



# 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 3 “Made a decision to turn our will and our lives over to the care of God, as we understood Him.”

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

Maybe this all sounds mysterious and remote, something like Einstein's theory of relativity or a proposition in nuclear physics. It isn't at all. Let's look at how practical it actually is. Every man and woman who has joined A.A. and intends to stick has, without realizing it, made a beginning on Step Three. Isn't it true that in all matters touching upon alcohol, each of them has decided to turn his or her life over to the care, protection, and guidance of Alcoholics Anonymous? Already a willingness has been achieved to cast out one's own will and one's own ideas about the alcohol problem in favor of those suggested by A.A. Any willing newcomer feels sure A.A. is the only safe harbor for the foundering vessel he has become. Now if this is not turning one's will and life over to a newfound Providence, then what is it?

*From Twelve Steps and Twelve Traditions, chapter on Step 3.*

### Tradition 3 “The only requirement for A.A. membership is a desire to stop drinking.”

THIS Tradition is packed with meaning. For A.A. is really saying to every serious drinker, “You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications – even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself.”

*From Twelve Steps and Twelve Traditions, chapter on Tradition 3.*

### CONCEPT THREE

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

(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.

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## Snippets From AA Literature

### **What does A.A. NOT do?**

A.A. does not run membership drives to try to argue alcoholics into joining. A.A. is for alcoholics who want to get sober.

A.A. does not check up on its members to see that they don't drink. It helps alcoholics to help themselves.

A.A. is not a religious organization. All members are free to decide on their own personal ideas about the meaning of life.

A.A. is not a medical organization, does not give out medicines or psychiatric advice.

A.A. does not run any hospitals, wards, or treatment centers or provide nursing services.

A.A. is not affiliated with any other organization. But A.A. does cooperate with organizations that are interested in recovery. Some members work for such organizations – but on their own – not as representatives of A.A.

A.A. does not accept money from sources outside A.A., either private or government.

A.A. does not offer any social services, does not provide housing, food, clothing, jobs, or money. It helps alcoholics stay sober, so they can earn these things for themselves.

Alcoholics Anonymous lives up to the “Anonymous” part of its title. It does not want members' full names or faces to be revealed on radio, TV, newspapers or on new media technologies such as the Internet. And members do not tell other members' names to people outside A.A. But members are not ashamed of belonging to A.A. They just want to encourage more alcoholics to come to A.A. for help. And they do not want to make heroes and heroines of themselves simply for taking care of their own health.

A.A. does not provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous, Pgs 10/11)

## 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, progressnotperfection123@gmail.com

### **Questions and Answers About Anonymity**

**Q.** Should I reveal my anonymity to my boss so that I can attend early A.A. meetings regularly?

**A.** Asking for special favors because of A.A. membership is not in the spirit of the anonymity Traditions.

(Excerpt from Pamphlet: Understanding Anonymity, Pg 10)

<u>Service Meetings</u>	<u>District Meetings</u>
<p><b>Central Office Meeting:</b> 2nd Monday, Mar 9, 2026 Central Office, #5, 1006 8th Street East 6:30 pm</p> <p><b>Intergroup Meeting:</b> 2nd Wednesday, Mar 11, 2026 Travelodge Hotel, 106 Circle Dr. 6:30 pm</p> <p><b>Round Up Committee Meeting:</b> 1st Wednesday, Mar 4, 2026 Travelodge Hotel, 106 Circle Dr. 6:30 PM</p> <p><b>Newsletter Submission Deadline:</b> <u>20th of the Month</u> for entries in the next month's newsletter.</p> <p><b><u>NEWSLETTER SIGN UP</u></b> 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><b>District 8: 1st Wednesday</b> Mar 4, 2026 Cheese Toast Family Restaurant 2410 22nd St. W. @ 7:00 PM Contributions can be made to: districtaa477@gmail.com</p> <p><b>District 19: 2nd Wednesday</b> Mar 11, 2026 at 7:00pm Mayfair United Church, 902 33rd St. W. Contributions can be made to: saskatoondistrict19@gmail.com</p> <p><b>District 20: Last Sunday of the month</b> Mar 29, 2026 at 6:00pm Zoom Meeting Zoom ID 862 3760 9104 Contributions can be made to: district20dcm@aasask.org</p> <p><b>District 21: 3rd Wednesday</b> Mar 18, 2026 at 6:15pm St. Stephen's Anglican Church, 10 Grosvenor Cres.</p>

### Third Step Snippet From the Big Book Pages 60 and 63

...we were at step three, which is that we decided to turn our will and our life over to God as we understood Him. Just what do we mean by that, and just what do we do? The first requirement was that we be convinced that any life run on self-will could hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good. Most people try to live by self-propulsion. Each person is like an actor who wants to run the whole show: is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way. If his arrangements would only stay put, if only people would do as he wishes, the show would be great. Everybody, including himself, would be pleased. Life would be wonderful. In trying to make these arrangements our actor may sometimes be quite virtuous. He may be kind, considerate, patient, generous; even modest and self-sacrificing. On the other hand, he may be mean, egotistical, selfish and dishonest. But, as with most humans, he is more likely to have varied traits....

