

SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

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These words are from my mom, Dee, who will be sober 46 years on September 10th. She still attends the home group she started with all those years ago.

I asked her, “How has the spirituality you found in A.A. played a role in your life?” She paused, somewhat unable to find her words and responded I need time to think.

I then asked the question differently. I asked, “How does A.A.’s spirituality help you with your dementia?”

Her response was immediate.

“My spirituality is who I am. It is my identify.

I just accept this (the dementia) is the way I am today.

I am grateful. There are other ladies here (at the Care Home) with deep concerns and they have nothing to hang onto. No matter what happens to me, I have back-up. I have support. I am not abandoned.

Spirituality does not protect us from problems. It gives us the ability to cope with things and a Higher Power to lean on.

Spirituality is what I trust. I trust I will not have that first drink. I know the Power that is behind me.

Spirituality is my lifeline.”

Even though her words above belie the fact her dementia is fairly advanced, and she does not always remember her youngest daughter has died or that I called her earlier that day, when I read How it Works to her or say I need to talk to you as an A.A. member, she resonates with those words. There seems to be a shift within her being. Her inability to put thoughts and words together seems to vanish.

Even though her memory fails her, deep within her inner being, she knows

- a) That we were alcoholic and could not manage our own lives.
- b) That probably no human power could have relieved our alcoholism.
- c) That God could and would if He were sought.

Pat C.

Westside Group

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

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Published by Saskatoon & District Central Office, 515–245 3rd Avenue South, Saskatoon, SK S7K 1M4
Email: aasakatoon@sasktel.net Website: aasaskatoon.org Phone: (306) 665-6727

Hello AA Fellowship,

Here is an update of the current AA institutions meeting situation:

Welcome Group is currently cancelled due to COVID and church renovations. Dube and Larson House meetings are currently cancelled due to COVID. Calder Adult and Youth recently reopened at smaller capacity. AA Meetings restarted at the beginning of August. Calder has started a temporary second Adult AA weekly meeting because they currently cannot travel to go to other AA meetings throughout the week. This meeting is taking place on Wednesdays at 8pm. Meeting protocol can be viewed in the text below.

Our only entry and exit is the front office. When the chairs arrive they are asked to call the main number 306-655-4500 (there is a sign on the front door for this). The staff will be screening and temperature checking all speakers/visitors. At the front office when you enter you will also be asked to initially conduct hand hygiene with sanitizer then don a medical mask provided. Staff and visitors are asked to mask continuously through their stay. Currently our adult numbers are max 10 and our workshop room has been set up to social distance with our max numbers. Our clients are pre-screened on admission for COVID and once we have their results if negative they will not be required to (however may still choose to) wear a mask in building, however are still practicing social distance.

Please reach out if you would like to help chair Calder youth/adult or if you have any questions/concerns. I can be reached via phone/text at 306-222-3428 or email at aainstitutions@outlook.com. Thank You.

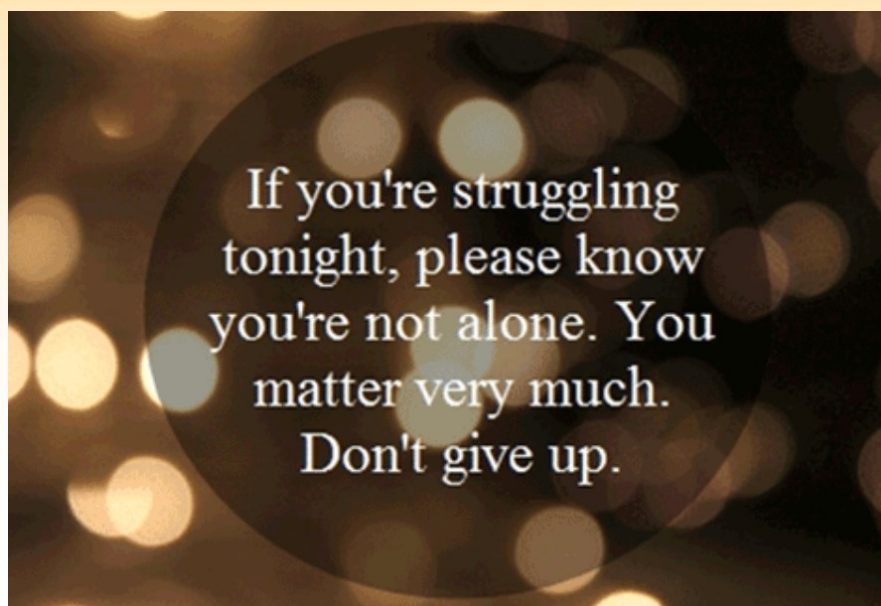
In love and service,
Kieran L

Did you know...?

