



The Sunrise-Sunset Group of Alcoholics Anonymous

**APRIL
2018**

www.SunriseSunsetGroup.org

Thursday Speakers

5th Rudy C.

12th Carrie W.

19th TBA *

26th Jane W.

Saturday Speakers

7th Mike P.

Steps 10 & 11

14th Mercedes C.

Steps 10 & 11

21st TBA *

Step 12

28th TBA *

Step 12

Tuesday Leaders

3rd Rikki M. *

10th TBA *

17th Linda C. *

24th Bryan G. *

* for more information
visit our website at
SunriseSunsetGroup.org

THE SUNSET GROUP
5056 Van Nuys Blvd., Sherman Oaks
Thursday 7:00-8:30pm



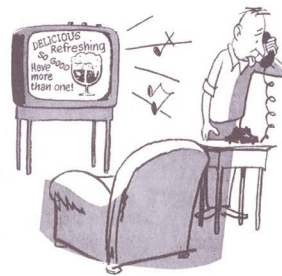
THE SUNRISE GROUP BIG BOOK STEP STUDY
SpiritWorks, 260 North Pass Avenue, Burbank
Saturday 8:15-9:30am

THE SUNSET GROUP BIG BOOK STUDY
11031 Camarillo Street, North Hollywood
Tuesday 7:00-8:00pm



In Alcoholics Anonymous we have many sayings, "catch phrases", and true-isms that we hear again and again. Some carry more weight than others and may have more or less importance to an alcoholic at any given point in their recovery. I believe most are important to retain as one never knows how and when they may positively effect another's sobriety. I recently had the opportunity to visit an A.A. meeting outside the Los Angeles/North Hollywood area and heard a speaker use a phrase I would like to pass on. To end a very inspiring share this speaker quoted his sponsor as saying, "You don't have to think less of yourself, you just need to think of yourself less." For me, this speaks to the heart of a humility we seek in A.A. in which one need not be subservient or feel "less than" to be humble and seek to help others. I hope all who read this can find a meaning in this phrase that will help them continue toward a sense of self worth while maintaining a humility that can serve others as we "...practice these principles in all our affairs."

- Editor (reprinted from April 2011)



"Could you come over and sit with me while I watch the ball game?"

I dialed the number of a newcomer and got the following recording: "I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes."

Richard M., Golden, Colorado, April 2006

I had a terrible handicap that made me feel sorry for myself in early recovery: I suffered more from self-pity than anyone else around.

Jim F., Tasmania, Australia, December 2007

From "A Rabbit Walks into a Bar: Best Jokes & Cartoons from AA Grapevine"

The San Fernando Valley Central Office is at 16132 Sherman Way, Van Nuys CA 91406, 818-988-3001 (sfvaa.org).
The Sunrise-Sunset Group and meetings are in District 17 (www.district17aa.org) of Area 93, Central California (www.area93.org).

If you would like to add to this newsletter please contact the editor at SunriseSunsetGroup@gmail.com