...Many of us said to our Maker, as we understood Him: "God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.

### 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

### TOON TOWN GROUP

Marie J. Mar 11/04 22 years

### ROLLING STONES

Darcy S. Mar 2/14 12 years  
Cake Day Mar 28th

### AWAKENING GROUP

Wayne N. Mar 30/91 35 years  
Celebration Mar 29th

### SATURDAY MORNING LIVE

Jacque Mar 4/98  
Jason Mar 22/97  
Wade C. Mar 24/15



### Upcoming February and March 2026 Birthdays **Friday Night Mens' Stag Group**

812 Preston Ave. S – 8PM Fridays

Sobriety Date	Name	Celebrating Date
2/7/2020 – 6 Yrs	Jack L.	February 21 <sup>st</sup>
2/28/2005 – 21 Yrs	Stefan L.	March 6 <sup>th</sup>
2/28/2002 – 24 Yrs	Glen M.	March 6 <sup>th</sup>
2/22/2018 – 8 Yrs	Matt D.	March 13 <sup>th</sup>
3/15/2021 – 5 Yrs	Mark D.	March 20 <sup>th</sup>
3/15/2021 – 5 Yrs	Bob T.	March 20 <sup>th</sup>
3/26/2024 – 2 Yrs	JT K.	March 27 <sup>th</sup>

All Birthday Meetings are Open Meetings  
Join us in Fellowship

### Join us at Been There Done That

## TO CELEBRATE DENNIS K's 50th SOBRIETY BIRTHDAY



**Tuesday March 10 at 8:00 pm  
Nutana Park Mennonite Church  
1701 Ruth St E Saskatoon, SK**

**This is an open meeting.  
Everyone is welcome.**

**Refreshments and cake will be served  
after meeting!**

**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.**

## CENTRAL OFFICE HOURS IN MARCH

<h1>CO HOURS</h1>		<h1>March 2026</h1>				
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	6 CO Closed	7	8
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	13 CO Closed	14	15
16 CO Open from 10:00 AM-3:00 PM	17 CO Open from 10:00 AM-3:00 PM	18 CO Open from 10:00 AM-3:00 PM	19 CO Open from 10:00 AM-3:00 PM	20 CO Closed	21	22
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	27 CO Closed	28	29
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-THURSDAY  
UNLESS OTHERWISE  
SPECIFIED.**

### ON SPONSORSHIP

**Is it ever too late to get a sponsor?**

No. An A.A. who has been in – or “around” the Fellowship for many years often finds that getting a good sponsor, talking frankly, and listening can make the whole program open up as it never did before. Most A.A.s feel that sponsorship is a vital part of their ongoing growth and progress in recovery, including persons who have long-term sobriety. Sponsorship can be the answer for the person who has been able to achieve only interludes of sobriety or who has attended meetings casually but has not really taken the First Step. For such a person, a sponsor with a firm grounding of sobriety in A.A. can make all the difference. Even if we have many dry years behind us, we can often benefit by asking an A.A. friend to be our sponsor. We may have been feeling discontentment or real emotional pain because we forgot that the A.A. program offers a whole new way of life, not just freedom from alcohol. With a sponsor’s help, we can use the program to the full, change our attitudes, and, in the process, come to enjoy our sobriety.



## HAPPENINGS

**Francis - Vibank 35<sup>th</sup> Annual AA Roundup**  
With AL-ANON Participation

**“FAITH OVER FEAR”**  
*Saturday, April 18<sup>th</sup>, 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](mailto:vibankroundup@gmail.com)  
A.A. Regina Central Office: 306-545-9300  
Any updates will be posted on  
[www.aaregina.org](http://www.aaregina.org)

### Wisdom on Wednesdays

Due to Lent, we are changing our weekly meeting from Wednesday 5:30–6:30 to Tuesday at 5:00-6:00

Now called

### Wisdom on Tuesdays

Evangelical Orthodox Church

1426 Alexandra Ave.

## 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 7<sup>th</sup>, 2026

This is a closed meeting

### Kaiser Night

Brought to you by the Intergroup Social Committee

Come enjoy fun, food, and fellowship while supporting our new social committee's first event!

