



The Sunrise-Sunset Group of Alcoholics Anonymous

www.SunriseSunsetGroup.org

MAY

Thursday Speakers

2nd Tanya D.

9th John C.

16th TBA*

23rd David B.

30th TBA*

Saturday Speakers

4th Thomas H.
Step 4 - Sex

11th Pam G.
Step 5

18th Jeff K.
Step 5

25th TBA*
Steps 6 & 7

Tuesday Leaders

7th Renee

14th Thomas

21st Sabrina

28th Lance

* visit our website at
SunriseSunsetGroup.org
for updated information

THE SUNRISE GROUP BIG BOOK STEP STUDY
SpiritWorks, 260 North Pass Avenue, Burbank
Saturday 8:15-9:30am

THE SUNSET GROUP
5056 Van Nuys Blvd., Sherman Oaks
Thursday 7:00-8:30pm

THE SUNSET GROUP BIG BOOK STUDY
5915 Vineland Ave, North Hollywood
Tuesday 7:00-8:00pm



Do not fear that self-acceptance will lead to complacency. Genuine self-acceptance is profoundly humbling. The love that is rightly due yourself is not about giving a pass to what deficiencies of character you may have to work through. In order to assume responsibility for those deficiencies, you must be empowered. As the authors, rather than the victims, of our character, we must continually revise ourselves. When you see something in yourself that needs correcting, own it one hundred percent. As you do so, you will start to catch the behavior first afterwards, then in the act, then when you see it coming, until before you know it, you will be laughing at yourself that you used to fall for that old trap, and smiling inside that you are past it.

...Gil Hedley, *Integral Anatomy*
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A newcomer asks her sponsor what the Big Book has to say about sex. The sponsor gets her numbers mixed up, and instead of referring the newcomer to page 69, directs her to page 96, where she reads, "Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you."

Ed L., Coos Bay, Oregon, August 2005



"Here comes Smitty! I heard he joined AA."

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).