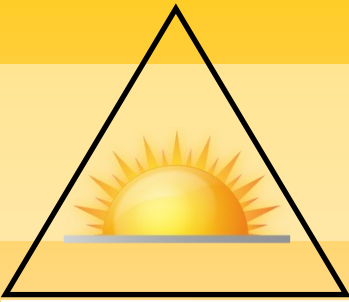




SUNRISE

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 8 “Made a list of all persons we had harmed, and became willing to make amends to them all.”

Having carefully surveyed this whole area of human relations, and having decided exactly what personality traits in us injured and disturbed others, we can now commence to ransack memory for the people to whom we have given offense. To put a finger on the nearby and most deeply damaged ones shouldn't be hard to do. Then, as year by year we walk back through our lives as far as memory will reach, we shall be bound to construct a long list of people who have, to some extent or other, been affected. We should, of course, ponder and weigh each instance carefully. We shall want to hold ourselves to the course of admitting the things we have done, meanwhile forgiving the wrongs done us, real or fancied. We should avoid extreme judgments, both of ourselves and of others involved. We must not exaggerate our defects or theirs. A quiet, objective view will be our steadfast aim.

Whenever our pencil falters, we can fortify and cheer ourselves by remembering what A.A. experience in this Step has meant to others. It is the beginning of the end of isolation from our fellows and from God.

From Twelve Steps and Twelve Traditions, on Step 8.

Tradition 8 “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

It is significant, now that almost no A.A. in our Fellowship breaks anonymity at the public level, that nearly all these fears have subsided. We see that we have no right or need to discourage A.A.'s who wish to work as individuals in these wider fields. It would be actually antisocial were we to forbid them. We cannot declare A.A. such a closed corporation that we keep our knowledge and experience top secret. If an A.A. member acting as a citizen can become a better researcher, educator, personnel officer, then why not? Everybody gains and we have lost nothing. True, some of the projects to which A.A.'s have attached themselves have been ill-conceived, but that makes not the slightest difference with the principle involved.

This is the exciting welter of events which has finally cast up A.A.'s Tradition of nonprofessionalism. Our Twelfth Step is never to be paid for, but those who labor in service for us are worthy of their hire.

From Twelve Steps and Twelve Traditions, on Tradition 8.

CONCEPT EIGHT

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

(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: Wednesday to Friday 10:00–6:00 and Saturday 10:00–4:00 (Closed on statutory holidays).

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Email: aasaskatoon@sasktel.net

Website: aasaskatoon.org Phone: (306) 665-6727

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

*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.*

Snippet From AA Literature

What does it cost to belong to A.A.?

Newcomers do not pay any fees for membership. And members do not pay dues. But money is needed for some purposes: renting the meeting hall, buying coffee and other refreshments, buying A.A. books, pamphlets and magazines. So a basket is usually passed around during the meeting, and members put in whatever they can afford or wish to give. Groups also contribute money to support central offices, the General Service Office, and other A.A. activities.

In return for the A.A. help that members give to other alcoholics, these members are never paid. Their reward is something much better than money — it is their own health. A.A.s have found that helping other alcoholics is the best way to stay sober themselves.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous, Pg 10)

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

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, August 12, 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 ANONYMITY

Q. If relatives, friends, and business associates comment on my improved appearance and functioning after I become sober, should I tell them I'm in A.A.?

A. Members of the immediate family and close friends are usually pleased to learn about an alcoholic's membership in A.A. As for business associates, it might be best simply to say that you've stopped drinking and postpone the decision about disclosing your membership until after you have been in the Fellowship for several months.

(Pamphlet Excerpt: Understanding Anonymity, Pg 8)

ON SPONSORSHIP

Can a member sponsor more than one newcomer simultaneously?

A.A. members differ in their enthusiasm for sponsorship work, in their ability to handle it effectively, and in the time they can give. Members who are willing and able to sponsor several newcomers simultaneously should certainly not be discouraged. At the same time, it should be kept in mind that sponsorship is, in a sense, a privilege to be shared by as many members as possible and an activity that helps all members to strengthen their sobriety.

(Pamphlet Excerpt: Questions & Answers on Sponsorship, pg 21/22)

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

STEPPING STONES GROUP

Corey A. Aug 19/22 4 yrs
Celebration Aug 25th

ROLLING STONE

Victoria E. - Aug. 3 2025 - 1 Year
Carla K. - Aug. 15 2014 - 12 Years
Cecile B. - Aug. 28 2022 - 4 Years

TOON TOWN GROUP

Brad W. Aug 23/25 1 yr.

