



The Sunrise-Sunset Group of Alcoholics Anonymous

AUGUST

www.SunriseSunsetGroup.org

Thursday Speakers

1st Carrie W.

8th Frank C.

15th Chimene

22nd Tyler H.

29th Shalaby

Saturday Speakers

3rd Robin W.

Step 1

10th Nancy N.

Step 2

17th Per F.

Step 2

24th Louise C.

Step 3

31st Alison C.

Step 3

Tuesday Leaders

6th Ryan K.

13th Carla R.

20th Jeff G.

27th Sarina M.

* visit our website at
SunriseSunsetGroup.org
for updated information

THE SUNSET GROUP BIG BOOK STUDY

5915 Vineland Ave, North Hollywood
Tuesday 7:00-8:00pm

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

Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all. We ought to sit down with the family and frankly analyze the past as we now see it, being very careful not to criticize them. Their defects may be glaring, but the chances are that our own actions are partly responsible. So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love. The spiritual life is not a theory. *We have to live it...*

...If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

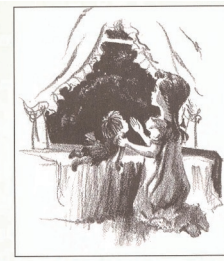
- Excerpted from *Alcoholics Anonymous* pages 83 and 84 (inspired by *Daily Reflections for August 1*)

After a Third Step discussion, a newcomer asked an old-timer, "How can you be sober so long and say you don't understand God?" The long-timer replied, "Young man, I've been married to the same woman for fifty years—do you think I understand her?"

Burbank, California, August 1992

A certain member had a slip in AA. He called his sponsor and, crying on his shoulder and full of self-pity, he moaned, "And to think, I have lost all my pride!" "Swell," his sponsor bluntly remarked. "Now we can begin."

May 1961



"Thank you for Daddy being sober this Christmas. That was all I wanted. But thanks for throwing in the doll."

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

The San Fernando Valley Central Office is at 7417 Van Nuys Boulevard Suite E, Van Nuys, CA 91405, 818-988-3001 (sfvaa.org).
The Sunrise and Sunset Group and meetings are in District 17 (www.district17aa.org) of Central California (www.aarea93.org).