



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 7 “Humbly asked Him to remove our shortcomings.”

What is humility? What can it mean to us? The avenue to true freedom of the human spirit. Necessary aid to survival. Value of ego-puncturing. Failure and misery transformed by humility. Strength from weakness. Pain is the admission price to new life. Self-centered fear chief activator of defects. Step Seven is change in attitude which permits us to move out of ourselves toward God.

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Humility, as a word and as an ideal, has a very bad time of it in our world. Not only is the idea misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life.

From Twelve Steps and Twelve Traditions, on Step 7.

Tradition 7 “Every A.A. group ought to be fully self-supporting, declining outside contributions.”

No A.A. Tradition had the labor pains this one did. Collective poverty initially a matter of necessity. Fear of exploitation. Necessity of separating the spiritual from the material. Decision to subsist on A.A. voluntary contributions only.

Alcoholics are certainly all-or-nothing people. Our reactions to money prove this. As A.A. emerged from its infancy into adolescence, we swung from the idea that we needed vast sums of money to the notion that A.A. shouldn't have any. On every lip were the words “You can't mix A.A. and money. We shall have to separate the spiritual from the material.” We took this violent new tack because here and there members had tried to make money out of their A.A. connections, and we feared we'd be exploited. Now and then, grateful benefactors had endowed clubhouses, and as a result there was sometimes outside interference in our affairs. We had been presented with a hospital, and almost immediately the donor's son became its principal patient and would-be manager. One A.A. group was given five thousand dollars to do with what it would. The hassle over that chunk of money played havoc for years. Frightened by these complications, some groups refused to have a cent in their treasuries.

From Twelve Steps and Twelve Traditions, on Tradition 7.

CONCEPT SEVEN

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

(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
 Email: aasaskatoon@sasktel.net Website: aasaskatoon.org Phone: (306) 665-6727

Thank You Everyone!!!

As some of you may or may not have heard, I will be retiring at the end of June

2026. I have been at the Central Office for seven & a half years now and it is time to let someone else take the reins, so to speak. I want to thank everyone in the membership who has helped me, supported me & lead me along the way. I could not have done it without you.

Celine D.

Office Coordinator for the Saskatoon & District Central Office

CENTRAL OFFICE

We are pleased to welcome Janette Zalusky to Central Office. Janette brings extensive experience and proficiency in accounting, finance, payroll, and administrative operations. Her strong knowledge, professionalism, and attention to detail make her a valuable addition to the team. We are excited to have Janette join Central Office and are confident she will be a great asset to the organization.

As of July 2/26 Central Office will have New Hours of Operation

- Wednesday 10:00 am - 6:00 pm
- Thursday 10:00 am - 6:00 pm
- Friday 10:00 am - 6:00 pm
- Saturday 10:00 am - 4:00 pm
- July 1/26 Central Office will be closed.

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

Snippet From AA Literature

Does an alcoholic have to go “all the way down” before A.A. can help?

A.A. was started in 1935 by a New York stockbroker and an Ohio surgeon, who had both been “hopeless” drunks. At first, most A.A. members also had been seriously ill; their drinking had sent them to hospitals, sanitariums or jails. But more and more people began to hear about A.A., and soon many alcoholics found they did not have to let their illness do that much damage. They could recover in A.A. before their health had been totally wrecked, while they still had their jobs and their families.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous, Pgs 8/9)

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

Service Meetings

Central Office Meeting: none in July/Aug
Central Office, #5, 1006 8th Street East
6:30 pm

Intergroup Meeting: 2nd Wednesday, July 8, 2026

Travelodge Hotel, 106 Circle Dr.
6:30 pm

Round Up Committee Meeting: none in July/Aug

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: none in July/Aug
Cheese Toast Family Restaurant
2410 22nd St. W. @ 7:00 PM
Contributions can be made to:
districtaa477@gmail.com

District 19: none in July/Aug
Mayfair United Church, 902 33rd St. W.
Contributions can be made to:
saskatoondistrict19@gmail.com

District 20: none in July/Aug
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: none in July/Aug
St. Stephen's Anglican Church,
10 Grosvenor Cres.

ON SPONSORSHIP**What is the purpose of anonymity in Alcoholics Anonymous?**

At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.

When using social media, A.A. members are responsible for their 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.

(Pamphlet Excerpt: Understanding Anonymity, Pg 5)

What can sponsors do when newcomers resist "the spiritual side" of the program?

First, we can relax and remember that sponsorship does not mean forcing any specific beliefs upon newcomers. Most men and women who have been in A.A. for more than a few months recognize that its program is based on spiritual principles.

Perhaps the sponsor might point out the distinction between the words "spiritual" and "religious." As our Preamble says, A.A. is not allied with any sect or denomination, and no sort of religious belief is required for membership — only "a desire to stop drinking."

(Pamphlet Excerpt: Questions & Answers on Sponsorship, pg 20)

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

HEALING GROUP

Craig W. July 4/22
Celebration July 26

TOON TOWN GROUP

Casey H. July 7/25

ROLLING STONE

Dianna W. July 29/98 28 years
Shane C. July 18/28 8 years

Cake Day: July 25/26

THE BLESSED 10TH STEP GROUP

Curtis A. June 21/87 39 yrs.

celebration Fri July 3rd ***8pm at 515 28th st west***

SHAMROCK GROUP

Danielle H. July 8/25 1 year
Elaine T. July 10/80 46 years
Lorne W. July 15/00 26 years
Chris C. July 17/15 11 years
Jim W. July 20/04 22 years
Al H. July 21/71 55 years

UPON AWAKENING GROUP

Carol S. Jul 21/90
Susan S. Jul 25/24
Celebration July 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.

