



SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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To Serve Is to Live (Bill W.'s Grapevine Writings, June 1951)

In June 1951 Bill W.'s Grapevine writing was about the first General Service Conference of Alcoholics Anonymous that had taken place in April of that year. The General Service Conference had been struck to serve AA throughout the world and to secure AA's future.

He then went on to explain what that means to the AA member, and to the AA group.

I can only tell you what "Service" has meant to this AA member and my sobriety. My name is Randy, and I am an alcoholic.

Whether at the group level as a greeter, chairing meetings, participating in business meetings, washing coffee cups and ash trays (my first "service" responsibility); at the local level through Intergroup, Central Office, Round-Up; at the general service level through District, Area, Region, or Conference; or at the personal level through sponsoring other AA's, conducting Big Book and Step studies with other AA's... in my mind it's all a form of "service".

The Big Book tells us on page 62 that "Selfishness—self centeredness!" is the root of our troubles, and for this alcoholic that served true. Through Service, first and foremost I had to learn how to play with other AA's, to value their opinions, to accept and support the decisions that were made, though they often did not align with my ideas. Before long the characteristics of patience, tolerance and love were beginning to develop. It fostered then and still does today opportunities, to get out of self and be of service to others.

As I progressed through a number of Service roles I also began, often with amazement, to understand the depth and breadth of this Fellowship on a much larger, worldwide scale. It was often required to delve into our literature, (A.A. Comes of Age, A.A. Service Manual, Twelve Steps and Twelve Traditions, A.A. Guidelines, Box 459, Saskatoon Intergroup/Central Office Services Handbook, A.A. pamphlets, to name but a few) which enhanced my own knowledge/growth, and developed a deep appreciation for those who had gone before us and all they had done so that the message could continue to be carried to those who still suffer.

As a result of attending and participating in Service functions (Assemblies, Forum's, WRAASA, General Service Conference) I was able to expand my horizons of the Fellowship which I am a part of; meeting many like-minded, service-oriented AA's, which furthered growth, and attending A.A. meetings in many locations I travelled to on business trips and/or personal vacations.

Continued on next page

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).

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Expanding the circle of A.A., to include all three of our legacies (Recovery, Unity, Service) has perhaps most importantly resulted in the expansion of my own Spiritual experiences and growth! While we AA's have not always agreed, and sometimes discussed passionately, over what now I have difficulty even remembering; rest assured what I remember from those exercises is that feeling, that we all have a deep love of this Fellowship that has saved our lives.

What makes Service most important today, in this fractured world in which we find ourselves, is that it enables us AA's individually, in our groups, and as a whole to not just survive but to LIVE !

In love and service,

Randy M.

Newsletter Trustee 2021-2023

My term as Newsletter Trustee will be up in December, and we are looking for someone to carry this work on!

“A.A. is more than a set of principles; it is a society of recovered alcoholics in action. We *must* carry A.A.'s message; otherwise we ourselves may fall into decay and those who have not yet been given the truth may die.” (Alcoholics Anonymous Comes of Age pg. 139)

A.A.'s Third Legacy is Service. “An A.A. service is anything whatever that legitimately helps us to reach fellow sufferers.” (Alcoholics Anonymous Comes of Age pf 140)

If you know someone who you think would be a good fit for this position, or you yourself are interested, please feel free to connect with me! One thing that A.A. has taught me is that I am teachable. God willing this will never change. To grow, and learn, and try new things—to push past my comfort zone, meet new people, and to be vulnerable. To feel a sense of responsibility, commitment, and even sometimes a purpose...

Recovery, Unity and Service are the Three Legacies of Alcoholics Anonymous. To me this is the difference between putting the plug in the jug, and living a life in which I am an active participant.

My number is listed on page 5, feel free to call or text—or email Celine at Central Office!

I look forward to hearing from you :)

In love and Service,

Nicole C.



**THE CENTRAL OFFICE
WILL BE OPEN FROM
8:00AM-1:00PM & 1:30PM-4:30PM
MONDAY TO FRIDAY.**

7 ...AND LETTING GO OF IT

July

... primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

— TWELVE STEPS AND TWELVE TRADITIONS, p. 76

Peace is possible for me only when I let go of expectations. When I'm trapped in thoughts about what I want and what should be coming to me, I'm in a state of fear or anxious anticipation and this is not conducive to emotional sobriety. I must surrender – over and over – to the reality of my dependence on God, for then I find peace, gratitude and spiritual security.