Everyone's welcome at the table. Whether you're a seasoned pro or just learning the "tricks" of the game. Teams will be "drawn from the hat".

**Details:**

- **Date:** March 14<sup>th</sup>, 2026
- **Time:** 7-10pm
- **Cost:** \$20.00 per player – only 32 spots available!
  - \$10.00 per person for spectators.
- **Location:** Grace Lutheran Church.
  - 603 115<sup>th</sup> St E., Saskatoon

To help us plan for food, please pre-register by e-transferring \$20.00 per person to [saskatoonintergroupsocial@gmail.com](mailto:saskatoonintergroupsocial@gmail.com) . After sending your payment, email your registration confirmation to the same address. If you have any questions, feel free to reach out to Lori R. at [saskatoonintergroupsocial@gmail.com](mailto:saskatoonintergroupsocial@gmail.com) , or Jodi M. at 306-371-2553.

*One Hand at a Time!*

**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

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

**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

**ANNOUNCEMENT FOR 2027 ROUNDUP COMMITTEE MEMBERS**

We will be holding our first Roundup Committee meeting on Wednesday March 4 at the Travelodge Hotel, 106 Circle Dr. at 6:30 PM. There are a number of positions to be filled.

This Roundup Committee will be organizing the 60th annual Saskatoon AA Roundup and we're looking forward to an exciting and challenging year.

All are welcome to attend, and this is a great opportunity for AA members to get involved in this "landmark celebration" of 60 years of Roundups.

Yours in service,

Norm C.  
(Interim) 2027 Roundup Chair

[njc1180@gmail.com](mailto:njc1180@gmail.com)

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](mailto: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 <sup>st</sup> & 3 <sup>rd</sup> Mondays of each month. 7:00 PM
January	Rod M.	Tea Room Group	Paul L	Been There, Done That Group	Jan 5 <sup>th</sup> : Sandy G. Jan 19 <sup>th</sup> : Danielle L
February	Dundonald Group	Serenity Group	KISS Group	Feb 6/26: Kariann R. Feb 13 <sup>th</sup> : Belle M. Feb 20 <sup>th</sup> : Emily M	Feb 2 <sup>nd</sup> : Sandy G Feb 16 <sup>th</sup> : Danielle L.
March	Serenity Group	Eddie E.	Westside Group	Mar 6/26: Kariann R. Mar 13 <sup>th</sup> : Belle M. Mar 20 <sup>th</sup> : Emily M.	Mar 2 <sup>nd</sup> : Sandy G. Mar 16 <sup>th</sup> : Danielle L
April	Upon Awakening Group	Upon Awakening Group	Mustard Seed	Apr. 3 <sup>rd</sup> : Emily M. Apr. 10 <sup>th</sup> : Kariann R. Apr. 17 <sup>th</sup> : Belle M.	Apr. 6 <sup>th</sup> : Sandy G. Apr 20 <sup>th</sup> : Danielle L
May	Sonya	Eddie E	Jennifer C.	May 1 <sup>st</sup> : Kariann R. May 8 <sup>th</sup> : Belle M. May 15 <sup>th</sup> : Emily M. May 22 <sup>nd</sup> : Emily M.	May 4 <sup>th</sup> : Sandy G. May 18 <sup>th</sup> : Danielle L
June	Greg R.	Mike S.	Northerners' Group	Jun 5 <sup>th</sup> : Kariann R. Jun 12 <sup>th</sup> : Belle M. Jun 19 <sup>th</sup> : Emily M.	Jun 1 <sup>st</sup> : Sandy G Jun. 15 <sup>th</sup> : 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)



**TEXT TO WIFE:**

MARY, HAVING ONE MORE PINT WITH THE LADS. IF NOT HOME IN 20 MINUTES, READ THIS MESSAGE AGAIN.

—BILL B., Oakland, Fla., April 2014

**BAD INVESTMENT**

Q: HOW DO YOU TURN AN ALCOHOLIC INTO A MILLIONAIRE?  
A: GIVE HIM A BILLION DOLLARS.

—J.D., Big Lake, Minn., Sept 2015

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, 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

LEGEND	Yellow: Annual Commitment	Pink: 2026 Only	Green: Open Opportunity
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Contact: Call or text Kevin C. @ 306-220-6436 or email lukenuke26@hotmail.com

Welcome Group Speaker Meeting

@ Louise Avenue Congregational 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 Congregational 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.

**Why do A.A.s keep on going to meetings after they are cured?**

We in A.A. believe there is no such thing as a cure for alcoholism. We can never return to normal drinking, and our ability to stay away from alcohol depends on maintaining our physical, mental and spiritual health through the process of working the Twelve Steps. We can achieve this by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.

(aa.org FAQ)