



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES.
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A.A.'s Third Legacy: Service Experience

Having just participated in Area 91's first "in person" Spring Assembly in two years, it is providential to have one of my fellows send me a note asking to do a little write up on service work. Thank you, Vance J., this is exactly what I needed.

In one of our pamphlets *P-44 A.A.'s Legacy of Service*, Bill W. writes, "Hence, an A.A. service is anything that helps us to reach a fellow sufferer - ranging all the way from the twelfth step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of these services is our third Legacy of Service." (p.3, A.A. World Services Inc., 2018)

Four years ago, I went to my first spring assembly still wet behind the ears, about a month sober, and had no bloody clue what anyone was talking about. My sponsor suggested I check it out, so being a good little sponsee, seeking approval, I did. They were talking about some dude called the "delegate" who wore a suit and was gathering info from our "area" to bring with him to New York. Sounded like a really important dude! They broke off into committees, which I knew nothing about. There was debate, arguments, and motions to pass that didn't have anything to do with MY recovery! All I wanted to do was share "where I was at"! I left before supper and never wanted to go back to anything like that ever again! How boring! A waste of MY valuable time, especially on a Saturday afternoon!

A few months later at 5 months sober, once again my sponsor gave me another gentle nudge into service work. This time hosting a meeting at Calder Youth with another one of his sponsees (also about 5 months sober at the time). This I loved! Sharing my experience, strength, and hope with these young kids, hoping to plant the seed that when they are ready, the program will be there for them. This experience gave me what I needed. Connection. Purpose. A sense of duty to the still suffering alcoholic. It changed me, and my sobriety, and is the driving force in the way I work my program today.

Strength

I have had the pleasure of working with sponsees, sponsors, chaired meetings in corrections, various recovery centers, along with actively holding general service roles in my homegroup, district, central office, and area committees. I never thought that being involved in service work would be fulfilling to this selfish alcoholic, but all it took was willingness to do what the program asks of me.

The payoff of our program is the spiritual experience (or awakening) by working the first 11 Steps. In my experience, this has led me to become useful once again in my life, and in the lives of others. I have been very fortunate that whenever I am swirling the drain, lost in self (pity, justification, centeredness), I know that the answer to my problems is to get me out of my own way. What better way to do so than to be involved in service work for the program that not only

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All quotations from AA and AA Grapevine literature are printed with consent from A. A. World Services, Inc. and AA Grapevine.

Central Office Hours: Mon to Fri 8:00–1:00 PM & 1:30–4:30 PM (Closed on statutory holidays).
 Published by Saskatoon & District Central Office, 515–245 3rd Avenue South, Saskatoon, SK S7K 1M4
 Email: aasaskatoon@sasktel.net Website: aasaskatoon.org Phone: (306) 665-6727

Service Meetings**Central Office Committee:****April 11th, 2022**

Zoom Meeting ID: 883 2588 6358

Password: CentralO

6:30 PM

Intergroup Meeting:**April 13th, 2022****Meeting is Hybrid zoom and In-person at the Travelodge**

Zoom Meeting ID: 841 1637 9396

Password: Intergroup

6:30 PM

Newsletter Submission Deadline:**20th of the Month** for entries in the next months 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**GSR Meetings****District 8: 1st Wednesday****April 6th 2022**

Zoom Meeting ID: 878 0357 7442

Password: 123456

7:00 pm

District 19: 2nd Wednesday**April 13th, 2021**

7:00 PM

District 20: 2nd Tuesday**April 12th, 2022**

Zoom meeting ID: 497 947 9652

Password: 123456

8:00 PM

District 21: 3rd Wednesday**April 20th, 2022**

Zoom Meeting ID: 821 8378 4689

Password: District21

6:30 PM

I am Responsible . . .**When anyone, anywhere
reaches out for help****I want the hand of AA to be there,****And for that,****. . . I Am Responsible****Central Office hours are Monday to Thursday
8:00am—1:00pm & 1:30pm-4:30pm**aasaskatoon@sasktel.net or 306-665-6727

AA MILESTONES

Upon Awakening

| | | |
|----------|-----------------|--------|
| Sharon A | April 1/1990 | 32 Yrs |
| Cheryl H | April 15 / 2019 | 3 Yrs |

Kiss

| | | |
|--------|----------------|-------|
| Nitara | April 5 / 2017 | 5 Yrs |
|--------|----------------|-------|

birthday Meeting April 25th

Stepping stones

| | | |
|--------|-----------------|--------|
| Anne S | April 19 / 1978 | 44 Yrs |
|--------|-----------------|--------|

