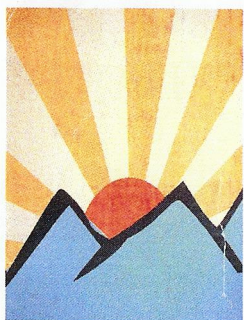
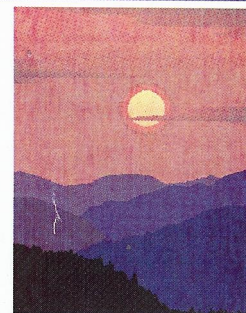


**SUNRISE /
SUNSET GROUP
OF
ALCOHOLICS
ANONYMOUS**



January Newsletter



**THURSDAY
SPEAKERS IN
JANUARY**

Jan 1: **no meeting
New Year's Day**

Jan 8: **Bob L. of
Glendale**

Jan 15: **Nancy N.
of S.F. Valley**

Jan 22: **Larry T. of
Torrance**

Jan 29: **Daiva of
West Hollywood**

**SATURDAY
SPEAKERS IN
JANUARY**

Jan 3: **Paul C.
Step 3**

Jan 10: **Pam G.
Step 4 & 5-
Resentments**

Jan 17: **Jeff J.
Step 4 & 5-
Resentments**

Jan 24: **Pat Y.
Step 4 & 5-Fears**

Jan 31: **Nasir K
Step 4 & 5-Sex**

Availing Yourself of a Sponsor

"Not every AA member has had a sponsor. But thousands of us say we would not be alive were it not for the special friendship of one recovered alcoholic in the first months and years of our sobriety.

"In the earliest days of AA, the term 'sponsor' was not in the AA jargon. Then a few hospitals in Akron, Ohio, and New York began to accept alcoholics (under that diagnosis) as patients--*if* a sober AA member would agree to 'sponsor' the sick man or woman. The sponsor took the patient to the hospital, visited him or her regularly, was present when the patient was discharged, and took the patient home and then to an AA meeting. At the meeting, the sponsor introduced the newcomer to other happily nondrinking alcoholics. All through the early months of recovery, the sponsor stood by, ready to answer questions or to listen whenever needed.

"Sponsorship turned out to be such a good way to help people get established in AA that it has become the custom followed throughout the AA world, even when hospitalization is not necessary."



New Sunset meeting venue

Last year the Sunset group learned it would lose its meeting place in Van Nuys. The steering committee suggested many alternatives and Jonathan S. investigated them. We sought a mid-Valley location with parking, kitchen, air conditioning, and space for over 150 attendees every Thursday night.

When the JCC found its new location, we moved with them. Meetings started last July. And the summer workshop was there.

Jonathan reports, "When we held the workshop, the building was still undergoing renovation. We could not use the kitchen."

The JCC continues its renovations. The sanctuary will be complete within a few months and we will move our meeting there.

Living Sober, page 26

Living Sober is the FAQ (frequently-asked questions) for the newcomer. If you would like our own copy, please see the literature person at any meeting.

WHERE WE MEET

THE SUNSET GROUP meets every Thursday night from 7:00-8:30 p.m. at 14701 Friar Street, Van Nuys, at the corner of Cedros Avenue, near Van Nuys and Victory Blvds.

THE SUNRISE GROUP BIG BOOK STEP STUDY meets every Saturday morning from 8:15-9:30 a.m. on the second floor of PINZ Bowling Center, 12655 Ventura Blvd., just east of Coldwater Canyon.

THE SUNSET GROUP BIG BOOK STUDY meets every Tuesday night from 7:00-8:00 pm. at the Vineland A.D.H.C. Center, 5629 Vineland Ave, just north of Burbank. Parking is in the back off Ensign Avenue.



MARK YOUR CALENDARS!

ANNUAL WORKSHOP

The Sunrise/Sunset Group is hosting a AA Workshop on Sunday, July 26, 2009.

Debbie Davis from Northern California will discuss the Three Legacies of Alcoholic Anonymous.

Watch for more information coming in later newsletters.

STEERING COMMITTEE

The Sunrise/Sunset steering committee meets quarterly to deal with the annual workshop, group participation at conventions, annual elections, and financial contributions to area offices. The next meeting is scheduled for 7:15 p.m. on Monday, 26 January.

Everyone is encouraged to attend. You become a voting member at your second meeting.

To add an item to the agenda, please see Matt J. or send it to MJackson@LydenJacksonlaw.com.

Sunrise Step Study

The free man is not the one who can proudly boast that he has never been in bondage to any person. The free man is the one who can say he is not in bondage to himself: his appetites, his comforts, his prejudices, his self-importance, his fears, his tempers, his self-pityings, his habits of worry of any kind. (by The Reviver)

If your life is successful, don't take an inventory—although I suspect Microsoft does inventory. Ralph W.

Worse than fear of dying is the fear of living if you don't know how. Ray J

This month, the Sunrise meeting will break out Step 4, covering resentments, fears, and the sexual inventory on separate Saturdays.

Making a fearless and searching moral inventory is like polishing a mirror, the better to see ourselves. AA Grapevine August 1950

Please send contributions, comments, questions to BelindaT424@hotmail.com or call Belinda at (323) 654-1719.