of sponsorship, but by itself, it is not necessarily sponsorship. Sponsorship, with its continuing interest in another alcoholic, often develops when the prospect is willing to be helped, admits having a drinking problem, and decides to seek sobriety as a solution. Sponsorship is Twelfth Step work, but it is also continuing responsibility for helping a newcomer adjust to a way of life without alcohol.

(Pamphlet Excerpt: Questions & Answers on Sponsorship, pg 7)



EDITOR'S STATEMENT

"Sunrise" publishes articles that reflect the full diversity of experience and opinion found within the Fellowship of Alcoholics Anonymous. In determining content, the editor relies on the principles of the Twelve Traditions. "Sunrise" values the shared experience of individual AA members working the AA program and applying the principles of the Twelve Steps. Seeking neither to gloss over difficult issues nor to present such issues in a harmful or contentious manner, "Sunrise" tries to embody the widest possible view of the AA Fellowship. The editor of "Sunrise" reserves the right to accept or reject material for publication, based on the AA traditions. (We note that this policy is consistent with that of the AA Grapevine.) Articles are not intended to be statements of AA policy, nor does publication of any article constitute endorsement by either Alcoholics Anonymous or Saskatoon Area Intergroup. Submissions are always welcome.

AA MILESTONES

SHAMROCK GROUP

Twyn A.	Feb 28/93	33 years
Ed S.	Feb 28/80	46 years

TOON TOWN GROUP

Destiny	Feb 13/21	
Jamie M.	Feb 2/21	
Mark G.	Feb 19/22	

GRACE AND GRADITUDE

Lynn G.	Feb 11/89	37 years
Celebrate last Monday of Feb @5:15–6:30 on Zoom		

SUNDAY MORNING BREAK-FAST GROUP

Hillary S.	Jan 7	5 years
Celebration Feb 22nd		

ROAD TO FREEDOM

Birthday Celebration Jan. 30/26		
Grace Westminster Church @ 7 pm		
Norm C.	46 years	
Jackie M.	39 years	
Ron B.	36 years	

UPON AWAKENING

John B.	Feb 20	32 years
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SUNSET GROUP

Ray Q.	Feb 12	6 years
Cake on Feb 21		
Jeremy R.	Feb 24	1 year
Cake on Feb 28		

WINNER'S CIRCLE

Paul L.	Feb 14/85	41 years
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KLEEN AAIR GROUP

Jim S.	Feb 14/93	33 years
Rosanna G.	Feb 27/80	34 years

Send your group milestones to
aasaskatoon@sasktel.net
or the Newsletter Trustee
 Doug H. at
doug91074@gmail.com
Please submit by the
20th of the month for
entry into the next
month's Newsletter.

STEPPING STONES

Heather D.	Feb 14/99	27 yrs.
Mike S.	Feb 19/87	39 yrs.
Celebration on Feb 24th		
Donna F.	Jan 1/78	48 yrs.
Sheldon T.	Jan 27/15	11 yrs.
Ed R.	Jan 3/23	3 yrs.

Annette D.	Jan 1/86	40 yrs.
Jeremy D-A.	Feb 14/22	4 yrs.
Rick A.	Sept 30/86	40 yrs.
This is a family & will be celebrating their milestones with the Stepping Stones Group on Feb 17/26		

CENTRAL OFFICE HOURS IN FEBRUARY

CO HOURS

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
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 open from 10:00 AM-3:00 PM	CO Closed	6	7
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 open from 10:00 AM-3:00 PM	CO Closed	13	14
16 Family Day CO Closed	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	CO Closed	20	21
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 open from 10:00 AM-3:00 PM	CO Closed	27	28

CO IS OPEN FROM
MONDAY THROUGH
THURSDAY UNLESS
OTHERWISE SPECIFIED.

**59th ANNUAL SASKATOON & AREA
AA INTERGROUP ROUND UP with AL-ANON PARTICIPATION
FEBRUARY 13, 14, & 15, 2026**

UNITY THROUGH LOVE & SERVICE



Travelodge Hotel, Saskatoon SK. Corner of Circle Drive & Idylwyld

Friday, February 13

5:00 pm - 8:00 pm	Registration (Lobby)
6:30 pm - 7:30 pm	AA/Al-Anon Joint Interlude Meeting
8:00 pm - 9:00 pm	AA Speaker : Irma V., Esterhazy, SK
9:30 pm	DJ Dance