Floral

| | | |
|----------|---------------|---------|
| Kent D | April 5/2018 | 4 Years |
| Alicia W | April 23/2018 | 4 Years |

Cake Tuesday April 26th

Shamrock

| | | |
|----------|-----------------|--------|
| Travis M | April 10 / 2019 | 3 Yrs |
| Joanne S | April 11 / 2015 | 7 Yrs |
| John F | April 25 / 1993 | 29 Yrs |

Toon town

| | | |
|----------|-----------------|-------|
| Kathleen | April 19 / 2020 | 2 Yrs |
| Kyle | April 17 / 2021 | 1 Yr |

Westside

| | | |
|----------|-----------------|--------|
| Darren K | April 4 / 2018 | 4 Yrs |
| Rob B | April 22 / 2018 | 4 Yrs |
| Larry W | April 28/ 1980 | 42 Yrs |

If your group would like their Birthdays listed here please send an email by the 20th of each month to aasasktoon@sasktel.net. Thank you

CALENDAR OF EVENTS

Events listed here are presented solely as a service to the reader, NOT as an endorsement by Alcoholics Anonymous as a whole or Central Office. For additional information please use the contact information provided OR refer to the "poster" in your group's mailbox. Please note that we cannot attest to the accuracy, relevancy, timeliness or completeness of information provided by any linked site.

Saskatoon and District AA Intergroup Social Committee Events

Volunteers Needed!!!

*The Institutions Committee
Is looking for...*

Groups or individuals to host

*Calder Youth
Fridays @ 8:00 PM
for the months of April & May
2022*

*Calder Adult
Tuesdays & Wednesdays @ 8:00
PM*

*Welcome Group
Saturdays @ 8:00 PM
For the month of April 2022*

Telephone Answering Service (TAS) and 12 Step Calls

There have been some changes to the way the phone is answered when someone reaches out for help; a member of the fellowship will be there to answer the call and work their 12th Step.

In January we received 22 calls from individuals either needing a 12 step, looking to talk to someone in AA, find out information about AA or just looking where to find a meeting.

Remember we are not alone. We are very excited for these changes; not only does this give us more opportunity to be of service to the still suffering alcoholic; but this also provides over \$400/mo. in savings to the Saskatoon Intergroup.

I would like to thank those who have been answering the phones and being there to carry the message as it is our **"Primary Purpose."**

Please contact Central Office at aasaskatoon@sasktel.net or the TAS committee at saskatoontas@gmail.com to get involved, we would like to have groups sign up for a month at a time, or 4 individuals for the month. We will provide you with a guide to help and a list of members to call upon to do 12 step calls when needed.

Volunteer Schedule for TAS Greeters 2021

Month Volunteer 1 Volunteer 2 Volunteer 3 Volunteer 4

Please reach out if you think you can help!!!!



It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.

...

BILL W.

— QUOTEUR.COM —

THERE IS A SOLUTION TO
THE PROBLEM OF
ALCOHOLISM. IT'S IN OUR
BASIC TEXT. CLEVERLY
HIDDEN IN A CHAPTER
CALLED, "THERE IS A
SOLUTION".

We Are Not Saints

If you would like to contribute to the Sunrise Newsletter, or if there is something you would like to see published, please feel free to send it in to aasaskatoon@sasktel.net

Team work makes the dream work!

*Central Office
will be closed from
4:30 PM on April 14th
to
8:00 AM on April 20th.*

*It will open to its regular hours on April
20th.*

*For emergencies during this time:
call 306-665-6727 & press #2 on the
menu.*

Newsletter Submissions

**Send in suggestions of things you'd like to see here! What peaks your interest?
Are there things you are curious about? Is there news you would like to share?
aasaskatoon@sasktel.net**

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.

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saved my life but made it worth living. This is where my strength to carry on comes from. Being connected to the program through service work is what keeps me grounded when the going gets tough.

Just because I'm sober today does not mean my life is all rainbows and unicorn toots. Life can be extremely difficult. The gift of recovery was given to us freely by the long timers before us. I feel a sense of responsibility to continue giving this gift to those who are yet to walk through the doors of our great fellowship.

Hope

I don't always want to put my hand up. I don't always want to go to meetings. I don't always want to be involved in my business meeting for my home group, or district. I have learned over the years that always only doing "what I want" leads me to live a life run on self-will. When I drive the bus, I crash the bus. How do I live God's will? I do what I am supposed to, for the most part, with the support of my fellows. TO live a life of service is not why I came here. I only came to stop killing myself and put the plug in the jug. But I heard them say "keep coming back", and "stay until the miracle happens". I did, and it did. The miracle is me.