From the book Daily Reflections
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GRAPEVINE Daily Quote

July 19, 2020 “Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of AA’s Twelve Steps.”

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

FLORAL

Denny L. August 6, 2019 1 yrs
 Daymond V. August 15, 1990 30 yrs
 Jamie N. August 13, 2015 5 yrs
 Paul D. August 22, 2018 2 yrs
 Virtual Cake Tuesday 25th

KISS

Deanna D. August 30, 1990 30 yrs

KLEEN AAIR

Susan S. August 15, 2006 14 yrs

WESTSIDE

Dick N. August 8, 2008 12 yrs
 Doug A. August 10, 1979 41 yrs
 Al D. August 12, 1970 50 yrs
 Dylan M. August 27, 2018 2 yrs
 Celebration Wednesday Sept. 7th

Sunset Group

Bob R. August 26, 1996 24 yrs
 The group will be celebrating Saturday August 29th—please join us!

As more and more meetings are starting to meet face to face again, please keep a few things in mind:

Clean hands never hurt anyone.

Don't be shy to wear a mask, and have it cover your mouth and nose.

Our primary purpose is to stay sober and to help other alcoholics achieve sobriety.

We do not all need to agree on the directives regarding COVID 19, but we do need to be respectful of the spaces we are meeting in, and the other people attending.

There will be a limit to how many people may attend an "in person" meeting; as well there may be strict mask and hand sanitizing rules.

You may have to bring your own coffee/water.

There will definitely be social distancing to maintain.

In order to be able to continue meeting face to face, we must comply with whatever directives each group has set.

As there is a limit set on how many can be in attendance, it is more important than ever to stay in touch with each other.

Throw back to 1995 and pick up the phone. Call each other. Send a text or an email...with the risk of people being turned away because a space is "full" it is important that we keep connecting with one another.

One alcoholic helping another...

Send your groups milestones to

aasakatoon@sasktel.net

For announcements in the August newsletter, please have
 submission in by July 20th.

INTERGROUP COMMITTEE MEMBERS & CENTRAL OFFICE TRUSTEES**CENTRAL OFFICE**

Ron M.	Central Office Chair	306-222-6526
	Central Office Co-Chair	
Grant Z.	Central Office Treasurer	306-292-6842
Nicole C.	Newsletter Trustee	306-260-2938
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Kieran L.	Institutions Trustee	306-222-3428
Bob S.	Telephone Answering Service	306-934-2646

INTERGROUP

Rob I.	Intergroup Chair	306-221-4188
Jackie M.	Intergroup Co-Chair	306-229-0666
Stan M.	Intergroup Treasurer	306-221-4722
Sarah R.	Intergroup Secretary	306-361-7666
Rob G.	Social Committee Chair	306-370-9721
Lindy G.	Roundup Chair	306-280-6631
Frank M.	Document Retention Chair	306-931-3326

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

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

Zoom Meetings: As of July 24/20

Sunday:

- **9:30 AM: Saskatoon Breakfast Group: Meeting ID: 812 0266 2026. PW: 1970
- **11:00 AM: Upon Awakening Group: Zoom Meeting ID: 824 0960 8055. PW: 725 636
- **7:00 PM: Spirit of the North Remote Communities: Meeting ID: 886 459 0234. PW: 783011
- **8:00 PM: Toon Town Connection: Zoom Meeting ID: 374-983-3779. Password: 123 456

Monday:

- **12:00 PM: Stoon at Noon: Meeting ID: 965-5857-6646. PW: 123 456
- **5:00 PM: Live @ 5: Zoom Meeting ID: 714-958-9649. Password: 401 292
- **5:15 PM: K.I.S.S. Group: Meeting ID: 861 0934 1610. Password: Kiss
- **7:00 PM: Martensville Group: Meeting: ID: 969 8573 6175. PW: Peace
- **7:00 PM: Spirit of the North Remote Communities: Big Book Study
Meeting ID: 886 459 0234. PW: 783011
- **8:00 PM: New Freedom: Meeting ID: 355 410 400. PW: Freedom
- **8:00 PM: Toon Town Connection: Zoom Meeting ID: 374-983-3779. Password: 123 456

Tuesday:

- **7:00 AM: Attitude Adjustment Group: Zoom Meeting ID: 873 8117 6057. PW: 338 613
- **12:00 PM: Stoon at Noon: Meeting ID: 965-5857-6646. PW: 123 456
- **1:30 PM: Ladies' Group: Zoom Meeting ID: 584 816 5576. Password: 438 910
- **5:00 PM: Live @ 5: Zoom Meeting ID: 714-958-964. Password: 401 292
- **7:30 PM: Rosthern Group: Zoom Meeting ID: 960 632 482. Password: 947 070
- **8:00 PM: Floral Group: Zoom Meeting ID: 837 4489 8163. Password: Floral
- **8:00 PM: Toon Town Connection: Zoom Meeting ID: 374-983-3779. Password: 123 456
- **8:00 PM: Been There, Done That Group: Zoom Meeting ID: 830 017 616.