Saturday, February 14

9:00 am - 6:00 pm	Registration (Lobby)
10:00 am - 11:30 am	Joint AA/Al-Anon Workshop <i>Topic: -Personal Recovery Depends Upon AA Unity</i>

12:00 pm - 1:00 pm	Lunch Break
1:00 pm - 2:00 pm	Al-Anon Speaker: Lynne G., Saskatoon, SK
2:15 pm - 3:45 pm	Joint AA/ Al-Anon Panel Discussion <i>Topic: -Love as Service in Action</i>

4:00 pm - 5:00 pm	Al-Anon Interlude Meeting
5:00 pm - 6:00 pm	AA Interlude Meeting
6:00 pm	Doors Open for Banquet
6:30 pm - 7:30 pm	Banquet
7:30 pm - 8:00 pm	Sobriety Countdown
8:00 pm - 9:00 pm	AA Speaker: Marty C., Hamilton, ON
9:30 pm	Live Music by bButt cCaan

Sunday, February 15

9:30 am - 10:30 am	Al-Anon Speaker: Zach T., Saskatoon, SK
10:45 am - 11:45 am	AA Speaker : Betty N-A., Saskatoon, SK
12:00 pm	Closing Remarks and Prayer

Tickets

\$40 Registration-
(all events without banquet)
Available at door only.
\$80 Registration & Banquet

We accept Cash, Cheque,
Visa/MC E-transfer and Debit

Cash, Cheque, Debit, contact
Central Office at 306 665 6727

To Register Contact:

Gord 306 716 0086
E-transfer/ Registration:
Saskatoonararoundup@gmail.com

Other Inquiries Contact:

Melissa V. 639 916 0942
Melissa91service@gmail.com
Norm C. 306 371 8691
que172@usask.ca

Early Bird Draw
2 night stay in HOT TUB ROOM
Deadline: January 13th 2026

USBs and links are available
to purchase
\$40- USB with all 5 speakers
\$10- Individual speaker link

Travelodge Hotel Phone: 306-242-8881, Toll Free: 1-800-578-7878

Roundup Weekend Room Rate: \$129.00/ Night

The hotel has reserved a block of rooms with the code 021326TAA Deadline for booking is January 13, 2026

HAPPENINGS

Francis - Vibank 35th Annual AA Roundup
With AL-ANON Participation

"FAITH OVER FEAR"
Saturday, April 18th, 2026

FRANCIS COMMUNITY HALL, **FRANCIS**, SASKATCHEWAN

 **FRANCIS Hall is Wheelchair Accessible**

COST: TRADITION 7

AA and AL-ANON LITERATURE WILL BE AVAILABLE FOR PURCHASE
SOUP WILL BE SERVED FROM 11:30am until 12:30pm

AGENDA

11:30 - REGISTRATION
12:30 - WELCOME
12:45 - CALL UP MEETING
1:45 - AA/AL-ANON MEETINGS
3:00 - AL-ANON SPEAKER..... Gloria M.
4:15 - AA SPEAKER..... Mannie A.
6:00 - BANQUET
7:00 - SERVICE SPEAKER..... Rhonda B.
7:30 - AA SPEAKER..... Juanita N.
9:00 - ICE CREAM & FELLOWSHIP

*There will be a break between events



Contacts:
vibankroundup@gmail.com
A.A. Regina Central Office: 306-545-9300
Any updates will be posted on
www.aaregina.org



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

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 Year's Alcathon

THANK YOU to everyone who attended the New Year's Day
Alcathon Friday Night Men's Stag!

There were over 150 people who attended the 12 meetings!

The day was full of fellowship, recovery, sobriety, laughs and
good food.

We hope to see you in July at our Annual BBQ - More details
coming soon!!!

Andrew

INTERGROUP

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
Wade C.	Literature
Barry S.	PI/CPC
Matt D.	Corrections
Sheila U.	Institutions
Trent H.	Telephone Answering Service
Cathy H.	Website

New Term for the Saskatoon AA Intergroup Social Committee

The Saskatoon intergroup social committee is kicking off a new term. Our committee currently consists of:

Chair: Lori R.

Co-Chair: Jodi M.

We currently need a treasurer and several helpers to join our committee. For the treasurer position, several years of continuous sobriety is recommended. Your involvement will make a difference as we start small and work toward expanding our events as we go.

Upcoming Event: Kaiser Night We're planning a fun Kaiser night with a tentative date set for March 14th from 7pm to 10pm. Stay tuned for more details as we finalize the arrangements!