UPON AWAKENING GROUP

Jason S. Aug 2/85 41 yrs
Harry S. Aug 18/22 4 yrs
Heather M. Aug 22/25 1 yr
Celebration Aug 30th

NORTHERNER'S GROUP

Jacquie W. Aug 14/14 12 yrs
cake will be on August 26th

On **September 9th**, 2026 the **Fresh Air Group** will be dedicating its regular Wednesday night meeting to the celebration of Ruth-Anne Austin who recently passed away. Ruth-Anne was a long time member of AA and the group (and its treasurer for many many years.) She was a mentor, sponsor and inspiration to so many. If you knew Ruth-Anne please come to this meeting. Fresh Air meets Wednesdays at 8 pm in the basement of St. Paul's Lutheran Church at 627 Taylor Street East.

Send your group milestones to
asaskatoon@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.



A.A. Birthdays

For

Diana H. - 40 Years

Cal L. - 50 Years

Saturday August 15th, 2026

Coronet Hotel

Ballroom - Downstairs

3551 - 2nd Ave. West

Prince Albert

Fellowship 11:00 AM

Luncheon 12:00 PM

Speakers to follow

By Advance Ticket

\$20.00

Contact Jim Z. 306-961-5678 or

Wendy Z. 306-961-8227

E- transfers are accepted at:

w.zap@sasktel.net

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 AUGUST

CO HOURS				August 2026		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 CO OPEN 10:00 AM-4:00 PM	2 CO CLOSED
3 CO CLOSED	4 CO CLOSED	5 CO CLOSED	6 CO OPEN 10:00 AM-6:00 PM	7 CO OPEN 10:00 AM-6:00 PM	8 CO OPEN 10:00 AM-4:00 PM	9 CO CLOSED
10 CO CLOSED	11 CO CLOSED	12 CO OPEN 10:00 AM-6:00 PM	13 CO OPEN 10:00 AM-6:00 PM	14 CO OPEN 10:00 AM-6:00 PM	15 CO OPEN 10:00 AM-4:00 PM	16 CO CLOSED
17 CO CLOSED	18 CO CLOSED	19 CO OPEN 10:00 AM-6:00 PM	20 CO OPEN 10:00 AM-6:00 PM	21 CO OPEN 10:00 AM-6:00 PM	22 CO OPEN 10:00 AM-4:00 PM	23 CO CLOSED
24 CO CLOSED	25 CO CLOSED	26 CO OPEN 10:00 AM-6:00 PM	27 CO OPEN 10:00 AM-6:00 PM	28 CO OPEN 10:00 AM-6:00 PM	29 CO OPEN 10:00 AM-4:00 PM	30 CO CLOSED
31 CO CLOSED						

CO WILL BE OPEN FROM WEDNESDAY – SATURDAY UNLESS OTHERWISE SPECIFIED

Eighth Step Snippet**From the Big Book****Page 76**

We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.



Summer BBQ!



Presented by the Saskatoon Intergroup Social Committee.

Sunday, August 16th, 1 pm-3 pm

Holliston Park - 1915 5th St. East

Hotdogs, Watermelon and Water provided.

(7th Tradition Contributions will be gratefully accepted).

Bring your lawn chairs and refreshments.

Spray Park & Games will be available

George Ward Pool is nearby (admission to be paid by attendees).

All are Welcome to Join!!

Questions? Contact saskatoonintergroupsocial@gmail.com

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

THE DOCTOR'S OPINION

To Whom It May Concern:

I have specialized in the treatment of alcoholism for many years.

About four years ago I attended a patient who, though he had been a competent business man of good earning capacity, was an alcoholic of a type I had come to regard as hopeless.

In the course of his third treatment he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation he commenced to present his conceptions to other alcoholics, impressing upon them that they must do likewise with still others. This has become the basis of a rapidly growing fellowship of these men and their families. This man and over one hundred others appear to have recovered.

I personally know thirty of these cases who were of the type with whom other methods had failed completely.

These facts appear to be of extreme medical importance; because of the extraordinary possibilities of rapid growth inherent in this group they may mark a new epoch in the annals of alcoholism. These men may well have a remedy for thousands of such situations.

You may rely absolutely on anything they say about themselves.

Very truly yours,

William D. Silkworth, M.D.

From Alcoholics Anonymous, Fourth Edition pgs xxv/xxvi

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



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

Looking for Welcome Group Co-ChairWelcome 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, 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	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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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 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

Meeting location moving
September 5
New location to be announced

For more information, contact:

Kevin C. Cell: 306-220-6436

Email: Lukenuke26@hotmail.com