

SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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 (ALSO AVAILABLE VIA EMAIL FOR NO CHARGE, call Central Office)

Step 5 “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

The real tests of the situation are your own willingness to confide and your full confidence in the one with whom you share your first accurate self-survey. Even when you've found the person, it frequently takes great resolution to approach him or her. No one ought to say the A.A. program requires no willpower; here is one place you may require all you've got. Happily, though, the chances are that you will be in for a very pleasant surprise. When your mission is carefully explained, and it is seen by the recipient of your confidence how helpful he can really be, the conversation will start easily and will soon become eager. Before long, your listener may well tell a story or two about himself which will place you even more at ease. Provided you hold back nothing, your sense of relief will mount from minute to minute. The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur. Many an A.A., once agnostic or atheistic, tells us that it was during this stage of Step Five that he first actually felt the presence of God. And even those who had faith already often become conscious of God as they never were before.

From Twelve Steps and Twelve Traditions, chapter on Step 5.

Tradition 5 “Each group has but one primary purpose—to carry the message to the alcoholic who still suffers.”

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.'s all around the globe. There is another reason for this singleness of purpose.

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through selfseeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out.

From Twelve Steps and Twelve Traditions, chapter on Tradition 5.

CONCEPT FIVE

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

(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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SERVICE OPPORTUNITIES

Hello everyone,

Some things almost don't happen.
And then, through a handful of willing hands, they do.

I'm grateful to have been trusted with the role of Chair for the Saskatoon Intergroup Alcoholics Anonymous Roundup as we approach our 60th anniversary, a gathering built on decades of shared experience, strength, and hope.

This year's Roundup comes together the way many good things in AA do: not through perfection, but through willingness.

I'm genuinely excited for what we're building together! A weekend where stories will be told, laughter will be shared, and the quiet miracle of sobriety will fill the room, the way it always does.

Our next committee meeting will be held on **May 6th at 6:30 PM** at the **Travelodge**, where we will continue shaping the Roundup and vote members in to open service positions.

If you feel any pull toward being part of this, you are welcome.

None of this happens alone. And it never has.

In service, Kevin H, Chair, Saskatoon AA Roundup – 60th Anniversary

Snippet From AA Literature

Are there any young people in A.A.?

The pamphlet "Young People in A.A." gives the personal stories of seven young people who joined when they were under 30. Many young people like these are cheerfully staying sober and taking part in A.A. activities.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous, Pg 9)

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 Chair) 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 Regional Psychiatric Centre

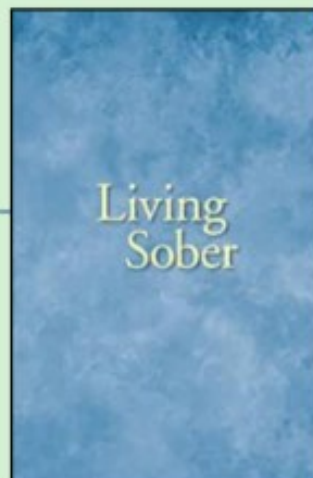
For more information contact: call, text or email

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

Featured Book of the Month.

May 2026

"Living Sober"



"So not drinking at all—that is, staying sober—becomes the basis of recovery from alcoholism. And let it be emphasized: Living sober turns out to be not at all grim, boring, and uncomfortable, as we had feared, but rather something we begin to enjoy and find much more exciting than our drinking days. We'll show you how"

Taken from a paragraph under the heading "About That Title" on the first page of the book "Living Sober"

Service Meetings

Central Office Meeting:
2nd Monday, May 11, 2026
Central Office, #5, 1006 8th Street East
6:30 pm

Intergroup Meeting:
2nd Wednesday, May 13, 2026
Travelodge Hotel, 106 Circle Dr.
6:30 pm

Round Up Committee Meeting:
1st Wednesday, May 6, 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
May 6, 2026
Cheese Toast Family Restaurant
2410 22nd St. W. @ 7:00 PM
Contributions can be made to:
districtaa477@gmail.com

District 19: 2nd Wednesday
May 13, 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
May 31, 2026 at 6:00pm
Zoom Meeting AND in person
Zoom ID 862 3760 9104
In person: Augustana Lutheran Church
1201 Broadway Avenue (use side door)
Contributions can be made to:
district20dcm@aasask.org

District 21: 3rd Wednesday
May 20, 2026 at 6:15pm
St. Stephen's Anglican Church,
10 Grosvenor Cres.

