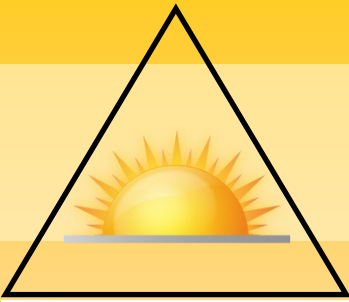




SUNRISE

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 9 “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or perhaps after we have finished reading the book “Alcoholics Anonymous,” we usually want to sit down with some member of the family and readily admit the damage we have done by our drinking. Almost always we want to go further and admit other defects that have made us hard to live with. This will be a very different occasion, and in sharp contrast with those hangover mornings when we alternated between reviling ourselves and blaming the family (and everyone else) for our troubles. At this first sitting, it is necessary only that we make a general admission of our defects. It may be unwise at this stage to rehash certain harrowing episodes. Good judgment will suggest that we ought to take our time. While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others.

From Twelve Steps and Twelve Traditions, on Step 9.

Tradition 9 “A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

Just as the aim of each A.A. member is personal sobriety, the aim of our services is to bring sobriety within reach of all who want it. If nobody does the group's chores, if the area's telephone rings unanswered, if we do not reply to our mail, then A.A. as we know it would stop. Our communications lines with those who need our help would be broken.

A.A. has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies. Though Tradition Nine at first sight seems to deal with a purely practical matter, in its actual operation it discloses a society without organization, animated only by the spirit of service—a true fellowship.

From Twelve Steps and Twelve Traditions, on Tradition 9.

CONCEPT NINE

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

(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).

Published by Saskatoon & District Central Office, Unit 5, 1006 8th Street East, Saskatoon, SK S7H 0R9

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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.*

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

Snippets From AA Literature

For many years, alcoholism has been recognized as a highly prevalent and disabling health problem, one that affects far more than just the alcoholic alone. Family, friends and others are hurt by its effects — in the home, on the job, on our highways and roads. Alcoholism costs lives, as well as costing communities millions of dollars. So, whether or not you ever become an alcoholic yourself, alcoholism can still have a devastating impact on your life.

We in A.A. have learned a great deal about alcoholism — how to identify and arrest it, and how to live a life in recovery. But so far, no one has discovered a way to prevent it; it is still unknown just why some drinkers turn into alcoholics and others do not. Many doctors and scientists in the field have studied this question but have not been able to determine a definitive cause (or causes) of alcoholism.

For that reason, we in A.A. concentrate on helping those who are already alcoholics, those who may have a desire to stop drinking, so that they can begin to recover and to learn how to live a normal, happy life without alcohol.

(Excerpt from Pamphlet: A Brief Guide to Alcoholics Anonymous, Pg 5)

As A.A. co-founder Bill W. wrote in 1965:

We have atheists and agnostics. We have people of nearly every race, culture and religion. In A.A. we are supposed to be bound together in the kinship of a common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of A.A., so long as he or she declares.

Whatever you do, please don't let someone else's religious beliefs prevent you from finding the solution that is available to you through Alcoholics Anonymous.

(Excerpt from Pamphlet:
The "God" Word: Agnostic and Atheist Members in A.A., pg 5/6)

Service Meetings

Central Office Meeting:
 2nd Monday, Sept. 14, 2026
 Central Office, #5, 1006 8th Street East
 6:30 pm

Intergroup Meeting:
 2nd Wednesday, Sept. 9, 2026
 Travelodge Hotel, 106 Circle Dr.
 6:30 pm

Round Up Committee Meeting:
 1st Wednesday, Sept. 2, 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, Sept. 2, 2026
 Cheese Toast Family Restaurant
 2410 22nd St. W. @ 7:00 PM
 Contributions can be made to:
districtaa477@gmail.com

District 19:
 2nd Wednesday, Sept. 9, 2026
 Mayfair United Church, 902 33rd St. W.
 Contributions can be made to:
saskatoondistrict19@gmail.com

District 20:
 Last Sunday, Sept. 27, 2026
 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, Sept. 16, 2026
 St. Stephen's Anglican Church,
 10 Grosvenor Cres.

