



The Sunrise-Sunset Group of Alcoholics Anonymous

www.SunriseSunsetGroup.org

**MAY
2012**

THURSDAY SPEAKERS

- 3rd **Nasir K.**
- 10th **Suzanne B.**
- 17th **Ron B.**
- 24th **Nancy C.**
- 31st **Patt O.**

SATURDAY SPEAKERS

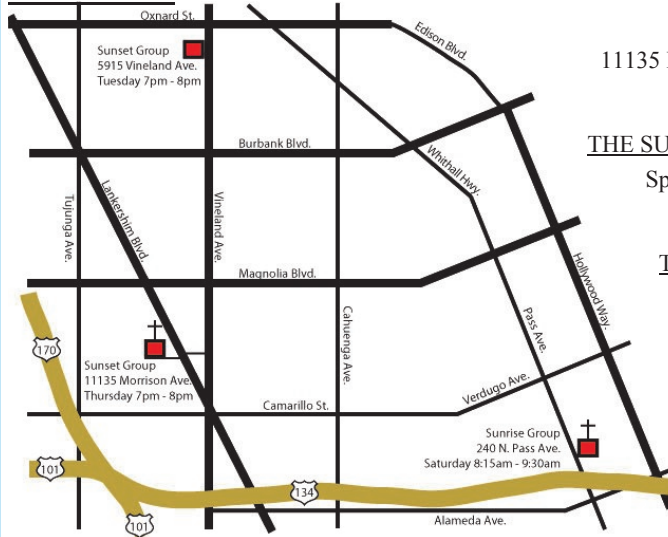
- 5th **Aspen B.**
Step 3
- 12th **Bill H.**
Step 4 Resentments
- 19th **Donna H.**
Step 4 Resentments
- 26th **Mark C.**
Step 4 Fears

TUESDAY LEADERS

- 1st **TBA ***
- 8th **TBA ***
- 15th **TBA ***
- 22nd **TBA ***
- 29th **TBA ***

*** visit our website at SunriseSunsetGroup.org for updated information**

Where we meet:



THE SUNSET GROUP

11135 Morrison Street, North Hollywood
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

5915 Vineland Ave, North Hollywood
Tuesday 7:00-8:00pm

In Alcoholics Anonymous we have many sayings, “catch phrases”, and true-isms that we hear again and again. Some carry more weight than others and may have more or less importance to an alcoholic at any given point in their recovery. I believe most are important to retain as one never knows how and when they may positively effect another’s sobriety. I recently had the opportunity to visit an A.A. meeting outside the Los Angeles/North Hollywood area and heard a speaker use a phrase I would like to pass on. To end a very inspiring share this speaker quoted his sponsor as saying, “You don’t have to think less of yourself, you just need to think of yourself less.” For me, this speaks to the heart of a humility we seek in A.A. in which one need not be subservient or feel “less than” to be humble and seek to help others. I hope all who read this can find a meaning in this phrase that will help them continue toward a sense of self worth while maintaining a humility that can serve others as we "...practice these principles in all our affairs."

- Editor

(If you would like to add to this newsletter please contact the editor at SunriseSunsetGroup@Gmail.com)

A **group of winos** were sitting on the steps of a building when another lush came along. "What you gonna do today, Jack?" one of them asked. "Nothin'. Not a damn thing! And I ain't even goin' to do that until this afternoon!"

H. S., Texas, February 1964

A **drunk** was sent for treatment at a rehab. Upon his return, a friend asked him how it had been there. "Terrible!" he replied. "For weeks, I lived on nothing but food!"

September 1982



"C'mon fellas, it's too early—he ain't in yet."

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 groups belong to District 17 (www.district17aa.org) of Central California (www.aaarea93.org).