

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 4 “Made a searching and fearless moral inventory of ourselves.”

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.

From Twelve Steps and Twelve Traditions, chapter on Step 4.

Tradition 4 “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

AUTONOMY is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

From Twelve Steps and Twelve Traditions, chapter on Tradition 4.

CONCEPT FOUR

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

(General Service Office Service Material)

Submissions for the May Newsletter

Central Office Staff is taking vacation April 27-30th, so... please forward your submissions for the May Newsletter by April 20th

All quotations from AA and AA Grapevine literature are printed with consent from A. A. World Services, Inc. and AA Grapevine.

Central Office Hours: Monday to Thursday 10:00–3:00 (Closed on statutory holidays).
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SERVICE OPPORTUNITIES

URGENT CALL FOR SERVICE

Roundup Committee Positions are needed immediately to begin planning the 60th Intergroup Roundup for 2027

The next Roundup Meeting was supposed to be April 1, 2026, at 6:30pm at the Travelodge Hotel but has been postponed until a new Chairperson has been voted in by Intergroup

- | | | |
|-----------------------------------|-----|----------|
| CHAIRPERSON | AND | Co-CHAIR |
| Secretary | | |
| Voice | | |
| And Alternate Voice | | |
| Printing and Publicity Chair | | |
| And Alternate | | |
| Interlude Chair | | |
| And Alternate | | |
| Speaker Chair | | |
| And Alternate | | |
| Recording and Entertainment Chair | | |
| And Alternate | | |
| Volunteer Chair | | |
| And Alternate | | |
| Decorations Chair | | |
| And Alternate | | |

We are asking members of the fellowship with past local service experience to consider helping and saying 'YES' to volunteering to assist members of the fellowship that are newer to service to learn.

Please contact Cheryl K (Intergroup Chair) or Melissa V (Past Roundup Chair) if you are interested in being of service.

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

Snippet From AA Literature

Who belongs to A.A.?

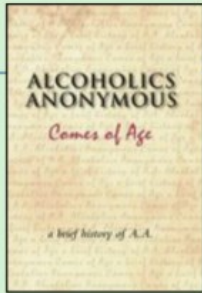
Like other illnesses, alcoholism strikes all sorts of people. So the men and women in A.A. are of all races and nationalities, all religions and no religion at all. They are rich and poor and just average. They work at all occupations, as lawyers and housewives, teachers and truck drivers, waitresses 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)

Featured Book of the Month.

April 2026

"Alcoholics Anonymous Comes of Age"



More than half a century has gone by since A.A.'s historic 1955 Convention in St. Louis, when the founding members passed on to the entire Fellowship the responsibility for the three Legacies of Recovery, Unity, and Service. This book takes A.A. members and interested friends on a quick tour of the Convention, traces the history and development of the Three Legacies, and looks at A.A. through the eyes of some early non-alcoholics who influenced the Fellowship's history.

Excerpt taken from the cover of "AA Comes of Age"

<u>Service Meetings</u>	<u>District Meetings</u>
<p>Central Office Meeting: 2nd Monday, Apr 13, 2026 Central Office, #5, 1006 8th Street East 6:30 pm</p> <p>Intergroup Meeting: 2nd Wednesday, Apr 8, 2026 Travelodge Hotel, 106 Circle Dr. 6:30 pm</p> <p>Round Up Committee Meeting: 1st Wednesday, POSTPONED Travelodge Hotel, 106 Circle Dr. 6:30 PM</p> <p>Newsletter Submission Deadline: <u>20th of the Month</u> for entries in the next month's newsletter.</p> <p><u>NEWSLETTER SIGN UP</u> 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 Apr 1, 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 Apr 8, 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 Apr 26, 2026 at 6:00pm Zoom Meeting Zoom ID 862 3760 9104 Contributions can be made to: district20dcm@aask.org</p> <p>District 21: 3rd Wednesday Apr 15, 2026 at 6:15pm St. Stephen's Anglican Church, 10 Grosvenor Cres.</p>

Questions and Answers About Anonymity

Q. Are virtual A.A. meetings considered “public”?

A. These online gatherings are not streamed to the general public; however, information about the meeting is provided to A.A. members, potential members and the general public, similar to in-person meetings. While some members feel comfortable using their full names and faces, other members feel it is more aligned with Tradition Eleven to use only their first name and last initial or turning their camera off. For safety purposes, some groups have provided helpful reminders in their group format that picture-taking or screen shots are not in keeping with anonymity principles.

