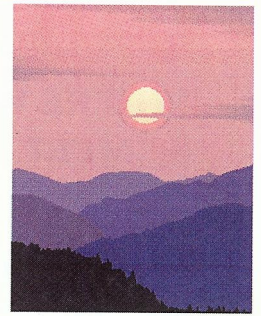


**SUNRISE /  
SUNSET GROUP  
OF  
ALCOHOLICS  
ANONYMOUS**



# March 2010 Newsletter



[www.SunriseSunsetGroup.org](http://www.SunriseSunsetGroup.org)

## From the AA Grapevine Archives

### **Our life has order.**

*TOO MUCH EMPHASIS is being placed lately on happiness being the end result of sobriety. I think such a view point is not realistic and may be dangerous to those new members who are led to expect too much.*

*TO BE LED TO BELIEVE that one must be happy all the time, else one's sobriety is not worth while, is unreal. To me, it seems like one of the pseudo-come-ons calculated to catch some suckers. It is not the truth, and in none of its Twelve Suggested Steps has AA ever made such a commitment. Since in AA the truth can be spoken, let me speak... my truth.*

I believe AA teaches us to accept life on its own terms, which doesn't necessarily mean it has to be grim. But it does mean that where we demanded happiness or got drunk, we now accept happiness as a by-product of good living. It also teaches us that there are other values just as important if not more important than happiness.

The Preamble to the Constitution of the United States acknowledges that man has the God-given right to pursue happiness, but it in no way guarantees man's right to happiness: a mature and realistic approach to life as our Founding Fathers saw it.

I believe life itself is more important than happiness. Life has tremendous value. The very act of living has value. That I am alive now when I could easily have died through drinking is of tremendous significance to me. It is a fact which fills me with awe If not with gratitude. I am sufficiently curious about and interested in life to want to live on and see what happens to people, nations, science, politics and even fashions.

### **Our life now has truth.**

Gradually, using the Twelve Steps as our guide, we have stripped off the layers of dishonesty accumulated throughout the years of drinking until the real person underneath is finally emerging into the sunlight. Knowing and facing our defects--instead of defeating us--gives us a strength and power we never had before. We are now dealing with the truth and not with some unreal, projected image of ourselves. And knowing and accepting the truth of ourselves gives us the courage and compassion to accept the sometimes unpleasant truths of life and people. . .and there love of others begins. To know that one's life is consistent and adheres to a single principle--the truth--gives us a sense of unity and cohesion within ourselves. The war within ourselves ceases and there is peace of mind. Reverence for truth (because it is mangled, ignored, laughed at,

### **THURSDAY SPEAKERS IN MARCH**

March 4:

**Scotty T.**

March 11:

**Barbara F.**

March 18:

**Karen H.**

March 25:

**Patti G.**

### **SATURDAY SPEAKERS IN**

Mar 6: **Meredith B.**

Step 2

Mar 13: **Paul S.**

Step 3

Mar 20: **Bridget B.**

Step 3

Mar 27: **tba**

Step 4-5: Resentments



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.

(Continued from page 1)

hidden and derided) can become an individual crusade in life. It furnishes a goal toward which we strive.

Our life has beauty.

One can be sorrowful and discouraged--and still lead a life of serenity and joy. To have unhappy or tragic things happen to us like the death of a beloved child, the loss of a much wanted job, the chronic pain of bad health, and yet, to have a deep and satisfying contact with the Higher Power and to keep our sobriety intact is a wonderful thing. Through these unhappy experiences we grow in spiritual stature and our living assumes a rich and refined quality. We are no longer living on the surface; we are living deeply and completely.

During periods of stress our daily routines as we go about them assume the beauty of ritual. They are the calm outer indications of a peaceful, trusting heart. How different this picture is from the old one where we writhed and wallowed in self-pity and permitted ourselves the rotten luxury of despair! We cannot deny that this present picture--of calm acceptance of things we cannot change, which rides out the storms of life--has a beauty all of its own.

Our life has dignity.

Come what may we don't stoop to the irresponsible and impulsive acts of yesterday. Even though we may have to take it on the chin, we don't break out into an emotional rash and let our self-will run riot. Though unhappy we still have our self-respect and our security in the Higher Power. No shame tinges our good life; it is free and light and not guilt-ridden as in the good old days of drinking, remorse, and more drinking.

Our life has order.

Where before now order. steps or ing our awak- bled sleep, pation in life.

Next Month: a reader replies

there was chaos, there is Where fear dogged our foot- perched on the bedpost wait- ening from a drunken trou- there is now healthy partici-

We cooperate with others in achieving something good because we are sober and can rely upon ourselves. And in being needed and active we are no longer lonely. Trains are met on time, people are helped, appointments are kept, activities are planned and enjoyed.

During any period of unhappiness there runs underneath, down deep inside us, a sense of satisfaction with our lives. We are truly grateful to have recovered enough from the scourge of alcoholism to be able to run the gamut of emotions and experiences and still desire and hold on to our sobriety with all our hearts and minds.

B. D. Greenwich Village, New York

