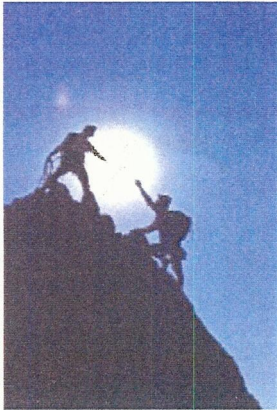




The Awakening

February 23, 2006

A publication of the Sunset Group of Alcoholics Anonymous



H & I : ONE ALCOHOLIC HELPING ANOTHER

The cornerstone of the Fellowship of Alcoholics Anonymous is "one alcoholic helping another." The importance of this short phrase cannot be underestimated. The Big Book recounts the instance when Bill W. paced the lobby of the Mayflower Hotel in Akron, Ohio in 1935. At one end of the lobby was a cocktail bar, at the other end was a church directory. Although he had been sober six

months and had had a profound spiritual experience, he had a desire to go into the bar. Knowing he must find another alcoholic to help he went to the church directory, and through it, eventually found Dr. Bob S.

Had he not found another alcoholic to help, he might have gone into the bar and had a drink. If he had had a drink he might have died drunk and there never would have been an Alcoholics Anonymous. That is why "one alcoholic helping another" is so important.

The Big Book, written in the late 1930s, suggests looking for alcoholics who want to recover by "asking a few doctors, ministers, priests or hospitals." Nowadays it's easier. Going to a treatment center meeting is as easy as getting a meeting directory and figuring out directions. Waiting there right now are alcoholics who want to get sober.

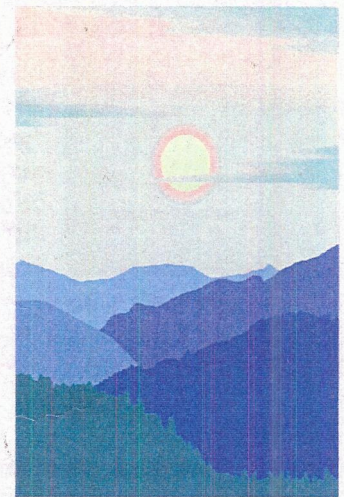
The results of any service work to the AA who performs it will be enormous. The Big Book doesn't talk about us simply not drinking; it talks about us "being rocketed into a fourth dimension," and states, "this is an experience you must not miss." -- Roger E., Orlando, Florida © The Grapevine, December 1995

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you -- until then. (ALCOHOLICS ANONMYOUS, p.164)

If you'd like to carry the message of Alcoholics Anonymous into Hospitals and Institutions please ask to see Mary at the end of the meeting.



The Sunset Group

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

February 23

Joel W. of Long Beach

March 2

Jack K. of Redondo Beach

March 9

Rick W. of Oxnard

March 16

Harvey G. of Sherman Oaks

March 23

Mike S. of Riverside

March 30

Debbie D. of Concord

April 6

Steve L. of Laguna Niguel

April 13

Chris R. of Ingram, Texas

April 20

Pat W. of Palm Desert

April 27

Billy S. of Las Vegas



Step Two: "Came to believe that a Power greater than ourselves could restore us to sanity."

INSANITY

doing the same thing
over and over
and expecting
different results!

"...Few indeed are the practicing alcoholics who have any idea how irrational they are, or seeing their irrationality, can bear to face it. Some will be willing to term themselves "problem drinkers," but cannot endure the suggestion that they are in fact mentally ill. They are abetted in this blindness by a world which does not understand the difference between sane drinking and alcoholism. "Sanity" is defined as "soundness of mind."

Yet no alcoholic, soberly analyzing his destructive behavior, whether the destruction fell on the dining-room furniture or his own moral fiber, can claim "soundness of mind" for himself.

Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him..." 12 & 12

Step Three: "Made a decision to turn our will and our lives over to the care of God as we understood Him."

(The following words written sixty years ago still ring true today)

WHEN I came into A.A. four years ago, my will was very sick. I had been the confident master of my own affairs, heeding no desire but my own, yielding to no wish but my own. In the hour of disaster, I found myself alone and shaken, unable to think in consecutive steps, unable to arrive at decisions I could believe in, unable to enforce those decisions I did reach. I was so thoroughly in the grip of alcohol that my efforts to do without it worsened my nervous collapse.

I accepted the help of A.A. because I had to. But I accepted with strong reservations. I shied at the 2nd and 3rd Steps first because I didn't believe that this vague something in the universe that we call the Supreme Power had anything to do with me personally. There were other reasons. As a newspaper reporter I had had many contacts with missions dealing with drunks, and I didn't like the "Brother-have-you-been-saved" guys I used to see running missions. And my pious, non-drinking, churchgoing friends who had suggested that I needed to mend my ways aroused me almost to assault and battery.

So, when my sponsor mentioned the 3rd Step, I winced.

But I had to have help, and if I was unwilling to look up into the sky, I could look straight ahead. If I rejected a power higher than myself, I could accept a power other than myself. I could lean on the shoulder of another alcoholic and talk over my problems with him. I could go to meetings and make hospital calls. And when I could do none of these things, I could go off by myself and hold a mental conversation with my sponsor.

-- Fred S., Cleveland, Ohio © The Grapevine, January 1946



SUNRISE GROUP

Saturday Morning
Step Study
8:15 am

above Jerry's Deli and PINZ
Bowling Alley
12655 Ventura Blvd
Studio City, CA

March 4

Craig C. of Las Vegas
Step 2

March 11

TBA
Step 3

March 18

Rosie T. of Bellflower
Step 3

March 25

Yvonne S. of Los Angeles
Step 4: Resentments

April 1

Ronda D. of Studio City
Step 4: Fear

April 8

TBA
Step 4: Sex

April 15

TBA
Step 4 Overview