**Questions and Answers About
Anonymity**

Q. Should I be concerned about the anonymity of others who view my sites?

A. When we use digital media, we are responsible for our own anonymity and that of others. When we text or post something online, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others. For more information on anonymity online, see the A.A. Guideline on the Internet at www.aa.org, and the October 2010 issue of AA Grapevine on Preserving Anonymity in a Networked World.

(Pamphlet Excerpt: Understanding Anonymity, Pgs 10 / 11)

ON SPONSORSHIP

Can any member be a sponsor?

Yes, any A.A. member can become a sponsor. There are no special qualifications, ranks, or superior status required in A.A. Any member can help the newcomer learn to cope with life without resorting to alcohol in any form. In most instances, A.A. custom does suggest one limitation: sponsorship should be avoided whenever a romantic entanglement might arise between sponsor and sponsee. We A.A. members, no matter how long we have been sober, remain thoroughly human, subject to emotions that might divert us from "our primary purpose."

(Pamphlet Excerpt: Questions & Answers on Sponsorship, pg 11)

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

ROLLING STONES

Stephanie S. May 2/97 29 yrs
 Anne P. May 21/82 44 yrs
 Anna Z. May 21/22 4 yrs
 Cake Day: May 30th

SHAMROCK GROUP

Deb E. May 1/87 39 years
 Doug B. May 1/15 11 years

FRESH START

Philip P 7 years
 Tim T 6 years

TOON TOWN GROUP

Peggy F May 26/89

K.I.S.S GROUP

Karen B May 24/89 37 yrs
 Richard G. May 13/24 2 yrs
 Celebration on May 26th

Send your group milestones to
aasaskatoon@sasktel.net
 or the Newsletter Chair
 Doug H. at doug91074@gmail.com

Please submit by the 20th of the month for entry
into the next month's Newsletter.

On November 26,2025 we lost a longtime Friend, member, sponsor and mentor Roger L. Roger lost a short battle to Cancer but he continued to surround himself with AA friends right to his bitter end. Roger was a longtime member of the Monday night Mount Royal group will be sadly missed. Roger was well known throughout the AA community and he volunteered any chance he could. Saturday May 30 come out and share your memories spent with this great man. Celebration of life Roger L.

Saturday May 30,2026
 2pm-4pm
 St. George's Senior Hall
 20th street and Avenue M
 Everyone is Welcome

New & Noteworthy

New Book Announcement

AA Grapevine's highly anticipated new book, *Gratitude*, is now available! Order your copy today!

Order now



CENTRAL OFFICE HOURS IN MAY

CO HOURS

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 CO CLOSED	2	3
4 CO OPEN FROM 10:00 AM-3:00 PM	5 CO OPEN FROM 10:00 AM-3:00 PM	6 CO OPEN FROM 10:00 AM-3:00 PM	7 CO OPEN FROM 10:00 AM-3:00 PM	8 CO CLOSED	9	10
11 CO OPEN FROM 10:00 AM-3:00 PM	12 CO OPEN FROM 10:00 AM-3:00 PM	13 CO OPEN FROM 10:00 AM-3:00 PM	14 CO OPEN FROM 10:00 AM-3:00 PM	15 CO CLOSED	16	17
18 VICTORIA DAY CO CLOSED	19 CO OPEN FROM 10:00 AM-3:00 PM	20 CO OPEN FROM 10:00 AM-3:00 PM	21 CO OPEN FROM 10:00 AM-3:00 PM	22 CO CLOSED	23	24
25 CO OPEN FROM 10:00 AM-3:00 PM	26 CO OPEN FROM 10:00 AM-3:00 PM	27 CO OPEN FROM 10:00 AM-3:00 PM	28 CO OPEN FROM 10:00 AM-3:00 PM	29 CO CLOSED	30	31

CO IS OPEN FROM MONDAY TO THURSDAY UNLESS OTHERWISE SPECIFIED.

Step Five Snippet from the Big Book of Alcoholics Anonymous, 4th Edition pg. 72

... This brings us to the fifth step in the Program of Recovery mentioned in the preceding chapter. This is perhaps difficult—especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: if we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives.

Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk.



HAPPENINGS

After 10 years of healing and recovery, the Healing Group invites you to a celebration.