(Excerpt from Pamphlet: Understanding Anonymity, Pg 11)

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

TOON TOWN GROUP

Sharon A. Apr 1/90,
 Charia D. Apr 17/06,
 Kathleen H. Apr 19/20

GRACE AND GRATITUDE

Denise H. Apr 16/90 36 year
 Celebrating Apr 27th, 5:15-6:30

AWAKENING GROUP

Wayne N. Mar 30/91 35 years
 Celebration Mar 29th
 Ryan P. Apr. 3/24
 Celebration Apr 26th

SHAMROCK GROUP

Joanne S. Apr 11/15 11 years
 Larry B. Apr 21/71 55 years
 John F. Apr 25/93 33 years

FRIDAY NIGHT MENS GROUP

Chris Q Apr 4/11 15 years

HEALING GROUP

Gerald L. Apr 24/24

Memorial meeting for Sharron Y.
 Fresh Air Group-April 22, 2026
 8 PM

Sharron Y. passed away February 8, 2026 in Royal University Hospital after a brief illness. She had been sober over 42 years and was a long-term member of the Fresh Air Group before chronic illness made it very difficult to go out in the evening. She had expressly wished to have no formal funeral services. At the last business meeting, the group decided it would be appropriate and acceptable to her to have a memorial meeting to acknowledge the worth and value of her life.

Over the years, Sharron had sponsored many young women and helped others, both men and women, from her own life experience. Anyone who knew her is invited to come and share their interaction with her. Please come to commemorate her life and say farewell.



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 APRIL

CO HOURS

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 CO OPEN FROM 10:00 AM-3:00 PM	2 CO OPEN FROM 10:00 AM-3:00 PM	3 GOOD FRIDAY CO CLOSED	4	5
6 CO CLOSED GOOD FRIDAY STAT	7 CO OPEN FROM 10:00 AM-3:00 PM	8 CO OPEN FROM 10:00 AM-3:00 PM	9 CO OPEN FROM 10:00 AM-3:00 PM	10 CO CLOSED	11	12
13 CO OPEN FROM 10:00 AM-3:00 PM	14 CO OPEN FROM 10:00 AM-3:00 PM	15 CO OPEN FROM 10:00 AM-3:00 PM	16 CO OPEN FROM 10:00 AM-3:00 PM	17 CO CLOSED	18	19
20 CO OPEN FROM 10:00 AM-3:00 PM	21 CO OPEN FROM 10:00 AM-3:00 PM	22 CO OPEN FROM 10:00 AM-3:00 PM	23 CO OPEN FROM 10:00 AM-3:00 PM	24 CO CLOSED	25	26
27 CO OPEN FROM 10:00 AM-3:00 PM (MANNED BY VOLUNTEER)	28 CO CLOSED STAFF VACATION	29 CO CLOSED STAFF VACATION	30 CO OPEN FROM 10:00 AM-3:00 PM (MANNED BY VOLUNTEER)			

CO IS OPEN FROM MONDAY TO THURSDAY UNLESS OTHERWISE SPECIFIED

CENTRAL OFFICE NEWS

STAFF FOR CENTRAL OFFICE WILL BE TAKING SOME VACATION TIME ON APRIL 27TH, 28TH, 29TH & 30TH. THE OFFICE WILL BE CLOSED ON FRIDAYS AS USUAL.

THE GOOD NEWS IS THAT A VOLUNTEER WILL BE OPENING THE OFFICE ON APRIL 27TH & 30TH FOR LITERATURE SALES. THE HOURS WILL BE 10:00 AM-3:00 PM ON BOTH DAYS.

ANY QUESTIONS? PLEASE CALL THE CENTRAL OFFICE @ 306-665-6727



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

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

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.

INTERGROUP

NAME	POSITION
Cheryl K.	Chair
Chris R.	Alternative Chair
Tyler S.	Treasurer
Wendie L.	Secretary
Melissa V.	Roundup Chair
Lori R.	Social Committee Chair
Kevin C.	Welcome Group Chair

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

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

W H Y
W E
W E R E
C H O S E N
.....

This article was submitted By Stan C. from old AA files he picked up in New York when he was a Trustee

God, in His Wisdom, selected this group of men and women to be the purveyors of His goodness. In selecting them through whom to bring about this phenomenon, He went not to the proud, the almighty, the famous, nor the brilliant. He went, instead, to the humble, the sick, the unfortunate. He went right to the drunkard, the so-called weakling of the world. Well might He have said to us "Unto your weak and feeble hands I have entrusted a power beyond estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists nor statesmen, not to wives nor mothers, not even to my priests or ministers have I given this gift of healing other alcoholics, which I entrust to you".

