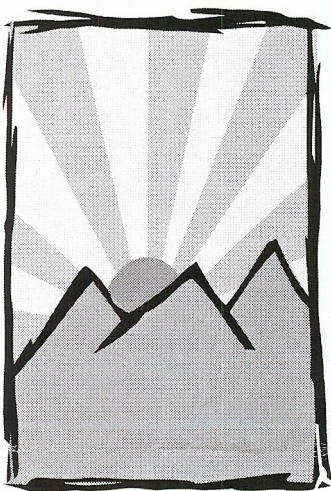




The Sunrise Group

May, 2007



SUNRISE GROUP

Saturday Morning
Step Study 8:15 am
above PINZ Bowling Alley
12655 Ventura Blvd
Studio City, CA

May 5

Marilyn S.
Step 12

May 12

Don L. of Simi Valley
Step 12

May 19

Bob F.
Traditions 4,5 & 6

May 26

Sharon C.
Step 1

June 2

David G.
Step 1

June 9

Donna F. of Hawaii
Step 2

June 16

Meredith B.
Step 2

A THIRST FOR AA A SPONSOR KEEPS IT SIMPLE

At a meeting I attended a while ago, two women raised their hands and said they were having a hard time staying sober. One said she relapsed frequently, and the other said she wanted to stay sober but couldn't see how it was going to happen. Their voices couldn't have held more pain if someone had sliced them with a razor and thrown gas on the cut.

One man said he couldn't remember when two people had cried at a meeting, and he went on to say he didn't know what to tell them but he would pray for them. Many others talked about getting down on their knees and praying and their relationship with God. It made me remember the miraculously simple advice I got when I arrived, and I thought, if it worked for me, it might do the same for them.

I was too prejudiced against God and too foggy to try to grasp prayer and meditation. When I came to AA I was sick from drinking and beginning to get sick from not drinking and the idea of living without booze seemed impossible. What a mistake I had made going to an AA meeting. Then the man who took me to that meeting said, "Do you think you have a problem with alcohol?" I answered, "Yes," and he said, "Fine. Then do you think you can stop drinking just for today?" "Yeah, I cannot drink just for today," I replied. He pointed out that I only had to make it a couple of hours until bedtime, and soon he had me saying any moron is capable of not drinking for one day. He told me that if I felt it necessary, I could drink all I tomorrow, but not today.

I told him I might drink tomorrow, but today I wouldn't. He outlined a twenty-four-hour plan and told me I might need to break it down into five minute segments, but essentially I didn't have to worry about anything outside those twenty-four hours. That was something I could grasp. He didn't have me worrying about more advanced aspects of AA because I would have become frustrated and quit. But twenty-four hours -- even a moron could do that and I could always drink tomorrow.

Eventually, he told me to ask a Higher Power for help. He was careful not to say God or Jesus as I often hear today. He didn't say, "Ninety meetings in ninety days," and then cut me loose. He either said, "I will pick you up" or "I will meet you at a meeting." He knew how to make me feel a part of AA, and he was willing to do the work along with me. I watch people put their phone numbers in the back of directories as they are passed around the room. I'm not likely to call someone who won't take the time to introduce himself. I'm not criticizing what others do. I'm just grateful that my sponsor kept it simple and for just twenty-four hours at a time. By the time I figured out that tomorrow's drink was not going to come, I didn't want it -- I had developed a thirst for AA.

Jim B. of Toledo, Ohio, © The Grapevine, May 2007



STEP 12 & TRADITION 5: HAND IN HAND

5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

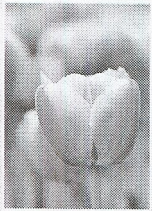
AA's 5th Tradition is the group's version of our individual members' 12th Step. As the article from this month's *Grapevine* illustrates, giving struggling newcomers "advice", "suggestions", or only "praying for them" suggests, it is action and practice that are the keystones of all our Steps. The 5th Tradition also emphasizes that our group also must emphasize this "primary purpose" and, as such, this Tradition and our 12th Step are hand in hand. The group that supports sponsorship and action, the individual member who takes action with newcomers, taking them to meetings, making sure they have phone lists and The Big Book, etc is the individual equivalent of the "primary purpose." Join us at the Sunrise Group this month for outstanding Step Study sessions that might help us be more effective and thereby also receive our great blessings.



The Sunset Group

May, 2007

A publication of the Sunset Group of Alcoholics Anonymous



SPRING INTO ACTION OUR 12TH STEP AND "PRIMARY PURPOSE"

Some clarity from the 12 & 12 on working with others

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from god, and its bestowal upon others like us is the one aim that today animates A.A.'s all around the globe.

There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission -- to carry the A.A. message to those who don't know there is a way out.

Steering Committee Meeting June 11th at Vittorio's Restaurant
Want to be more involved with our group? Want to be part of planning our annual All-Day Workshop? Join us for this important quarterly meeting. See Belinda T. for details

A MOTHER'S STORY

I left my child and husband--ironically enough--on Mother's Day. I'm writing this story on Mother's Day seventeen years later, and my thought now is to ask forgiveness of my daughter, because my alcoholism robbed her of a mother during her growing-up years.

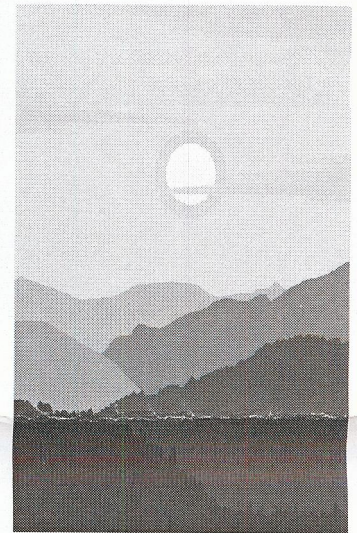
I'm not giving a drink-by-drink account of the horrible years until AA. Let's say it was like a snowball going very rapidly down a mountain. I lost every job I had. My honesty was gone, my self-respect, my family, my everything. When this snowball got right to the edge of the cliff and it seemed as though nothing could stop it--enter God (as I understand Him).

The door to AA opened, and I literally fell into life. I was greeted with outstretched hands, hands of AAs who were willing to lead me along the sober path. I was loved by people I didn't even know, and when I had no faith they had enough and were willing to share it with me until I, too, could come to believe.

This is the way it has been for fourteen years, one day at a time. I used to wonder what I was doing wrong, because my child and husband weren't restored to me. Then I realized that I wasn't doing anything wrong--I was staying sober and trying. That was all I could do then, and it's all I can do now.

In the first twelve years of my AA life my daughter and I saw each other only six times. There was a temptation to despair in those days. But you have to have the valleys before you can appreciate the view from the mountaintop. Now, in the past year and a half, we have become friends--as mother and daughter. It was worth the wait. How wonderful it was at last that on my daughter's wedding day I was able to be there. The mother of the bride!

-- E.M. , Michigan © The Grapevine, November 1967



The Sunset Group
Thursdays at 7:00 pm
Jewish Community Center
13164 Burbank Boulevard
Sherman Oaks, California

May 3
Sheldon F. of Las Vegas

May 10
Suzanne B. of Angeles Crest

May 17
Alison C.M. of Thousand Oaks

May 24
Howard P. of Gilbert, AZ

May 31
Lisa J. of Los Angeles

June 7
Don M. of Los Angeles

June 14
Carla M. of Sherman Oaks

Coffee and refreshments are served before the meeting at the break only. Smoking is allowed on the patio next to the meeting room. CD's of all our speakers are available for \$4.00. See Jonathan S.