



The Sunrise-Sunset Group of Alcoholics Anonymous

www.SunriseSunsetGroup.org

JULY

Thursday Speakers

- 4th Cary F.
- 1th David B.
- 18th Fran S.
- 25th John C.

Saturday Speakers

- 6th Kane C. Step 12
- 13th Jeff K. Step 12
- 20th Debbie J. Trad. 10-11-12
- 27th TBA*

Tuesday Leaders

- 2nd Becca
- 9th Darren
- 16th Cary
- 23rd Dan
- 30th Karen

* visit our website at SunriseSunsetGroup.org for updated information

THE SUNSET GROUP BIG BOOK STUDY
5915 Vineland Ave, North Hollywood
Tuesday 7:00-8:00pm

THE SUNSET GROUP
5056 Van Nuys Blvd., Sherman Oaks
Thursday 7:00-8:30pm



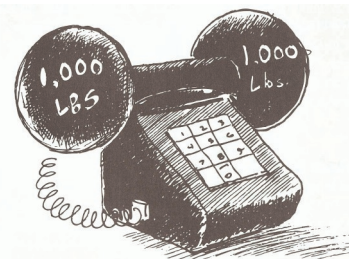
THE SUNRISE GROUP BIG BOOK STEP STUDY
SpiritWorks, 260 North Pass Avenue, Burbank
Saturday 8:15-9:30am

Do not fear that self-acceptance will lead to complacency. Genuine self-acceptance is profoundly humbling. The love that is rightly due yourself is not about giving a pass to what deficiencies of character you may have to work through. In order to assume responsibility for those deficiencies, you must be empowered. As the authors, rather than the victims, of our character, we must continually revise ourselves. When you see something in yourself that needs correcting, own it one hundred percent. As you do so, you will start to catch the behavior first afterwards, then in the act, then when you see it coming, until before you know it, you will be laughing at yourself that you used to fall for that old trap, and smiling inside that you are past it.

...Gil Hedley, *Integral Anatomy*
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One night an AA got a call from a pigeon, who said in agonized tones that he was on the verge of taking a drink. "Don't do it until I get there!" the AA commanded, and then drove like mad to the chap's home and rang the bell. The door opened, and the quivering drunk gasped, "Thank God you're here." Then he gulped down the drink he'd been holding in his hand.

Pat O., Canada, December 1978



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.aaarea93.org).