



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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Step 6 “Were entirely ready to have God remove all these defects of character.”

“THIS is the Step that separates the men from the boys.” So declares a well-loved clergyman who happens to be one of A.A.’s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults—without any reservations whatever—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.

Of course, the often disputed question of whether God can—and will, under certain conditions—remove defects of character will be answered with a prompt affirmative by almost any A.A. member. To him, this proposition will be no theory at all; it will be just about the largest fact in his life. He will usually offer his proof in a statement like this:

“Sure, I was beaten, absolutely licked. My own willpower just wouldn’t work on alcohol. Change of scene, the best efforts of family, friends, doctors, and clergymen got no place with my alcoholism. I simply couldn’t stop drinking, and no human being could seem to do the job for me. But when I became willing to clean house and then asked a Higher Power, God as I understood Him, to give me release, my obsession to drink vanished. It was lifted right out of me.”

From Twelve Steps and Twelve Traditions, chapter on Step 6.

Tradition 6 “An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.”

THE moment we saw that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause.

Here are some of the things we dreamed. Hospitals didn’t like alcoholics, so we thought we’d build a hospital chain of our own. People needed to be told what alcoholism was, so we’d educate the public, even rewrite school and medical textbooks. We’d gather up derelicts from skid rows, sort out those who could get well, and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. Maybe these places would make large sums of money to carry on our other good works. We seriously thought of rewriting the laws of the land, and having it declared that alcoholics are sick people. No more would they be jailed; judges would parole them in our custody.

From Twelve Steps and Twelve Traditions, chapter on Tradition 6.

CONCEPT SIX

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

(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

CALL FOR VOLUNTEERS

Western Canada Regional Forum

June 12–14

Volunteer Shifts

Between Friday 1:00 PM – Sunday 12:00 PM

Location

Travelodge Hotel
106 Circle Drive West, Saskatoon, SK

We Need Your Help!!

Volunteers are essential to making this Forum a success.
Join us in service and connection at this regional event.

Volunteer Contact

Lesley M.
registrar@aaask.org

Forum Registration: <https://www.aa.org/event/2026-western-canada-regional-forum>

We Look Forward to Seeing You There!

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)

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

Matt D. (306) 251-0242,
progressnotperfection123@gmail.com

Intergroup Update

Hello everyone, I want to wish everyone a Happy Spring, finally! It's been a long winter!

As we move forward, the Intergroup Reps have decided to continue to hold meetings over the summer. The July meeting will be on the 8th and the August meeting will be on the 12th.

The time will remain the same (6:30pm) at the Travelodge Hotel and we will be meeting in the Concorde 1 Room.

I will work hard to try to ensure that the meetings run smoothly and in a timely fashion.

Groups that do have an Intergroup Rep, I am asking that when you have any new business that you would like to address, please ask your Intergroup Rep to let me know at least a week before the next meeting so it can be added to the agenda. If it is not put on the agenda, it will have to be tabled to the next meeting

If your group does not have an Intergroup Rep and you have any concerns or questions, please feel free to reach out to me. I can be reached through Central Office.

I hope everyone has a fantastic summer and there is lots of warm weather and sunshine to enjoy!

In Service,

Cheryl K, Intergroup Chair

<u>Service Meetings</u>	<u>District Meetings</u>
<p>Central Office Meeting: 2nd Monday, June 8, 2026 Central Office, #5, 1006 8th Street East 6:30 pm</p> <p>Intergroup Meeting: 2nd Wednesday, June 10, 2026 Travelodge Hotel, 106 Circle Dr. 6:30 pm</p> <p>Round Up Committee Meeting: 1st Wednesday, June 3, 2026 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>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 June 3, 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 June 10, 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 June 28, 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</p> <p>District 21: 3rd Wednesday June 17, 2026 at 6:15pm St. Stephen's Anglican Church, 10 Grosvenor Cres.</p>

Questions and Answers About Anonymity

Q. What about making or posting videos of talks and meetings? Are these considered to be anonymity breaks, since people are seen full-face and clearly identify themselves as A.A. members?

A. Realizing that anonymity is the spiritual foundation of all our Traditions, it is recommended that talks by A.A. members as members be given in person, rather than be recordings in view of the temptation of recordings to "place personalities before principles," and thus encourage the development of a "star" system in A.A. (as per 1980 General Service Conference resolution).

(Pamphlet Excerpt: Understanding Anonymity, Pg 11)

ON SPONSORSHIP

May a newcomer have more than one sponsor?

Many feel it is best for a newcomer to have only one sponsor. Choosing one sponsor helps to avoid the precarious practice of a newcomer going from sponsor to sponsor seeking the advice he or she wants to hear.

