

SUNRISE /
SUNSET GROUP
OF
ALCOHOLICS
ANONYMOUS



April 2010 Newsletter



www.SunriseSunsetGroup.org

From the AA Grapevine Archives

THURSDAY SPEAKERS IN APRIL

April 1:

Judith-Ann G.

April 8:

Tom N.

April 15:

Linda P.

April 22:

Mike F.

April 29:

Marilyn S.

SATURDAY SPEAKERS IN APRIL

April 3: **Chuck G.**

Steps 4-5: Resentments

April 10: **

Steps 4-5: Resentments

April 17: **Tyler H.**

Step 4-5: Fears

April 24: **Katy R.**

Step 4-5: Sexual Inventory

** see Darren W
for information

From the Grass Roots:

FORBIDDEN FRUIT

WHEN I READ the contribution in the June issue of Grapevine [*reprinted in the March 2010 issue of the Sunrise/Sunset newsletter*] entitled, "Happiness is Not Necessary for Sobriety," I wondered whether I had been eating forbidden fruit for the past fifteen years--or even worse: perhaps I had tempted others to do the same.

I felt better after consulting my dictionary, for Webster defines happiness as "a state of pleasurable content with one's condition in life." It was also reassuring to read that happiness is synonymous with felicity, beatitude, blessedness and bliss and that blessedness and bliss, like beatitude, often refer to the joys of heaven.

It is my humble belief that we cannot stress too strongly the happiness that will result from carrying the AA message to others and from applying AA principles in all of our affairs.

The danger of leading people to believe that sobriety is not worthwhile if they cannot be happy all the

for mankind

time is remote indeed,

knows that such a condi-

tion is impossi-

statement that

regarding hap-

Steps is mean-

commitments of any kind in the Twelve Steps.

It is also my belief that the amount of happiness we derive from AA is limited only by

the amount of effort we put forth to live in accordance with the program.

To me, AA is a formula for happiness and although happiness may not be absolutely

necessary for sobriety, the more happiness a man derives from his sobriety, the less

likely he is to be tempted by alcohol.

Dewey S.San Mateo, California

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Is the difference in outlook due to temperament or length of sobriety or sponsor guidance?

ingless since there are no

WHERE WE MEET

THE SUNSET GROUP meets every Thursday night from 7:00-8:30 p.m. at 11145 Morrison Street, North Hollywood.



THE SUNRISE GROUP BIG BOOK STEP STUDY meets every Saturday morning 8:15-9:30 a.m. on the second floor of PINZ Bowling Center, 12655 Ventura Blvd., just east of Coldwater Canyon.

THE SUNSET GROUP BIG BOOK STUDY meets every Tuesday night from 7:00-8:00 pm. at the Vineland Adult Daycare Center, 5629 Vineland Ave, just north of Burbank. Parking is in the back off Ensign Avenue.



You are welcome to take extra copies of this newsletter or the meeting flyer (on the literature table) to hand to newcomers and post on clubhouse bulletin boards. They are welcome at all Sunrise / Sunset meetings.

Annual Workshop

The Sunrise/Sunset group sponsors a workshop each summer. This year the workshop will occur on Sunday, 8 August 2010. The chairs are Erin E. and Chuck N.

For further information, contact Chuck at ChuckNovak@sbcglobal.net.

Steering Committee

The Sunrise/Sunset steering committee meets quarterly to deal with the annual workshop, group participation at conventions, annual elections, and financial contributions to area offices. You become a voting member at your second meeting.

Each quarter we make donations to

our district and area, the SFV Central Office and the New York Central Office in accordance with AA custom.

The next meeting is 26 April 2010. To add an item to the agenda or get directions, please see Matt or send e-mail to Matt.Jackson.Law@gmail.com.