



# The Sunrise-Sunset Group of Alcoholics Anonymous

## AUGUST 2014

[www.SunriseSunsetGroup.org](http://www.SunriseSunsetGroup.org)

### Thursday Speakers

7th Gloria G.

14th Tim H.

21st Judith A.

28th Ron B.

### Saturday Speakers

2nd Lee C.

Step 4 Resentments

9th Jerome S.

Step 4 Fears

16th Rhonda D.

Step 4 Fears

23rd Franny S.

Step 4 Sex

30th Doug R.

Step 4 Sex

### Tuesday Leaders

5th Taisiya S. \*

12th Sean M. \*

19th Carla R \*

26th TBA \*

\* visit our website at [SunriseSunsetGroup.org](http://SunriseSunsetGroup.org) for more information

**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



Picture the world through the eyes of the jerk. The line of people in the post office is a mass of unimportant fools; it's a felt injustice that you must wait while they bumble with their requests. The flight attendant is not a potentially interesting person with her own cares and struggles but instead the most available face of a corporation that stupidly insists you shut your phone. Custodians and secretaries are lazy complainers who rightly get the scut work. The person who disagrees with you at the staff meeting is an idiot to be shot down. Entering a subway is an exercise in nudging past the dumb schmoes.

I submit that the unifying core, the essence of jerkitude in the moral sense, is this: The jerk culpably fails to appreciate the perspectives of others around him, treating them as tools to be manipulated or idiots to be dealt with rather than as moral and epistemic peers. This failure has both an intellectual dimension and an emotional dimension, and it has these two dimensions on both sides of the relationship. The jerk himself is both intellectually and emotionally defective, and what he defectively fails to appreciate is both the intellectual and emotional perspectives of the people around him. He can't appreciate how he might be wrong and others right about some matter of fact; and what other people want or value doesn't register as of interest to him, except derivatively upon his own interests.

To discover one's degree of jerkitude, the best approach might be neither (first-person) direct reflection upon yourself nor (second-person) conversation with intimate critics, but rather something more third-person: looking in general at other people. Everywhere you turn, are you surrounded by fools, by boring nonentities, by faceless masses and foes and suckers and, indeed, jerks? Are you the only competent, reasonable person to be found?

If your self-rationalizing defenses are low enough to feel a little pang of shame at the familiarity of that vision of the world, then you probably aren't pure diamond-grade jerk. But who is? We're all somewhere in the middle. That's what makes the jerk's vision of the world so instantly recognizable. It's our own vision. But, thankfully, only sometimes.

- Excerpted from "The Essence of Jerkitude" by Eric Schwitzgebel

**Q:** How many sponsors does it take to change a lightbulb?

**A:** Sponsors can't change lightbulbs. The most they can do is offer guidance based on their experience, strength and hope. If the lightbulb wants to change and is willing to go to any lengths, then a Higher Power can change the lightbulb.

Frank D., Saint Paul, Minnesota, March 2006



"Sorry, Sir."

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](http://sfvaa.org)). The Sunrise and Sunset Group and meetings are in District 17 ([www.district17aa.org](http://www.district17aa.org)) of Central California ([www.aaareg3.org](http://www.aaareg3.org)).

If you would like to add to this newsletter please contact the editor at [SunriseSunsetGroup@gmail.com](mailto:SunriseSunsetGroup@gmail.com)