



The Sunrise-Sunset Group of Alcoholics Anonymous

**MAY
2017**

www.SunriseSunsetGroup.org

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

Thursday Speakers

4th TBA *

11th TBA *

18th TBA *

25th TBA *

Saturday Speakers

6th Bill *
Steps 8 & 9

13th Karen R.
Steps 8 & 9

20th Nolan
Steps 10 & 11

27th Cia F.
Steps 10 & 11

Tuesday Leaders

2nd TBA *

9th TBA *

16th TBA *

23rd TBA *

30th TBA *

* visit our website at
SunriseSunsetGroup.org
for more information

THE SUNSET GROUP BIG BOOK STUDY
11031 Camarillo Street, North Hollywood
Tuesday 7:00-8:00pm



Persnickety social niceties aside, I think there are some universal tenets of good manners that we might all want to consider — and observe — in these troubled times.

1. Think before you speak

Waking up at 3 a.m. and unleashing a tweetstorm of incoherent ramblings based on your immediate feelings can feel good in the moment. A few hours later, you will not feel so good. Trust me. Words have power. What you say, write, and tweet will ultimately convey your personality and intentions to posterity.

2. Be aware of where you are — and what's appropriate there

If you are attending a hockey game, by all means wear your favorite jersey and a pair of yoga pants. Cheer your heart out! Drink maybe one more beer than you should! Pound on the Plexiglas! Just don't do these things on the flight home the next day. Dress and behave accordingly. Not only will you feel better, but you will also inspire others to follow suit.

3. Be gracious

It's a contentious world. Always has been. Guess who emerges from difficult situations with more social capital? The person who rises above immediate conflict with tact and grace. We humans are always going to disagree on certain points. "Grace" is a beautiful, multi-layered concept, and one definitely worth pursuing, both for personal and professional gratification. When Uncle Ted starts to rant and quote "alternative facts," simply murmur "How interesting," and slowly move away.

4. Be kind

You know that nice feeling you get when you let the harried mom with two kids move in front of you in line at the grocery store? Or the warm surge you experience when you tell the down-on-his-luck guy to keep the change when you buy a newspaper from him? Kindness is the epitome of good manners. It also works in your favor, flooding your system with bio-chemicals that promote health and a sense of well-being. Win-win, wouldn't you say?

5. Be forgiving

Did that guy just cut you off at the intersection? Okay. It's not the end of the world. Maybe his wife — in the backseat, counting contractions — needed him to hurry up, please, for the love of God.

We will all mess up, goof up, put our feet in our mouths, or otherwise embarrass ourselves. Don't we hope our fellow citizens of the world might forgive us, just a little? Like follows like. Set a good example.

- excerpted from "Good Manners Are Not About Cutlery and Rules", *The Week*

A husband and wife were sitting in their living room.

The wife said, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

Her husband got up, unplugged the TV, and threw out all of her beer.

Tim, May 2006



"F'ren' o' mine went in there once an' nobody's seen him since!"

From "A Rabbit Walks into a Bar: Best Jokes & Cartoons from AA Grapevine"

The San Fernando Valley Central Office is at 16132 Sherman Way, Van Nuys CA 91406, 818-988-3001 (sfvaa.org).
The Sunrise and Sunset Group and meetings are in District 17 (www.district17aa.org) of Central California (www.aaareg9.org).

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