"It must be used unselfishly; it carries with it grave responsibility. No day can be too long, no case too pitiful, no task too great. It must be used with tolerance, for I have restricted its application to no race, no creed, and no denomination. Personal criticism, you must expect; lack of appreciation will be common; ridicule will be your lot; your motives will be misjudged. You must be prepared for adversity, for what men call adversity is the ladder you must use to ascend the rungs toward spiritual perfection, and, remember, in the exercise of this power I shall not exact from you beyond your capabilities".

"You are not selected because of exceptional talents; and be careful, always, if success attends your efforts, not to ascribe to personal superiority that which you can lay claim to only by virtue of My gift. If I had wanted eloquent men, there would have been many anxious for the assignment, for talk is the easiest used of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you, who would be available. You were selected because you have been an outcast of the world, and your long experience as drunkards has made, or should make, you humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere".

"Keep in mind the admission you made on the day of your profession in A.A., namely, that you are powerless and that it was only with your willingness to turn your will and life unto My keeping that relief came to you".

.....
SERENITY PRAYER

God grant me the Serenity
To accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference.

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
March	Serenity Group	Eddie E.	Westside Group	Mar 6/26: Kariann R. Mar 13 th : Belle M. Mar 20 th : Rod M. & Anthony	Mar 2 nd : Sandy G. & Corinne G. Mar 16 th : Danielle L.
April	Upon Awakening Group	Upon Awakening Group	Mustard Seed	Apr. 3 rd : Emily M. & Brad W. Apr. 10 th : Kariann R. Apr. 17 th : Belle M.	Apr. 6 th : Danielle L. Apr 20 th : Danielle L.
May	Sonya	Eddie E.	Serenity Group	May 1 st : Kariann R. May 8 th : Belle M. May 15 th : Emily M. May 22 nd : Emily M.	May 4 th : Danielle L. & Brad W. May 18 th : Danielle L.
June	Greg R. & Brad W.	Living Soberer	Northerners' Group	Jun 5 th : Kariann R. Jun 12 th : Belle M. Jun 19 th : Emily M.	Jun 1 st : Danielle L. Jun. 15 th : Danielle L.
July	Shamrock Group	Jennifer C.	Sutherland Group	Jul 3 rd : Kariann R. Jul 10 th : Belle M. Jul 17 th : Emily M. Jul 24 th : Emily M.	Jul 6 th : Sandy G. Jul 20 th : Danielle L.
August	Eddie E.	Eddie E.	Living Soberer	Aug 7 th : Kariann R. Aug 14 th : Belle M. Aug 21 st : Emily M.	Aug 3 rd : Sandy G. Aug 17 th : Danielle L.

Annual Commitment 2026 only Open Opportunity

Institutions Update

I am pleased to advise the Living Soberer Group made 2 annual commitments. They will to chair at Larson House (Fridays in June) and Adult Calder (August).

The Serenity Group made an additional annual commitment to chair at Adult Calder (May).

Since my last update, 5 members of our fellowship volunteered to co-chair at various institutions.

I am so thankful for the service work our Fellowship does in carrying the beautiful message of hope to Institutions!!

Sheila U., Institutions Trustee, 306 713 9810



Sign outside the bar says “ALL YOU CAN DRINK ONE DOLLAR”
Alcoholic walks in and says “GIVE ME TWO DOLLARS WORTH”
(Anonymous)

When I first came to recovery, my favorite language was victimese
(Anonymous)

Welcome Group

Open Speaker Meeting and Potluck

Saturday April 11th

Louise Congregational Church

1602 Louise Ave

Potluck and Fellowship start at 6:30

Speaker at 7:30pm

A.A. Speaker – Rick M.

Al-Anon Speaker – Carol M.

Chaired by the Sutherland Group

Organized by the Welcome Group Committee
and the Intergroup Social Committee

Everyone is Welcome!!

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	Wisdom Group (May 2 nd , 9 th & 16 th)
June	Tea Room Group
July	
August	
September	Been There, Done That Group
October	Saturday Morning Live
November	Road to Freedom
December	

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 Ave. Congressional Church

1602 Louise Ave.

Saturdays 7:30pm-8:30pm

LOOKING FOR GROUPS TO CHAIR 2026

Is your group looking to do service for the fellowship of AA?

There are still several opportunities left to chair Welcome Group in 2026

Looking for groups to chair the months of July, August and December. There is also a 2 week spot open for May 23rd and May 30th.

Does your group want to chair Welcome Group, but does not want to commit to a whole month? Ask me about 2 week chairing opportunities in July and August.

For more information contact:

Chair: Kevin C. Ph:306-220-6436

Email: Lukenuke26@hotmail.com