



# The Sunrise-Sunset Group of Alcoholics Anonymous

## MARCH 2014

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

### Thursday Speakers

6th **Julie D.**

13th **Ricky C.**

20th **Kaye S.**

27th **Mike F.**

### Saturday Speakers

1st **Bruce T.**

Step 4 Fear

8th **Maureen H.**

Step 4 Fear

15th **Bob Z.**

Step 4 Sex

22nd **Candice M.**

Step 4 Sex

29th **Bill C.**

Step 5

### Tuesday Leaders

4th **Jonathan S. \***

11th **Diane D. \***

18th **David G. \***

25th **Mona C. \***

\* visit our website at  
[SunriseSunsetGroup.org](http://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



John Stuart Mill (1806-1873), British philosopher, economist, moral and political theorist, wrote:

...there are two classes of pleasures—higher and lower. Human beings have capacities for higher and lower pleasures. We desire food, sleep, breathing, and sensual pleasures, and these are not bad. But lower pleasures have a lower quality and are lower in the sense that they are not unique to us, but are shared with squirrels, dogs, rats, etc. To live for lower pleasures would be to live like a dog. Mill says “a beast’s pleasures do not satisfy a human being’s conceptions of happiness.” It’s not that we shouldn’t like to eat, or that we should despise these sorts of pleasures we share with animals. The point is rather, that we shouldn’t have these as our higher aspirations and meaning for being. If your meaning in life is eating, you have a problem. If your meaning in life is to sleep, you are depressed. If your sole purpose in life is to have sex, most would say you have a shallow existence. Human beings should have higher goals and higher pleasure capacities than that of animals. But Mill is also not suggesting that one should always choose the higher over the lower. Sometimes it is good to sleep, sometimes one should eat. Mill is not advocating people starving to death at the opera house, or suffering from sleep-deprivation in order to read the encyclopedia.

But what are these higher-pleasure capacities? Mill mentions these four:

1. Pleasures of the intellect: literacy, logic, emotional intelligence, etc.
2. Pleasures of the noble feelings: sympathy, heroism, empathy, humility, courage.
3. Pleasures of imagination: moral imagination, creativity, innovative thinking.
4. Pleasures of the moral sentiments: justice, honesty, fairness.

Certainly we might be content with the bestial pleasures alone—but no one would really agree that such a life was better than the non-bestial life.

- Editor

The AA group gave **the old-timer** a pin recognizing her outstanding humility. And the first time she wore it, they took it back.

J.C., California, April 2008

**Q:** How can you tell the difference between a sponsor and a therapist?

**A:** The only time a sponsor uses the word “closure” is before the word “mouth.”

Andrew D., May 2001



“This is the damn’dest Twelfth Step call I’ve ever been on!”

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](http://www.district17aa.org)) of Central California ([www.aaareg3.org](http://www.aaareg3.org)).

If you would like to add to this newsletter please contact the editor at [SunriseSunsetGroup@gmail.com](mailto:SunriseSunsetGroup@gmail.com)