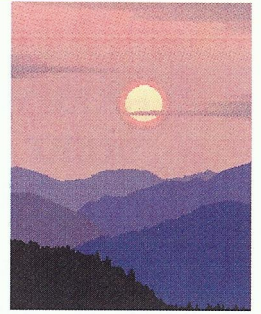


SUNRISE /
SUNSET GROUP
OF
ALCOHOLICS
ANONYMOUS



May 2010 Newsletter



www.SunriseSunsetGroup.org

From the AA Grapevine Archives

Humbled By Humor

After seventeen sober years, one deeply engrained shortcoming remained. I decided to try really hard. . .for the umpteenth time. On my knees at bedtime I was ready to pray. I had planned all the usual heavy-duty mea culpas, replete with guilt and shame, pleas for forgiveness, promises to pray for those this shortcoming had harmed, apologies for not letting go, praises ad infinitum for my God's great mercy on this terrible sinner -- err, shortcomer --and a very long grocery list of things I wanted to say to God, ending, of course, with the usual half-hearted request that he remove this shortcoming of pride and lust.

An epic Step Seven prayer. Maybe later in life, I thought, I would reprint it as an aid to newcomers.

I began.

"Lord, I'm imperfect but if I ever get to heaven, you can make me perfect." And just when I said "perfect," something happened.

Involuntarily, I passed gas.

Shock at flatulence in the presence of God!

I laughed. More shock at my laughter! I laughed some more. I laughed and laughed until tears streamed down my face. I tried to begin my prayer again you for humor. Good the bed, and laughed

Now that the puritans this page and left in a

Since that night, God ing. The connection? We only laugh about

That's why so many jokes are centered on sex, politics, and religion--our most precious relationships with our family, our fellow man, and our God. Humor is a great sign of recovery and healing, and until we can laugh at our past, we will not recognize our imperfections or be humble. "Humor" and "humility" both have the same word ancestor.

down my face. I tried to be but still laughed. "God, thank night," I said, collapsed onto myself to sleep.

and censors have ripped out huff, let's continue.

has removed this shortcom- Humor unlocked the door. things which are dear to us.

**Explore Steps 6 and 7
at the Sunrise
meetings on May 8 and
May 15.**

THURSDAY SPEAKERS IN MAY

May 6:

Ray J.

May 13:

Meredith B.

May 20:

Mike S.

May 27:

Nikki N.

SATURDAY SPEAKERS IN MAY

May 1: **Frank C.**

Steps 4-5: Sexual Inv.

May 8: **Louise C.**

Steps 6-7

May 15: **Pat G.**

Steps 6-7

May 22: **Larry T.**

Steps 8-9

May 29: **Fran S.**

Steps 8-9

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.



My favorite quote from the Big Book is this: "First of all, we had to quit playing God." I apply it to each Step. In Seven, I present myself to God as human, halfway between heaven and hell, neither a god nor a devil. And I ask, expecting an answer, that he remove "any defect of character which stands in the way of my usefulness to you and my fellows." I don't ask him to remove shortcomings which will make me perfect. I will die with several shortcomings, which means I will die human--and, I hope, humble and humorous.

The Big Book warns us that "we are not saints." My friend, the Akron archivist, told me she's someday going to write a treatise entitled "Character Defects of the Saints." We need to be reminded that our character defects keep us humble and dependent on God.

"H" words surround Step Seven and me. I'm "home" in Seven. You have to have a home before you can leave it. Which, to me, means I cannot enter the outside world of non-AA in Steps Eight and Nine, unless I'm at home with my god and myself in Step Seven. Home is a place where I can always be myself, a sober alcoholic. If there's no home. I'm lost, drunk.

The most popular AA prayer --"Help!" --is what I ask God for in Step Seven. Not "Help me remove" but just plain "Help." We ask and God answers: Yes, No, Maybe later, Only these. For years, I refused to recognize God's "No" concerning my long-term deep, dark shortcomings. Over the past six years, he has blessed me with over thirty pigeons so apparently that defect didn't prevent him from using me to do his bidding. And, of course, the majority of those newcomers were just riddled with my shortcoming. God has a sense of humor!

Well, folks. Step Seven begins "Humbly asked" . . .but lately, for me it starts, "Humorously ask. . ."

Years ago, a Grapevine contributor used the wonderful phrase "the whisper of humility." I pray you hear it in Step Seven.

And I pray you also hear God's laughter.

Anonymous
Wheeling, West Virginia

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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 latest meeting was on 26 April 2010. For information, see next month's newsletter, see Matt, or send e-mail to

Matt.Jackson.Law@gmail.com.