



# The Sunrise Group

November 2006



## SUNRISE GROUP

**Saturday Morning  
Step Study 8:15 am  
above PINZ Bowling Alley  
12655 Ventura Blvd  
Studio City, CA**

**December 9**

*Linda P. of Tarzana  
Step 12*

**December 16**

*Nancy G. of Echo Park  
The Family Afterwards*

**December 23**

*Group Topic*

**December 30**

*Kelly L. of Laguna Niguel  
Traditions 10, 11, & 12*

**January 6**

*Bill W. of Valley Village  
Step 1*

**January 13**

*Candace M. of Long Beach  
Step 1*

**January 20**

*Carrie W.  
Step 2*

CD's of all speakers available!  
See Jonathan S.

## TRADITION 12: SIGNS OF AA AN ANONYMOUS SOCIETY, NOT A SECRET ONE

Alcoholics Anonymous. The first word defines what we are. The second offers a clear message: if you come to us with your drinking problem, your identity as a member of our society will not be revealed by us to the general public. Our name recognizes the possibility that the still sick and suffering alcoholic will not seek our help unless there is assurance that his or her anonymity will be protected. We can't exist without alcoholics, and we can't be here for alcoholics unless, as a society, we embrace the principle of anonymity. Of course, the blue and gray metal disc at that first meeting I attended did not say "Alcoholics Anonymous," it simply offered the initials "AA." Some non-AAs know what those initials stand for, and many don't. Others have too much else on their minds to give it much attention. In any case, the sign reminds us that individuals can remain anonymous -- and must in certain specific circumstances -- but groups cannot be anonymous. Those who wish to attend an AA meeting must be able to find us.

The Eleventh and Twelfth Traditions offer only two firm guidelines about personal anonymity. One, I must remain anonymous at the level of the media; two, I may disclose my membership in AA to family, friends, etc., if I choose to, but I am not free to disclose your membership in AA. As Bill W. wrote in the January 1955 Grapevine article, "Why Alcoholics Anonymous Is Anonymous": "No AA need be anonymous to family, friends, or neighbors. Disclosure there is usually right and good. . . . But before the general public -- press, radio, films, television, and the like -- the revelation of full names and pictures is the point of peril. . . . Here the lid can and must stay down."

Our Big Book cautions us, as individual members, to guard against complacency in our personal recoveries. It would seem to me that groups also have to guard against a kind of complacency. We have to give more than lip service to the Fifth Tradition.

-- David S., New York, New York © The Grapevine, December 2006

## "IT'S BETTER TO GIVE THAN RECEIVE"

Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awaken to the presence of a loving God in their lives--these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic.

-- 12 Steps & 12 Traditions

## FOCUS ON THE PROBLEM OR SOLUTION?

It does not matter what the problem is, the question is, "What am I doing about it?"

Focus on the problem will not get me to the solution. The solution is in the solution. It is not in the problem. Spending time worrying about the problem has never gotten me to a solution.

Albert Einstein said, "We can not solve the problems we have created with the same thinking that created them."

"Foundations" © Scott L., Nashville, Tennessee



# The Sunset Group

December, 2006

A publication of the Sunset Group of Alcoholics Anonymous

## How "OPEN" SHOULD "OPEN" DISCUSSION BE?

I am not an expert but here is my understanding of several AA terms that seem to be a bit blurred in several places I have visited in the fellowship:

"Open" means that everyone on planet Earth is invited to the meeting but only alcoholics share.

"Closed" means that only alcoholics may attend.

"Speaker" means that one person will tell his/her story or speak about some aspect of alcoholism and/or our recovery program and only AA Conference Literature will be quoted and/or read.

"Discussion" means that the alcoholics in the room will discuss some aspect of alcoholism and/or our recovery program and only AA Conference Literature will be quoted and/or read.

Therefore "Open Discussion" does not mean that everyone on the planet is free to speak and that any topic at all may be discussed. This distinguishes an AA Meeting from group therapy without a therapist. We take our problems to our sponsors and our solutions to our meetings.

I was in an AA Meeting once when the chair called for a topic from the floor. No one responded for several minutes and then a member of OA who was visiting spoke up and said she was jonesing badly for fudge and asked us to talk about fudge as a topic. If "open discussion" meant anyone could talk about any subject, this is would have been an appropriate topic for an AA Meeting.

We must stick strictly to AA Conference Approved Literature in AA meetings. If we don't draw the line there, where do we draw it? If you can read from a "meditation book" that is not from AA, can I read from *Mein Kampf*, *Lolita*, or *The Communist Manifesto*?

I am not questioning anyone's motives. I think many of us have great motives. This is not about motive. It is about principle and principle always trumps motive. My mentor Cliff from California says, "The Traditions are a set of principles which are designed to protect AA from my very best motives."

Beware of the idea that the Big Book tells us to check our motives. It only does so twice; when we are going to bed with someone or when we are going where they serve booze. Everywhere else it tells us to check our principles.

-- Scott L., Nashville, Tennessee



**The Sunset Group**  
Thursdays at 7:00 pm  
Jewish Community Center  
13164 Burbank Boulevard  
Sherman Oaks, California

**December 7**  
*June G. of Santa Monica*

**December 14**  
*Franny S. of Long Beach*

**December 21**  
*Allison A. of Los Angeles*

**December 28**  
TBA

**January 4**  
*Gloria T. of Long Beach*

## STEERING COMMITTEE MEETING

The next meeting of the steering committee is scheduled for Tuesday, 9 January 2007. Location is to be arranged. Everyone is welcome to attend. You become a voting member at your second meeting. This meeting's agenda includes final adoption of the meetings' formats and the summer workshop. Contact Belinda with any questions.

**Coffee and refreshments are served only before the meeting and at the break.**

**Please do not save seats for more than one or two people.**

**Please respect the facility and smoke only in designated areas.**