



The Sunrise-Sunset Group of Alcoholics Anonymous

www.SunriseSunsetGroup.org

JULY 2015

Thursday Speakers

2nd Marty S.

9th Nasir K.

16th Holly T.

23rd Denny S.

30th Brian B.

Saturday Speakers

4th TBA

Step 4 Fear

11th Don M.

Step 4 Sex

18th Beth S.

Step 4 Sex

25th Don N.

Step 5

Tuesday Leaders

7th David G. *

14th Carla M. *

21st TBA *

28th TBA *

* visit our website at SunriseSunsetGroup.org for more 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



You don't get frustrated because of events. You get frustrated because of your beliefs. It's as simple as ABCD. Next time you're turning red and clenching your fists, give this a shot:

A is Adversity. Like traffic. Sorry, no genie can let you wish it away.

B is Beliefs. Look for beliefs with these troublesome words: should, ought and must. "Traffic shouldn't be this bad." Not rational. Traffic is what it is. Sorry.

C is Consequences. You banging the steering wheel with your fist and sending your blood pressure into the stratosphere.

D is Dispute. Are you demanding the universe and everyone bend to your wishes? Is that rational? No way. You can want, you can wish and you can definitely try your best in the future, but you cannot demand if you want to stay happy and sane.

Life is not perfect. People aren't perfect. You, dear reader, are not perfect. And that's okay. But having beliefs that any of these things "should" be the way you want causes you a lot of unnecessary suffering. Many of your irrational beliefs are not immediately obvious. Sometimes you'll have to dig to find them. And you'll need to dispute them a fair amount before new reasonable beliefs kick in. But you can definitely make progress. What did Epictetus, the great Stoic philosopher, say way back in the first century AD? "People are disturbed not by things, but by the views they take of them." What did Shakespeare write in Hamlet? "There's nothing either good or bad but thinking makes it so." How about the Buddha? "We are what we think. All that we are arises with our thoughts. With our thoughts we make the world." Rarely can you change the world. But you can always change your thoughts. And that can make you very happy.

- Excerpted from "The secret to never being frustrated again" (based on the work of Albert Ellis), Eric Barker, *The Week*

Have you heard about alcoholic Alzheimer's disease? You forget everything but the resentments.

Anonymous, Spokane, Washington, June 1999

It's the first drink that gets you drunk. It's the last one that gets you sober.

John R., Bronxville, New York, August 1959



"Help—I was just restored to sanity for a full five minutes."

From "A Rabbit Walks into a Bar: Best Jokes & Cartoons from AA Grapevine"

The San Fernando Valley Central Office is at 16132 Sherman Way, Van Nuys CA 91406, 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