

# The Sunrise-Sunset Group of Alcoholics Anonymous

## FEBRUARY 2014

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

### Thursday Speakers

- 6th Linda M.
- 13th Ralph W.
- 20th Julie L.
- 27th Luther W.

### Saturday Speakers

- 1st Danny G.  
Step 3
- 8th Tyler H.  
Step 3
- 15th Tanya D.  
Step 4 Resentment
- 22nd Rosie T.  
Step 4 Resentment

### Tuesday Leaders

- 4th Neal
- 11th Katya A.
- 18th Charles T.
- 25th Jen K.

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



John Stuart Mill (1806-1873), British philosopher, economist, moral and political theorist, wrote:

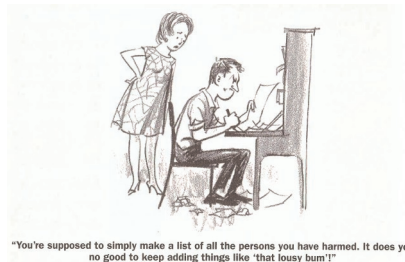
...there are two classes of pleasures—higher and lower. Human beings have capacities for higher and lower pleasures. We desire food, sleep, breathing, and sensual pleasures, and these are not bad. But lower pleasures have a lower quality and are lower in the sense that they are not unique to us, but are shared with squirrels, dogs, rats, etc. To live for lower pleasures would be to live like a dog. Mill says “a beast’s pleasures do not satisfy a human being’s conceptions of happiness.” It’s not that we shouldn’t like to eat, or that we should despise these sorts of pleasures we share with animals. The point is rather, that we shouldn’t have these as our higher aspirations and meaning for being. If your meaning in life is eating, you have a problem. If your meaning in life is to sleep, you are depressed. If your sole purpose in life is to have sex, most would say you have a shallow existence. Human beings should have higher goals and higher pleasure capacities than that of animals. But Mill is also not suggesting that one should always choose the higher over the lower. Sometimes it is good to sleep, sometimes one should eat. Mill is not advocating people starving to death at the opera house, or suffering from sleep-deprivation in order to read the encyclopedia.

But what are these higher-pleasure capacities? Mill mentions these four:

1. Pleasures of the intellect: literacy, logic, emotional intelligence, etc.
2. Pleasures of the noble feelings: sympathy, heroism, empathy, humility, courage.
3. Pleasures of imagination: moral imagination, creativity, innovative thinking.
4. Pleasures of the moral sentiments: justice, honesty, fairness.

Certainly we might be content with the bestial pleasures alone—but no one would really agree that such a life was better than the non-bestial life.

- Editor



"You're supposed to simply make a list of all the persons you have harmed. It does you no good to keep adding things like 'that lousy bum!'"

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.aaareg93.org).

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