Looking Ahead: We are excited to organize additional events throughout the year, including a gathering in the summer, a Halloween celebration, and a New Year's event.

Get Involved! If you're interested in volunteering or have ideas for future events, please join the committee. Getting involved is about more than just helping; it's about carrying the message of recovery and ensuring our fellowship remains strong and welcoming. This spirit of service allows us to give back what was so freely given to us.

For more information or to volunteer, please reach out to:
saskatoonintergroupsocial@gmail.com

With gratitude in service,

Lori R.

Chair – Saskatoon Intergroup Social Committee

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
	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
January	Rod M.	Tea Room Group	Paul L	Been There, Done That Group	Jan 5 th : Sandy G. Jan 19 th : Danielle L
February	Dundonald Group	Serenity Group	KISS Group	Feb 6/26: Kariann R. Feb 13 th : Belle M. Feb 20 th : Emily M	Feb 2 nd : Sandy G Feb 16 th : Danielle L
March	Serenity Group	Eddie E.	Westside Group	Mar 6/26: Kariann R. Mar 13 th : Belle M. Mar 20 th : Emily M.	Mar 2 nd : Sandy G. Mar 16 th : Danielle L
April	Upon Awakening Group	Upon Awakening Group	Mustard Seed	Apr. 3 rd : Emily M. Apr. 10 th : Kariann R. Apr. 17 th : Belle M.	Apr. 6 th : Sandy G. Apr 20 th : Danielle L
May	Sonya	Eddie E	Jennifer C.	May 1 st : Kariann R. May 8 th : Belle M. May 15 th : Emily M. May 22 nd : Emily M.	May 4 th : Sandy G. May 18 th : Danielle L
June	Greg R.	Mike S.	Northerners' Group	Jun 5 th : Kariann R. Jun 12 th : Belle M. Jun 19 th : Emily M.	Jun 1 st : Sandy G Jun. 15 th : Danielle L

Annual Commitment

2026 only

Open Opportunity

Please be advised we will no longer chair weekly meetings at Carter House. Many thanks to the past chairpersons for their service work! Carter House is a 3 month family living and recovery center for addictions. It opened on November 24, 2024. It is located at 601 Taylor Street West (formerly Queens House of Retreats). Instead of chairing meetings, we are asked to attend every couple of months to share our experience, strength and hope with the residents, and address any questions they may have about AA. The dates for the sessions are: February 12, 19, 26 and March 5. These sessions are held on Thursdays at 10:00-12:00. If you are interested in attending, please let me know! Thank you.

With Gratitude, Sheila U., Institutions Trustee ((306) 713-9810)



REJECTED AGAIN

I was at a party with sober friends when I met this attractive woman who seemed interested in me, so I asked her out. She politely shrugged and said, "No thanks," which really surprised me.

I asked, "Why, is it my age?" She replied, "No, age doesn't matter."

"Well then," I asked, "is it my religion?" She said, "No, religion doesn't matter either."

Bewildered, I asked, "I don't get it, is it because you're married?" She replied, "No, I'm single."

I was totally perplexed. So I said, "I'm confused. Why won't you go out with me? Is it because I'm sober?"

"No," she said, "it's because I'm sober!"

—KENNY B., Kailua, Hawaii, Aug 2013

From "Take Me to Your Sponsor" pg 64

What is Welcome Group?

Welcome Group is a weekly open speakers meeting that anyone can attend. (To make it easier for single parents to attend there is a side room for children). It is a one hour 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 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 interested I have compiled an info package with a contact information sheet. It includes Al-Anon central office contact, set up instructions and an example of the Welcome Group poster. If you have any questions please feel free to call, text or email me

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

- In 2026 we are now accepting 2 week 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 fulfills our primary purpose. To help the still suffering Alcoholic.

WELCOME GROUP, 2026

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

How A.A. Started

A.A. was started in 1935 by a New York stock-broker and an Ohio surgeon who had been desperately seeking a solution to their chronic drunkenness. To them, and to the millions who found relief by following their example, the recovery they found from alcoholism was nothing short of miraculous. They founded A.A. in an effort to help others who suffered from the disease of alcoholism and to stay sober themselves. A.A. grew with the formation of autonomous groups, first in the United States and then around the world.

(© Alcoholics Anonymous World Services, Inc.
10163 161M - 10/25 (GP) Item F-1)

LEGEND

Yellow: Annual Commitment

Pink: 2026 Only

Green: Open Opportunity