I have purpose today. There are many gifts in this sober life. When I am connected to God and A.A. I can see, experience, and love all of them. It all started by putting my hand up when there was an opportunity to do so.

In gratitude,

Greg D

Tea Room Group of Alcoholics Anonymous





'Service'

- ☐ "An A.A. service is anything whatever that helps us reach a fellow sufferer - ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service." *(Bill Wilson – AA Service Manual (The 'Third Legacy Manual') – page S1)*
- ☐ ("Service does not need a job title" – GB Conference c2000)

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One Day at a Time!



Looking for a meeting??
 Download the "Meeting Guide" app through the App Store on your smart phone to find a list of meetings near you!

March 2022

CENTRAL OFFICE & INTERGROUP COMMITTEE***CENTRAL OFFICE***

| NAME | POSITION | PHONE | EMAIL |
|-------------|-----------------------------|--------------|------------------------------|
| Paige F. | Chair | 639-471-1433 | paige87789@gmail.com |
| Kieran L. | Alternate Chair | 306-222-3428 | kieranl@nulifegroup.com |
| Nathan Y. | Treasurer | 306-221-3190 | Nggy568@yahoo.ca |
| Vance J. | Newsletter | 306-227-9145 | m.w.m.m@sasktel.net |
| Bob R. | Literature | 306-370-2160 | falang1@yahoo.ca |
| Greg D. | PI/CPC | 306-291-5819 | gcd08@hotmail.com |
| Brian B. | Corrections | 306-220-0025 | bbauche@shaw.ca |
| Cristin W. | Institutions | 306-291-6182 | cristinwald@gmail.com |
| Sandy G. | Alternate Institutions | 306-221-2149 | sandyguyette@gmail.com |
| Stefan L. | Telephone Answering Service | 306-281-9443 | stefanoslebrasseur@gmail.com |

INTERGROUP

| NAME | POSITION | PHONE | EMAIL |
|-------------|--------------------------|--------------|--------------------------------|
| Doug B. | Chair | 760-702-5175 | supertightenterprise@gmail.com |
| Carol S. | Alternate chair | 306-270-0486 | cpstobbe@sasktel.net |
| Brian V. | Treasurer | 306-230-4859 | brianvanneste1@gmail.com |
| Chris R. | Secretary | 306-716-5176 | yxechris@hotmail.com |
| Jacque W. | Roundup Chair | 306-229-0814 | jacquiewright75@gmail.com |
| Mark E. | Social Committee Chair | 639-470-3889 | epp.Mark@sasktel.net |
| | Document Retention Chair | | |

“I listened to their stories and found so many areas where we overlapped - not all the deeds, but the feelings of remorse and hopelessness. I learned that alcoholism isn't a sin, it's a disease.”

P.344 Big Book.

**I Am Responsible.
When Anyone, Anywhere, Reaches Out For Help,
I Want The Hand Of A.A. Always To Be There.
And For That,**

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

Institutions Chairing Schedule 2021

| | Larson House | | Welcome Group | Calder Adult | Calder Youth | Dúbe Center |
|-----------|------------------------------|--------------------|--|---------------------------------|--|-------------------------------|
| | Curently Cancelled | | Meetings Taking Place Virtually - Jan 2021 | Meetings Taking Place Virtually | | Currently Cancelled |
| | Mondays 8:00 PM | Fridays 8:00 PM | Saturdays 8:00 PM | Tuesdays @ 8:00 PM | Fridays (Except last of month) @ 7:00 PM | Mondays @ 7:00 PM |
| January | | | Martensville Group Roger R. | | | |
| February | | | | KISS Group .Belle | | |
| March | | | Attitude Adjustment Greg R | Westside Group Nicole | | |
| April | Upon Awakening - Ron G. | | 49ers John C | Mustard Seed Group, Randy M | | |
| May | | | | | | |
| June | | | | Northerners Jacque | | |
| July | Shamrock Group | | | Sutherland Group Gary J | | |
| August | | | | | | |
| September | Sutherland Group, Gary J | | Been There Done That, Daina K | Mustard Seed Group,Randy M | | |
| October | Attitude Adjustment, Greg R. | | New Freedom Ron M | Upon Awakening, Troy, Carol S | | |
| November | Rolling Stones, Betty S | | Westside Group Mitch A. | Fresh Air Group - Stacey | | |
| December | Floral Group Ron D | | | | | |
| | Legend: | | | | | |
| | Annual Commitment | Open Opportunity | Filled Spot 2021/2022 Only. | | | Updated on: December 10, 2021 |

Kieran L - Institutions Trustee - Phone # 306-222-3428 Email- aainstitutions@outlook.com