Wednesday:

- **12:00 PM: Stoon at Noon: Meeting ID: 965-5857-6646. PW: 123 456
- **5:00 PM: Live @ 5: Zoom Meeting ID: 714-958-9649. Password: 401 292
- **7:00 PM: Spirit of the North Remote Communities: Meeting ID: 886 459 0234. PW: 783011
- **8:00 PM: Toon Town Connection: Zoom Meeting ID: 374-983-3779. Password: 123 456
- **8:00 PM: Westside Group: Zoom Meeting ID: 442 925 789. Password: Gratitude
- **8:00 PM: Women of AA Topic Discussion: New Meeting ID: 211 365 397. PW: aawoman
- **8:00 PM: Fresh AAir: Zoom Meeting ID: 822 6594 8589. PW: 051 239

Thursday:

- **12:00 PM: Stoon at Noon: Meeting ID: 965-5857-6646. PW: 123 456
- **5:00 PM: Live @ 5: Zoom Meeting ID: 714-958-9649. Password: 401 292
- **8:00 PM: Martensville Group: Zoom Meeting ID: 958 9089 3192. PW: Peace
- **8:00 PM: Toon Town Connection: Zoom Meeting ID: 374 983 3779. Password: 123 456

Friday:

- **7:00 AM Attitude Adjustment Group: Zoom Meeting ID : 873 8117 6057. PW: 338 613
- **12:00 PM: Stoon at Noon: Meeting ID: 965-5857-6646. PW: 123 456
- **5:00 PM: Live @ 5: Zoom Meeting ID: 714-958-9649. Password: 401 292
- **8:00 PM: Toon Town Connection: Zoom Meeting ID: 374-983-3779. Password: 123 456
- **8:00 PM: Friday Night Men's Stag Group: Meeting ID: 218 692 0600. PW: 12x12
- **8:00 PM: Life Is Good Group: Zoom Meeting ID: 682-933-7765. Password: 605 075

Saturday:

- **11:00 AM: Rule 62: Zoom Meeting ID: 409 807 749. Password: 055 956
- **8:00 PM: Toon Town Connection: Zoom Meeting ID: 374-983-3779. Password: 123 456

IN-PERSON MEETINGS AS OF July 22/20

EACH MEETING SPACE WILL HAVE A LIMIT ON HOW MANY PEOPLE IT CAN ACCOMMODATE

PLEASE BE PREPARED THAT SOME GROUPS MAY HAVE A MANDATORY MASK POLICY

SOCIAL DISTANCING IS REQUIRED IN EVERY FACILITY

Sunday:

- **11:00 AM: Upon Awakening (Confederation Inn, 3330 Fairlight Dr)
- **2:00 PM: The Healing Group (Christ the Healer Gospel Church, 136 Ave F South)

Monday:

- **12:12 PM: Drop-In Meeting: Regent Plaza/Drinkle Building, 115-3rd Ave South (side entry off alley)
- **5:15 PM: KISS Group: St Stephen's Anglican Church. 10 Grosvenor Cres.
Zoom participants are still welcome. Meeting ID: 861 0934 1610. PW: Kiss
- **8:00 PM: Warman Group (Rte. 11 Creative Centre, 101 Klassen St. W. Warman)

Tuesday:

- **7:00 AM: Attitude Adjustment Group: (Suite 508, 201-21st St. E. CIBC Tower (enter next to Taverna Rst.).
Masks mandatory Zoom meetings will continue as scheduled
- **12:00 PM: Beginning a New Life. (Indian & Metis Friendship Center, 168 Wall St.)
- **8:00 PM: Yours, Mine & Ours: (Confederation Inn, 3330 Fairlight Dr.)
- **8:00 PM: Floral Group (Floral School, #11 Highway south of Grasswood Turn-off-turn left 4 miles)
Zoom participants are still welcome (Meeting ID: 837 4489 8163. PW: Floral).

