

The Sunrise-Sunset Group of Alcoholics Anonymous

**MAY
2021**

www.SunriseSunsetGroup.org

Thursday Speakers

6th TBA *

13th TBA *

20th TBA *

27th TBA *

Saturday Speakers

1st Aaron S.
Steps 8 & 9

8th Linda L.
Steps 8 & 9

15th Hector
Steps 10 & 11

22nd Cary W.
Steps 10 & 11

29th TBA *
Step 12

Tuesday Leaders

4th Craig

11th Kat

18th Nate

25th Candy

* for more information
visit our website at
SunriseSunsetGroup.org

THE SUNSET GROUP
Thursday 7:00-8:00pm



THE SUNSET GROUP BIG BOOK STUDY
Tuesday 7:00-8:00pm

THE SUNRISE GROUP BIG BOOK STEP STUDY
Saturday 8:15-9:30am

Zoom Meetings Information

(Zoom access available 10 minutes before start of each meeting)

Meeting ID: 862 2597 2363
Password: 862020

One tap mobile:

+16699009128,,86225972363#,,,,,0#,,862020# US (San Jose)
+13462487799,,86225972363#,,,,,0#,,862020# US (Houston)

Dial by your location:

+1 669 900 9128 US (San Jose) +1 346 248 7799 US (Houston)
+1 253 215 8782 US (Tacoma) +1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York) +1 301 715 8592 US (Germantown)

Seventh Tradition

Visit website Events page for PayPal links.
Venmo with @SunriseSunset or scan below.
(please denote Tuesday, Thursday, or Saturday when giving)



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 but still laughed. "God, thank you for humor. Good night," I said, collapsed onto the bed, and laughed myself to sleep.

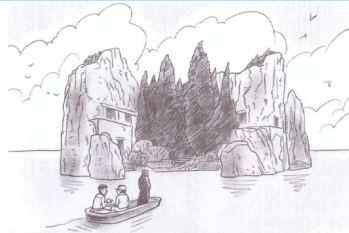
Now that the puritans and censors have ripped out this page and left in a huff, let's continue.

Since that night, God has removed this shortcoming (i.e. pride and lust). The connection? Humor unlocked the door. We only laugh about things which are dear to us. 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.

Well, folks. Step Seven begins "Humbly asked". . .but lately, for me it starts, "Humorously ask. . ." And I pray you also hear God's laughter.

Anonymous, Wheeling, West Virginia

- excerpted from *The AA Grapevine, Inc. (July, 1993)*



TONIGHT'S SPEAKER

One Saturday night, an AA speaker got up to tell his story..

"I graduated from Harvard Law School," he told the crowd. "I was appointed Ambassador to China, was awarded the Nobel Peace Prize for my diplomacy, and then the Pulitzer Prize for my book."

There were two old-timers in the back row and one leaned over and said to the other, "By golly, now we got somebody."

Then the speaker continued, "...then I joined AA and my sponsor told me to quit telling lies."

—HARRY B. Leland, Miss., Jan 2017

"Where exactly is this speaking commitment?"

From "Take Me To Your Sponsor: 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) of Area 93, Central California (www.area93.org).

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