Pizza and cake will be served after the meeting

When: Sunday, May 17 at 2 pm

Where: Christ the Healer Gospel Church located at 136 Avenue F. South

Wisdom on Wednesdays

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.



FRIDAY NIGHT MENS STAG GROUP

10th ANNUAL BBQ



When: Friday July 24th, 2026 at 7 PM

Where: 812 Preston Ave.

Cost: 7th Tradition

BBQ will include Burgers, Hotdogs, Salad, Pop and Coffee.

Just bring yourself and your mind will follow.

OPEN SPEAKER MEETING AT 8 PM

Open Meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.



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

INTERGROUP

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

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

Central Office is asking you to Take Our Survey

3 question survey to help Central Office determine office hours to better connect with our community

Anonymous!

Quick

Scan the QR Code



Or follow the link

Ends May 31, 2026

Just a reminder, Central Office donations from our members are Tax Deductible.

CENTRAL OFFICE HOURS

10:00am to 3:00pm Monday to Thursday

Closed all Statutory Holidays

INSTITUTIONS CHAIRING SCHEDULE, 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. @ 7:00 PM (except last Fri. of ea. month)	1 st & 3 rd Mondays of each month. 7:00 PM
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. & Doran R.	Apr. 6 th : Danielle L. Apr 20 th : Danielle L.
May	Sonya & Doran R.	Eddie E	Serenity Group	May 1 st : Kariann R. May 8 th : Belle M. & Brent W. May 15 th : Emily M. May 22 nd : Emily M.	May 4 th : Danielle L. & Brad W. May 18 th : Danielle L. & Corinne
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. & Corinne
July	Shamrock Group	Jennifer C. & Brent W.	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. & Corinne
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.
September	Sutherland Group	Eddie E.	Mustard Seed Group	Sept. 4 th : Kariann R. Sept 11 th : Belle M. Sept 18 th : Emily M.	Sept 7 th : Sandy G. Sept 21 st : Danielle L.

Annual Commitment	2026 only	Open Opportunity
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"Oh, we're not here to do MY Fifth Step..."

The Fellowships of Alcoholics Anonymous and the Al-Anon Family Groups have a unique relationship. They are naturally drawn together by their close ties. And yet the Twelve Traditions, the General Service Boards, and the General Service Conferences of both Fellowships suggest that each functions more effectively if it remains "separate," cooperating but not affiliating with the other.

Each Fellowship has always had its own General Service Board, General Service Office, Conference, publishing company, and directory. Each has established its own policies and maintained its own services. This separate functioning has served both A.A. and Al-Anon Family Groups well. A.A.'s policy of "cooperation but not affiliation" was established as long ago as the early 1950s, and both Al-Anon and A.A. recognized at that time the importance of maintaining separate Fellowships.

(Excerpt:A.A.® Guidelines, Relationship Between A.A. and Al-Anon, Item MG-8, Rev. 4/19)

WELCOME GROUP SPEAKER MEETING

Louise Ave. Congregational 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 1st, 8th & 15th 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.

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	Life's Good—Aug 22 nd & 29 th
September	Been There, Done That Group
October	Saturday Morning Live
November	Road to Freedom
December	

For more information, contact:

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

Email: Lukenuke26@hotmail.com

A.A.'s Debt of Gratitude to Al-Anon

The following resolution of gratitude to the Fellowship of the Al-Anon Family Groups was unanimously approved by the 1969 General Service Conference of Alcoholics Anonymous. The delegates of this, the 19th General Service Conference of Alcoholics Anonymous, meeting in official session in New York City, this 25th day of April, 1969, do hereby declare: WHEREAS, it is the desire of this Conference to confirm the relationship between Alcoholics Anonymous and the Al-Anon Family Groups, and WHEREAS, it is the further desire of this Conference to acknowledge A.A.'s debt of gratitude to the Al-Anon Family Groups, therefore, BE IT RESOLVED, that Alcoholics Anonymous recognizes the special relationship which it enjoys with the Al-Anon Family Groups, a separate but similar fellowship. And be it further resolved that Alcoholics Anonymous wishes to recognize, and hereby does recognize, the great contribution which the Al-Anon Family Groups have made and are making in assisting the families of alcoholics everywhere.

(Excerpt:A.A.® Guidelines, Relationship Between A.A. and Al-Anon, Item MG-8, Rev. 4/19)

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