

Sunrise Group
of Alcoholics
Anonymous



Sunset Group
of Alcoholics
Anonymous



March Newsletter

Religion & Spirituality

THURSDAY SPEAKERS IN MARCH

March 7:
Tami P, Chatsworth
March 13:
Joe C, San Diego
March 20:
**Theresa F,
North Hollywood**
March 27:
**Sherrill R,
Bellflower**

SATURDAY SPEAKERS IN MARCH

March 1:
**Sharon M, Burbank
Step 1**
March 8:
**Jay S, Redondo Bch.
AA History**
March 15:
**Donzo H,
Studio City
Step 2**
March 22:
**Greg O, Simi Valley
Step 2**
March 29:
**Deirdre A,
Canoga Park
Step 3**
And...April 5:
**Karen R, Studio City
Step 3**

An important distinction exists between spirituality *in* religion and spirituality *outside* religion.

In recent years, spirituality *outside* religion often carries connotations of a believer having a faith more personal, less dogmatic, more open to new ideas and myriad influences, and more pluralistic than the sometimes dogmatic faiths of mature religions.

It also can connote the nature of a believer's personal relationship or "connection" with his/her god or belief-system, as opposed to the general relationship with a Deity as shared by all members of a given faith.

Those who speak of

spirituality *as opposed to* religion generally believe in the existence of many "spiritual paths" and deny any objective truth about the best path to follow.

Rather, adherents of this definition of the term emphasize the importance of finding one's own path to whatever-god-there-is, rather than following what others say works. In summary: the path which makes the most coherent sense becomes the correct one (for oneself).

People of a more New-Age disposition tend to regard spirituality not



as religion *per se*, but as the active and vital connection to a force, power, energy, spirit, or sense of the deep self.

To Christians, referring to one's self as "more spiritual than religious" implies relative deprecation of rules, rituals, and tradition while preferring an intimate relationship with God and/or talking to Him as one's best friend. Their basis for this belief is that Jesus Christ came to free man from those rules, rituals, and traditions, giving them the ability to "walk in the spirit" thus maintaining a "Christian" lifestyle through that one-to-one relationship with God.

- Wikipedia

LAST CHANCE: Don't miss our Spring Retreat – March 28-

There are still a few spaces left for the **SPRING RETREAT** The Sunset Group is having at the beautiful Alhatti Resort near Idlewild, March 28 thru 30. It will be a fun weekend when Howard & Pat P will involve us in new perspectives on "The Joy of Living." Come join in, make new friends, turn acquaintanceships into friendships and learn new ways to open your life to deep honesty and spirituality.

It only costs \$175 all in!

That includes your room (double occupancy), your food, beverages and snacks and all the seminars and work-

shops that will be squeezed in between the socializing. Come join us and relax away from all the weekday cares in this gorgeous mountain setting. And at the same time come closer to your spiritual essence.

It won't be all hard work. About 50/50 hard work and fun we reckon. (And Carla says "Even the hard work will be fun.") Talk to Carla M at (818.780.6064) or Sharon G at (661.917.4018) and reserve your place now.

Come on. You won't regret it!



March Newsletter (continued)

WE NEED YOUR THOUGHTS AND YOUR HELP:

This is the first of a new series of newsletters, which build on what we have done in the past, but which will aim to push the envelope a little. One of our thoughts is that we might print in these newsletters short observations, anecdotes, feelings, quotes, etc., about the experiences in and around AA of those who attend these meetings. We don't know quite how we will feature these yet, but if you would like to contribute in some way, either with your name or anonymously, please talk to Michael B. (He's the Brit at the Literature table.)

WHERE WE MEET

THE SUNSET GROUP meets every Thursday night from 7 p.m. to 8:30 p.m. at the Jewish Community Center, 13164 Burbank Blvd. – between Ethel Ave. and Fulton.

THE SUNRISE GROUP meets on Saturday mornings from 8:15 a.m. to 9:30 a.m. on the second floor of Pinz Bowling Center at 12655 Ventura Blvd. – just east of Coldwater Canyon

THE SUNSET GROUP AA BIG BOOK STUDY takes place every Tuesday from 7 to 8 p.m. at The Vineland A. D. H. C. Center, 5629 Vineland Ave, North Hollywood. (Parking at back on Ensign Avenue – east side, just north of the Cri-Help side gate.)

“We will be amazed before we are half way through”

It was a phrase that meant nothing to me at first and then suddenly, it seemed, it surrounded me. I had made it through about two and a half months and I remember the feeling very clearly as it dawned on me all in a rush, with a sense of calm and an inner smile:

“I couldn't have done this by myself.”

I metaphorically looked around me, took stock, realized how far I had come in a few short weeks of hard work, of believing and doing as I was told by my sponsor. The phrase suddenly leapt

to life: I was *amazed* at all the changes that had happened to me. Now I started to understand what was meant by a Spiritual Experience.

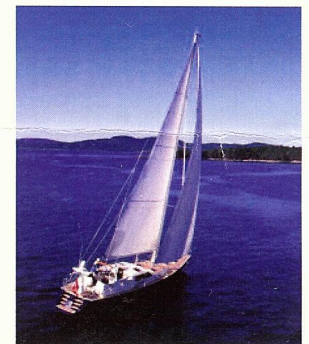
Since then I have been amazed so many times at the gifts the program has given to me. Amazed at the inner peace it has brought after decades of searching fruitlessly for such calm.

At three months I was amazed. At six months, more amazed. Then nine months. Now I am at 20 months. Not much time. I'm still a baby. But deeply grateful to the people and the program and the guidance, both divine and hu-

man, that has helped me stick to this course.

Today, I am a sailing boat in a steady breeze on a gently moving ocean. What I see ahead looks ever more inviting. I hope, and believe, that this is just the beginning of a very long journey.

Michael B



THE PROMISES

“The spiritual is not a theory. We have to live it ...”

“If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and

gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

“Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.”