



# The Sunrise-Sunset Group of Alcoholics Anonymous

[www.SunriseSunsetGroup.org](http://www.SunriseSunsetGroup.org)

**MAY  
2018**

**Thursday Speakers**

**3rd Lydian**

**10th Bridget B.**

**17th Cyndi M. (out of town)**

**24th Donzo H.**

**31st Darren W.**

**Saturday Speakers**

**5th Mike B.**

Trad. 1, 2 & 3

**12th Donna**

Step 1

**19th Travis D.**

Step 1

**26th TBA \***

Step 2

**Tuesday Leaders**

**1st Misty M. \***

**8th Pej A. \***

**15th Tanya F. \***

**22nd John L. \***

**29th Erin E. \***

\* for more information  
visit our website at  
[SunriseSunsetGroup.org](http://SunriseSunsetGroup.org)

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

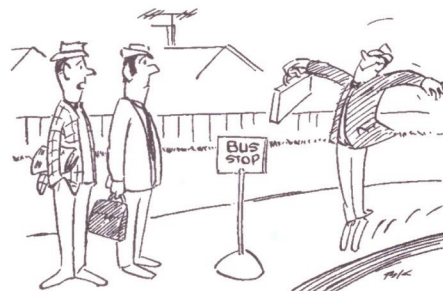


**THE SUNRISE GROUP BIG BOOK STEP STUDY**  
SpiritWorks, 260 North Pass Avenue, Burbank  
Saturday 8:15-9:30am

**THE SUNSET GROUP BIG BOOK STUDY**  
11031 Camarillo Street, 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."



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

- Editor (reprinted from April 2011)

**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

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-Sunset Group and meetings are in District 17 ([www.district17aa.org](http://www.district17aa.org)) of Area 93, Central California ([www.area93.org](http://www.area93.org)).

If you would like to add to this newsletter please contact the editor at [SunriseSunsetGroup@gmail.com](mailto:SunriseSunsetGroup@gmail.com)