ON 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.

(Pamphlet Excerpt: Understanding Anonymity, Pg 11)

ON SPONSORSHIP**How does sponsorship differ from Twelfth Step calls?**

A Twelfth Step call – visiting an alcoholic who has asked for help and talking about the A.A. program with them– may become the beginning of sponsorship, but by itself, it is not necessarily sponsorship.

Sponsorship, with its continuing interest in another alcoholic, often develops when the prospect is willing to be helped, admits having a drinking problem, and decides to seek sobriety as a solution.

Sponsorship is Twelfth Step work, but it is also continuing responsibility for helping a newcomer adjust to a way of life without alcohol.

(Pamphlet Excerpt: Questions & Answers on Sponsorship, pg 7)

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

Robyn M. Sep 18/07 19 Yrs
Cake day Sep 29/26

ROLLING STONE

Ken G. Sep 16/98 28 Yrs
Michael W. Sep 16/98 28 Yrs

KLEEN AAIR GROUP

Patrick M. Sep 03/23 3 Yrs
Linda G. Sep 08/90 36 Yrs

UPON AWAKENING GROUP

Cynthia C. Sep 1/84 42 Yrs
Kara H. Sep 28/23 3 Yrs
Bonnie F. Sep 7/17 9 Yrs
Celebration Sep 27— Sunday 11 am

HEALING GROUP

Sheila U. Sep 11/09 17 Yrs
Helen R. Sep 28/25 1 Yr
Celebration September 27, 2026

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.

SHAMROCK GROUP

Rick P Sep 4/14 12 Yrs
Randy T. Sep 5/05 21 yrs
Nick A. Sep 13/92 34 yrs
Ernie D. Sep 15/05 21 yrs

RIVERSDALE GROUP

Kim McC. Is celebrating their 45th Birthday Monday, Sep. 7/26 at St. Vincent Church

304 3rd Ave. N. @ 8pm

Use the NW door to go downstairs

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.



Road to Freedom

Celebrating One Year

September 18

7pm to 9pm

Grace Westminster United Church
505 10th Street East

POT LUCK

Join us to celebrate recovery and enjoy
fellowship

CENTRAL OFFICE HOURS IN SEPTEMBER

CO HOURSSeptember2026

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

CO WILL BE OPEN FROM WEDNESDAY – SATURDAY UNLESS OTHERWISE SPECIFIED

Ninth Step Snippet
From the Big Book
Page 83

There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could. Some people cannot be seen—we send them an honest letter. And there may be a valid reason for postponement in some cases. But we don't delay if it can be avoided. We should be sensible, tactful, considerate and humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone.



POTLUCK & Delegate Report

HOSTED BY DISTRICTS
8, 19, 20 & 21

SEPTEMBER 19th, 2026
12PM-2PM
7TH TRADITION

Christ Church Anglican
515 28th Street West
Saskatoon, SK

We have shown how we got out from under. You say, "Yes, I'm willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufficient substitute?"

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.

"How is that to come about?" you ask. "Where am I to find these people?"

You are going to meet these new friends in your own community. Near you, alcoholics are dying helplessly like people in a sinking ship. If you live in a large place, there are hundreds. High and low, rich and poor, these are future fellows of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of "Love thy neighbor as thyself."

From Alcoholics Anonymous, Fourth Edition pgs 152/153

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	Gerald L. & Brent W.	Sutherland Group	Jul 3 rd : Natasha 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 : Natasha 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 : Colin 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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HANGOVER MADNESS

I DIDN'T THINK
MY HANGOVER
WAS THAT BAD
UNTIL I SPENT
10 MINUTES
TRYING TO LOG
ON TO MY KID'S
ETCH-A-SKETCH!

—BOB M., Green Valley, Ariz., Oct 2012

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

MOVING TO NEW LOCATION STARTING

SEPTEMBER 5th 2026

**Augustana Lutheran Church
1201 Broadway Avenue**

Side Door Entrance

Saturdays

7:30 PM - 8:30PM

Note: the Doors will be locked at 7:45

Welcome Group Chair
Kevin C.
PH: 306-220-6436
Email: lukenuke26@hotmail.com