GRACE AND GRATITUDE

Norma R July 12/99 27 years

celebrating on our zoom meeting
5:15pm - Monday, July 27/26.

Birthday meetings are an open meeting so
please join us, and help Norma celebrate



Sunset Group

Sunset Group will be celebrating
its 27th Anniversary,
Saturday August 8th, 2026.
All welcome for cake, coffee and
fellowship!

Gord T. of the Sunset Group will be
celebrating 46 years
on Saturday August 1st.
All welcome for cake, coffee and
fellowship!

Sunset Group meets
Saturdays @ 8:00 PM
Saskatoon Youth for Christ
1338-Ave B N.

CENTRAL OFFICE HOURS IN JULY

CO HOURS

July 2026

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

NEW CO HOURS STARTING JULY 2ND.

CO WILL BE OPEN FROM WEDNESDAY – SATURDAY UNLESS OTHERWISE SPECIFIED

Seventh Step Snippet

From the Big Book

Page 76

When ready, we say something like this: “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”



38th Annual

**LAKESHORE A.A. ROUNDUP
WITH ALANON PARTICIPATION**

MURRAY POINT CAMPGROUND OVERFLOW, EMMA LAKE SASK.

July 10th, 11th & 12th 2026

“RECOVERY THROUGH THE STEPS”

FRIDAY JULY 10th

- 8:30pm: NIGHT OWL MEETING
- Wiener roast to follow

SATURDAY JULY 11th

- 11:00am: OPEN MEETING
- 2:00 pm: OPEN MEETING
- 5:00pm-6:30pm: POT LUCK SUPPER
- 7:00pm: ALANON SPEAKER
-Ian B. Saskatoon Sask.
- 8:00pm: AA SPEAKER
-Vince N. Colonsay Sask.
- 9:30pm: CAMPFIRE OPEN MEETING
-Chaired by a Roundup Guest

SUNDAY JULY 12th

- 10:00am: PANEL SPEAKERS
-Sharon S. (Alanon) P.A. Sask.
-Denise H. (AA) Luseland Sask.

ALL MEETINGS ARE OPEN

REGISTRATION

- Our Roundup is “priceless”!, meaning we have no set fee, thereby including ALL. However, we do have expenses such as tent, park rent, equipment, coffee etc. PLEASE help us to meet these expenses.
- NOTE: this is a Provincial Park, there will be a charge to enter the campground.

ACCOMODATIONS

- Group camping at the Roundup site is \$20 per night.
- Some hotels are available in the Lakeland Area.

BRING YOUR OWN:

- Food, lawn chairs, umbrellas etc.
- A Barbecue will be available for Pot Luck supper.

FOR INFORMATION CALL or TEXT:

- Barry: (306)946-7805
- Diana: (306)940-8635



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

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
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.
December	Floral Group	Floral Group	Friday Night Men's Stag	Dec 4 th : Dec 11 th : Belle M. Dec 18 th : Emily M.	Dec 7 th : Sandy G. Dec 21 st : Danielle L.

Annual Commitment	2026 only	Open Opportunity
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EARLY BIRD PRAYER

Dear Higher Power, so far today I've done all right. I haven't gossiped, lost my temper, been greedy, grumpy, nasty, selfish or overindulgent. I'm very thankful for the kind of day you have given me. But in a few minutes, Higher Power, I'm going to get out of bed, and from then on I'm going to need a lot more help! Amen.

—JOHN H., Council Bluffs, Iowa, April 2016

Looking for Welcome Group Co-Chair

Welcome Group Co-Chair Position Opportunity

The primary purpose is to ensure that the Welcome Group open meetings have groups chairing each week throughout the year as well as have weekly AA and Al-Anon speakers.

Welcome Group Chairperson

- Is suggested to have at least 4 years of sobriety
- willing to sit as Chairperson for a 2-year term

Welcome Group Co-Chair

- is suggested to have at least 2 years of sobriety
- willing to commit to a 2-year term as co-chair

Composition

--The Chairperson will ensure that there is a Co-Chair to fill in when the Chairperson is not able to attend the Intergroup Meeting and present report or pick up 7th Tradition at the end of each month.

Responsibilities

- Responsible for coordinating groups and speakers for each weekly meeting.
- Advertising in the monthly Sunrise newsletter and weekly updates regarding availability, groups participating and speaker names.
- Responsible to pick up 7th Tradition funds at the end of each group's rotation as well as give the 7th Tradition contributions to the Intergroup Treasurer.
- Responsible to ensure each group chairing has keys to the building and the necessary information and procedures regarding chairing.
- Responsible for getting a cheque for monthly rent from the Intergroup Treasurer and ensuring that the cheque is delivered to the appropriate organization.
- Email monthly report to the Intergroup Chair and the Secretary prior to the monthly Intergroup meeting as well as inform Intergroup Chair if unable to attend the Intergroup meeting.
- Accountable to Intergroup.

Contact: Kevin C. Cell: 306-220-6436, 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 month of 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.

For more information, contact:

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

Email: Lukenuke26@hotmail.com

WELCOME GROUP, 2026

WELCOME GROUP	
	Sat. @ 7:30 PM Louise Ave. Congressional Church
January	Martensville Group
February	Kleen AAir
March	Attitude Adjustment Group
April	Sutherland Group
May	Words of Wisdom Group (May 2 nd , 9 th & 16 th) Healing Group (May 23 rd & 30 th)
June	Tea Room Group
July	Martensville—July 18 th & 25 th
August	Life's Good—Aug 15 th , 22 nd & 29 th
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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*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.*