(Pamphlet Excerpt:

Questions & Answers on Sponsorship, pg 9)

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

KLEEN AAIR

Bruce H	June 2/92
Patrick F	June 9/22
Monique D	June 20/84
Ced E	June 25/10

TOON TOWN GROUP

Ron G.	June 1/86,
Terry K.	June 23/23

K.I.S.S GROUP

Nathan K. June 2/25 1 yr

Celebration on June 22nd

STEPPING STONE

Roy R.	Jun 11/80	46 yrs
Phyllis C.	Jun 12/77	49 yrs

Cake Day: Jun 30th



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.

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 JUNE

CO HOURS
June

2026

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

**CO IS OPEN FROM
MONDAY-THURSDAY
UNLESS OTHERWISE
SPECIFIED.**

Sixth Step Snippet
From the Big Book
Page 76

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing.



SASKATOON & AREA 91 CPC COMMITTEES — ALCOHOLICS ANONYMOUS

What is Alcoholics Anonymous?

A luncheon for professionals who want to know

Do you work with individuals affected by their alcohol use and wonder how to best support or refer them? This luncheon provides an opportunity to learn more about Alcoholics Anonymous (AA) — what happens at meetings, how the program works, and how it may support individuals in their recovery. Hear directly from representatives of AA's General Service Board.

KEYNOTE & FEATURED IN-PERSON SPEAKERS

KEYNOTE SPEAKER

Chief Judge Kerry Meyer

*Class "A" Trustee of the General Service Board
Minneapolis, Minnesota*

A sitting judge and non-alcoholic trustee of AA's General Service Board. She will speak on how her AA experiences intersect with the court system, DUI programs, and professional referral, and what she has witnessed.

AA MEMBER SPEAKER

Scott H.

*Chair of the General Service Board, New York
Kamloops, B.C.*

Chair of AA's General Service Board and a recovered alcoholic. He will speak from personal experience about what it means to live in recovery, how AA works, and what it does and does not do.

DATE
Friday, June 12, 2026

TIME
Noon – 1:00 PM
Doors open at noon — Program begins 12:12

Park Town Hotel
Oak Room
Saskatoon
Lunch is provided.

Open to professionals in health, social services, law, education, corrections, HR, and business owners.

RSVP

Seating is limited. Reservations required.

Please confirm your attendance on or before June 5, 2026.

Barry S.
Saskatoon CPC Chair
cpc@asaskatoon.org

Greg D.
Area 91 CPC Chair
cpc@asask.org

AA is self-supporting through the contributions of our members and does not accept outside donations.

ALCOHOLICS ANONYMOUS — COOPERATION WITH THE PROFESSIONAL COMMUNITY — SASKATOON & AREA 91

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



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.



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

2026 Western Canada Regional Forum

June 12-14, 2026 | Saskatoon, Saskatchewan

EVENT LOCATION

Travelodge Hotel
106 Circle Drive West

HOTEL RESERVATIONS

Call: 306-242-8881
Code: 061126AAW
Rate: \$139.00 per night
Expires May 20, 2026

REGISTRATION

Opens April 12, 2026
<https://www.aa.org/event/2026-western-canada-regional-forum>

TRANSPORTATION

Airport transportation assistance:
wcrf2026@gmail.com

QUESTIONS & VOLUNTEERS

Lori R., Volunteer Chair
loririnservice@gmail.com

GSO INFORMATION

Diana L., Regional Forum Coordinator
regionalforum@aa.org

Scan to Register after April 12, 2026



See you in Saskatoon!!!!

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
June	Greg R. & Brad W.	Living Soberer	Northerners' Group	Jun 5 th : Rod M. 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 : 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 : 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 : Jennifer C. Sept 11 th : Belle M. Sept 18 th : Emily M.	Sept 7 th : Sandy G. Sept 21 st : Danielle L.
October	Attitude Adjustment Group	Attitude Adjustment Group	Upon Awakening	Oct. 2 nd : Jennifer C. Oct 9 th : Belle M. Oct 16 th : Emily M. Oct. 23 rd : Travis Q.	Oct. 5 th : Sandy G. Oct 19 th : Danielle L.
November	Eddie E	KISS Group	Jennifer C	Nov 6 th : Jennifer C. Nov 13 th : Belle M. Nov 20 th : Emily M.	Nov 2 nd : Sandy G. Nov 16 th : Danielle L.

Annual Commitment 2026 only Open Opportunity



QUIET PLEASE

A drunk goes up to the counter and shouts, "Hey can I have a cheeseburger and fries?"

The woman at the counter quickly replies, "Sir, this is a library."

"Oh, sorry," the drunk whispers, "can I have a cheeseburger and fries?"

- ARMADEEP S. Brooklyn N.Y., May 2018

From "Take Me to Your Sponsor" pg 114

A.A. Preamble

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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Alcoholics Anonymous World Services, Inc.
P.O. Box 459, Grand Central Station
New York, N.Y. 10163

Item M-2 95.5M – 5/26 (GP)

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) Healing Group (May 23 rd & 30 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	

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.

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

*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.*

LEGEND

Yellow: Annual Commitment

Pink: 2026 Only

Green: Open Opportunity