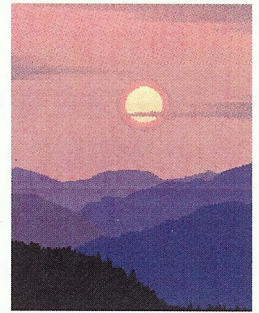


SUNRISE /
SUNSET GROUP
OF
ALCOHOLICS
ANONYMOUS



June 2010 Newsletter



www.SunriseSunsetGroup.org

From the AA Grapevine Archives

Orbiting The Moon

He thought he'd spend the rest of his life alone

A change in policy at the facility where I am confined no longer allows me to attend outside AA meetings. We have no in-house AA, so I rely on outside correspondence and personal Big Book study.

I live in a dorm with twenty men; none are interested in AA. I still try to help them because it helps me stay sober.

People often tell me it's easy to stay sober while being confined. Well, it's not! For me, spiritual maintenance is part of my daily regimen, just as if I were on the outside. If I forget that I am an alcoholic and quit taking personal inventory, I am in big trouble. I will not be prepared for re-Relapse is just as possible on the inside as it is outside the walls. Recently, I was denied a return to my old trustee job. My old thinking began to surface and caught me off guard. I opened the Big Book, read for awhile, and my serenity returned. Although I was disappointed, I realized I could learn from it. Accepting disappointment is part of living life on life's terms. My Higher Power was working in me, showing me that I am not alone.

Don't do it alone. The Sunset Big Book Study is now reading the individual stories, Tuesdays 6:00-7:00 p.m. (over for map)

Part of my recovery includes a daily reading, and the reading on January 5 is one of my favorites: Loneliness. I once heard an Apollo astronaut talk about the loneliness he would feel if a problem arose during a lunar mission and he found himself stuck orbiting the moon. The same thing happened to me near the end of my drinking, when I was shut up in my room at a flophouse. I tried to visualize orbiting the moon, not realizing, at first, that I'd already done it. When I wasn't in a bar boasting of all the great accomplishments I didn't have, I was home sick wondering how I was going to be able to hold down my next drink. The bottle, my only friend, began to turn against me. I wanted it to end. I could not go on.

When I was arrested, I thought the end was near, but it was just the beginning. Because of my poor attitude, I was put in solitary not long after I was confined. There I was, alone again.

But I had a Big Book. I read it and took the First Step. I learned how to be honest. I

THURSDAY SPEAKERS IN JUNE

June 3:

Greg O.

June 10:

Gloria V.

June 17:

Aaron G.

June 24:

Meredith B.

SATURDAY SPEAKERS IN JUNE

June 5: **Mark C.**

Steps 10-11

June 12: **Patti G.**

Steps 10-11

June 19: **Deirdre A**

Step 12

June 26: **Jack G.**

Step 12

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.



became entirely honest with myself and my Higher Power. That was close to two years ago.

Today, I am far from being alone. Bill W., Dr. Bob, and everybody who has ever found recovery through AA are there for me. People I know, people I don't know, people who have passed on, and people I have yet to meet, "old-comers" and new-comers alike are all there for me, and I am here for them.

For that, I am grateful.

John W.
Johnson, Kansas

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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