Wednesday:

- **6:30 AM: Early Risers Meeting: Regent Plaza/Drinkle Building, 115-3rd Ave South (side entry off alley)
- **12:12 PM: Drop-In Meeting: Regent Plaza/Drinkle Building, 115-3rd Ave South (side entry off alley)
- ** 7:00 PM: Riders in Recovery Group: Mt. Royal Mennonite Church, 610 Ave. O North **Starts Aug 5/20**
- **8:00 PM: Fresh Air Group. (St Paul's Lutheran Church, corner of Dufferin Ave & Taylor St)
- **8:00 PM: Circle of Choice Group: (Grace Westminster Church, 505 10th St. E.)
LGBTQ2S but Straight-Friendly
- **8:00 PM: Traditional Group: (Elim Church, 419 Slimmon Road)
- **8:00 PM: Westside Group: St Stephen's Anglican Church. 10 Grosvenor Cres.
Zoom participants are still welcome. Meeting ID: 442 925 789. Password: Gratitude

Thursday:

- **12:00 PM: Beginning a New Life. (Indian & Metis Friendship Center, 168 Wall St.)
- **7:30 PM: Jekyll & Hyde: (Floral Community Centre (School). Hwy 11 South to Grasswood Esso, turn left for 4 miles). **Bring your own coffee**
- **8:00 PM: Serenity Group: (Confederation Inn, 3330 Fairlight Dr.)
- **8:00 PM: Sutherland Group: (St Paul's United Church, 454 Egbert Ave.)

Friday:

- **7:00 AM: Attitude Adjustment Group: (Suite 508, 201-21st St. E. CIBC Tower (enter next to Taverna Rst).)
- **12:00 PM: Beginning a New Life. (Indian & Metis Friendship Center, 168 Wall St.)
- **8:00 PM: 49ers' Group: (Grace Westminster Church, 505-10th St. E.)
- **8:00 PM: Life's Good Group: (Evangelical Orthodox Church, 1426 Alexandra Ave)
- **8:00 PM: Tenth Step Group: (Mayfair United Church, 902 33rd St. W.).
Use SW doors. Bring your own beverages.

Saturday

- **10:00 AM: Saturday Morning Live Group: (Community of Christ Church, 701-1st Street East)
- **1:30 PM: Rolling Stones Group: Redeemer Lutheran Church (corner of Main St. & Preston Ave)
- **3:00 PM: Tea Room Group: (Augustana Lutheran Church, 1201 Broadway Ave)
Pls. ring the bell for entrance.
- **8:00 PM: Sunset Group: (Saskatoon Youth for Christ, 1338-Ave. B N. (NE door))

Institutions Chairing Schedule 2020

Larson House		Welcome Group	Calder Adult	Calder Youth	Dúbe Center
Mondays 8:00 PM	Fridays 8:00 PM	Saturdays 8:00 PM	Tuesdays @ 8:00 PM	Fridays @ 7:00 PM	Mondays @ 7:00 PM

January	Living Sober - Mike S		Martensville Group Roger R.	Sutherland Group Gary J	Been there done that Daina K.	Amy J.
February	Y,M & O	Y,M & O	First 3: Healing Group - Sheila. Last 2: Living Sober - Mike S	KISS Group. Leanne H.	Brittany E.	Shane M.
March	Multiple individuals	Multiple Individu- als	Attitude Adjustment Greg R	Westside Group Mitch	Shane M.	Daneille L.
April	Upon Awakening - Ron G.		49ers John C	Mustard Seed Group, Randy M	Alma W	Danielle L.
May	Shane M.		Friday Night Men's Stag - Stefan	Shamrock Group, Bill N	Tea Room Greg D.	Amy J.
June	Early Risers - Keith D.		Yours, Mine & Ours - Tyler	Northerners Corey	Lauren T	
July	Shamrock Group			Sutherland Group Gary J	Brittany E.	
August		Dundonald Group- Al K				
September	Sutherland Group, Gary J		Been There Done That, Daina K	Mustard Seed Group,Randy M		Chelsea
October	Attitude Adjustment, Greg R.		New Freedom Ron M	Upon Awakening, Troy, Carol S	49ers John C	
November	Rolling Stones Darcie S	KISS Group Leanne H.	Westside Group Mitch A.	Fresh Air Group Stacey	Dundonald Group Al K	
December	Floral Group Ron D					

Legend:

Annual Commitment	Open Opportunity	Filled Spot 2020 Only.
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Calendar
updated:
May 19, 2020

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

The hardest part about getting 'unstuck' is
admitting you're stuck + deciding you'll do what
it takes to get unstuck.
The rest flows.