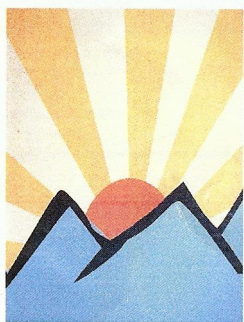
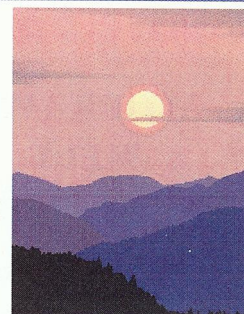


**SUNRISE /
SUNSET GROUP
OF
ALCOHOLICS
ANONYMOUS**



July 2010 Newsletter



www.SunriseSunsetGroup.org

**THURSDAY
SPEAKERS IN
JULY**

July 1:

Patrick G.

July 3:

Tim H.

July 15:

Christine H.

July 22:

Carla M.

July 29:

Mildred F.

**SATURDAY
SPEAKERS IN
JULY**

July 3: **John C.**

Step 1

July 10: **Debbie D.**

Traditions 10-12

July 17: **tba**

Step 1

July 25: **Patti G.**

Step 2

July 31: **Mildred F.**

Step 2

Founders' Day is 10 June 1934

In 1934 Westchester stockbroker Bill Wilson promised his wife he'd never drink again. Then during the following Spring he nearly fell off the wagon. In a desperate move he called a local surgeon and drunk, Bob Smith. It was that conversation that marked the first meeting of Alcoholics Anonymous.

Celebrating its 75th Anniversary this year A.A.—with its 12 guiding principles to sobriety—is a hallmark institution for addicts. But does it work?

Well, a 2006 study published in *Alcoholism: Clinical and Experimental Research* followed 349 drinkers over five years. And scientists found that success rates correlated with the frequency and length of A.A. attendance.

Of those who dropped out of A.A. after the first year, only 43 percent were still sober at year five. Of those who went to 60 meetings a year 73 percent continued to abstain. And 79 percent of those who attended 200 meetings annually had gone into remission by year five. Maybe most surprising, is that 61% of those who attended 200 meetings in their first year but dropped down to six meetings in year five, were still able to stay dry.

But such results show a correlation, and that results, like most things in life, are based on individual circumstances and personality.

Nonetheless most long-term studies conclude that if one sticks with A.A. for the long haul, at least five years, the chances for permanent abstinence steadily increase.

—Christie Nicholson

"60-Second Psych" is a weekly Podcast. This is the episode released on 12 June 2010 on the *Scientific American* website.

Annual Workshop

The Sunrise/Sunset group sponsors a donation-supported workshop each summer. This year the workshop will occur on Sunday, 19 September 2010 or Saturday the 18th. The featured speaker is Howard P. and the title is "These Are The Steps We Took."

The chairs are Erin E. and Chuck N. For further information, contact Chuck at (323) 683-2263 or ChuckNovak@sbcglobal.net.

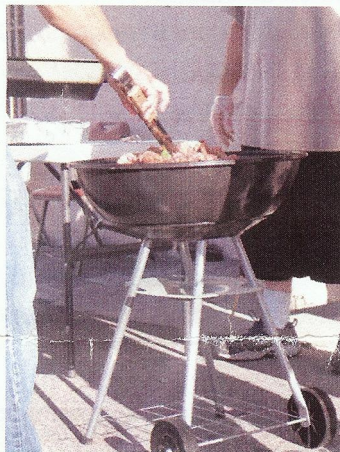
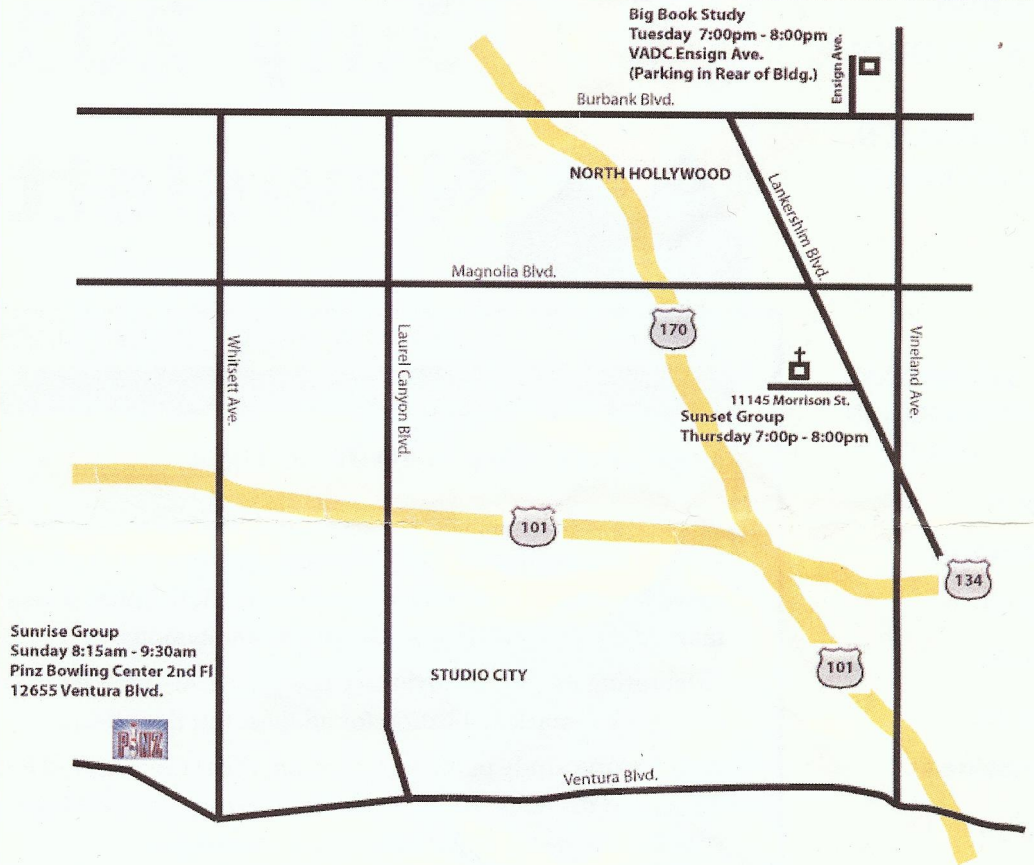
WHERE WE MEET

THE SUNSET GROUP meets every Thursday night from 7:00-8:30 p.m. at 11145 Morrison Street, North Hollywood.



THE SUNRISE GROUP BIG BOOK STEP STUDY meets every Saturday morning 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 Adult Daycare Center, 5629 Vineland Ave, just north of Burbank. Parking is in the back off Ensign Avenue.



Something's New at Sunset Big Book Study

Last month several members started gathering early in the parking lot for dinner. The crew barbecued beef and chicken fajitas one Tuesday in June (see photo, left). At other meetings they have grilled hot dogs, turkey dogs, hamburgers, and garden burgers. The donation-supported meal is ready around 6:15 and everyone is welcome.

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. You become a voting member at your second meeting.

Each quarter we make donations to our district and area, the SFV Central Office and the New York Central Office in accordance with AA custom.

The next meeting is scheduled for 26 July 2010. For information see Matt or send e