In 1951 the Lasker Award was given to Alcoholics Anonymous. The citation reads in part as follows:

“The American Public Health Association presents a Lasker Group Award for 1951 Alcoholics Anonymous in recognition of its uniquely and highly successful approach to that age-old public health and social problem, alcoholism...In emphasizing alcoholism as an illness, the social stigma associated with this condition is being blotted out...Historians may one day recognize Alcoholics Anonymous to have been a great venture in social pioneering which forged a new instrument for social action; a new therapy based on the kinship of common suffering; one having a vast potential for the myriad other ills of mankind.”

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



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!

GRAPEVINE Daily Quote

July 25, 2020 "The leap of faith must be taken again and again over greater and greater distances."

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

Barry C. September 21, 1993 27 yrs

Paul G. September 15, 2011 9 yrs

Virtual Cake Tuesday September 29th

NEW FREEDOM

Nancy B. September 1, 1999 21 yrs

Ashley P. September 12, 2019 1 yr

KLEEN AAIR

Linda G. September 8, 1990 30 yrs

WESTSIDE

Burton H. September 12, 1998 22 yrs

Ernie D. September 14, 2005 15 yrs

Dave Mc. September 29, 2018 2 yrs

Celebration Wednesday Oct. 7th

KISS

Leanne H. September 15, 2016 4 yrs

HEALING GROUP

Sheila U. September 11, 2009 11 yrs

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.

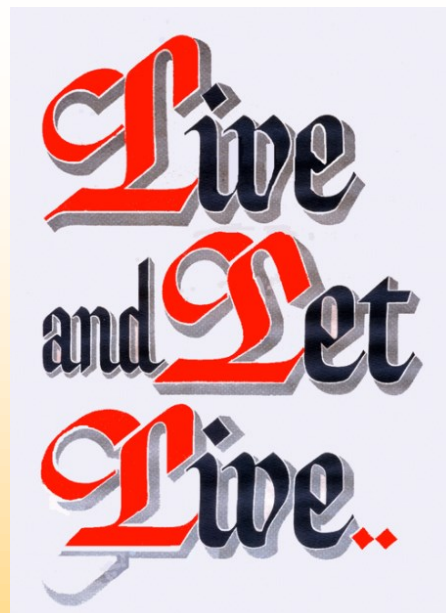
You may have to bring your own coffee/water.

There will definitely still be social distancing to maintain.

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.

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 October newsletter, please have
submission in by September 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
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Stefan L.	Literature Trustee	306-281-9443
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Kim T.	Corrections Trustee	306-203-0733
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 August 21/20

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
- **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
- **5:15 PM: K.I.S.S. Group: Meeting ID: 861 0934 1610. Password: Kiss
- **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
- **1:30 PM: Ladies' Group: Zoom Meeting ID: 584 816 5576. Password: 438 910
- **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
- **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
- **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
- **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



EASY DOES IT

IN-PERSON MEETINGS AS OF August 21/20

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)
- **8:00 PM: Mustard Seed Group (Travelodge Hotel, 106 Circle Drive W. Vanguard Rm)

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.
- **8:00 PM: Warman Group (Rte. 11 Creative Centre, 101 Klassen St. W. Warman)
- **8:00 PM: Colonsay Group (st. Mary's Church Colonsay)

Tuesday:

- **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: 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)

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.)
- **8:00 PM: Biggar Group: (United Church, Quebec Street, Biggar)

Thursday:

- **7:00 AM: Men's Group (Regent Plaza/Drinkle Building 115-3rd Ave South) (side entry off alley)
- **12:00 PM: Beginning a New Life. (Indian & Metis Friendship Center, 168 Wall St.)
- **8:00 PM: Serenity Group: (Confederation Inn, 3330 Fairlight Dr.)
- **8:00 PM: Sutherland Group: (St Paul's United Church, 454 Egbert Ave.)
- **7:30 PM: Jekyll & Hyde Group: (Floral School, #11 Highway south of Grasswood Turn-off-turn left 4 miles)
- **8:00 PM Martensville Group: (415-6th Ave South, Martensville)

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 Adult	Calder Youth	Dúbe Center
Mondays 8:00 PM	Fridays 8:00 PM	Saturdays 8:00 PM	Tuesdays 8:00 PM	Wednesdays 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 individu- als	Multiple Individ- uals	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		Tea Room Greg D.	Sheila U. & Amy J.	Brittany E.	
September	Sutherland Group, Gary J		Been There Done That, Daina K	Mustard Seed Group,Randy M	Atittude Adjust- ment - Kieran L	Morgan M	Chelsea
October	Attitude Adjustment, Greg R.		New Freedom Ron M	Upon Awaken- ing, Troy, Carol		49ers John C	Amy J.
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 Com- mitment	Open Oppor- tunity	Filled Spot 2020 Only.
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Calendar up-
dated:
Aug 18/20

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.