



The Sunrise Group

November 2006



SUNRISE GROUP

Saturday Morning
Step Study 8:15 am
above PINZ Bowling Alley
12655 Ventura Blvd
Studio City, CA

November 4

*Teri Marie. S. of
Steps 8 & 9*

November 11

*Ronald W. of Los Angeles
Steps 8 & 9*

November 18

*Jack G. of Huntington
Beach
Steps 10 & 11*

November 25

*Holly T.
Steps 10 & 11*

December 2

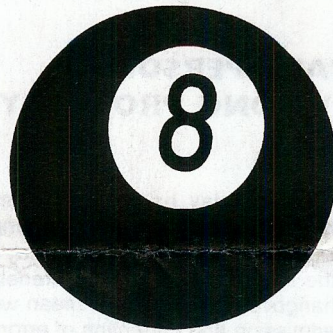
*Mickey B. of Santa Monica
Step 12*

December 9

*Linda P. of Tarzana
Step 12*

December 16

*Nancy G. of Echo Park
AFG*



GET OUT FROM BEHIND THE 8-BALL!

Step Eight:

"Made a list of all persons we had harmed, and became willing to make amends to them all"

STEPS Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

-- 12 Steps & 12 Traditions

ALCOHOLICS IN ACTION

In 1951, Bill W. wrote "Our Twelfth Step—carrying the message—is the basic service that the AA Fellowship gives: this is our principal aim and the main reason for our existence. Therefore, AA is more than a set of principles: it is a society for alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die." (*The AA Service Manual*, p. 57)

Service starts every time I sit down in a meeting. Imagine the newcomer coming through the open door: the chairs are set up, a pot of hot coffee is brewing, but the room is empty. If I'm not there to welcome the suffering alcoholic, more than likely he or she will not stay. The very act of being there for each other is service.

Alcoholics Anonymous as a whole is dynamic. Think for a moment of a group without a General Service Representative. How does the group make known its conscience to other groups or AA as a whole? As GSR for my home group I take that conscience to our district and area level meetings. In this way every member of our group is in action.

Sobriety and service: the two are so intimately interconnected for me on a day-at-a-time basis that it is hard to imagine my life without them. Naturally sobriety had to come first for without sobriety service would be unavailable for me. I'm not only a grateful sober member of Alcoholics Anonymous, but gratefully a trusted servant also.

-- Nancy S. of Salt Lake City, c The Grapevine, June 1998



The Sunset Group

November, 2006

A publication of the Sunset Group of Alcoholics Anonymous

STEP TEN : "CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT."

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion—anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors now. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

-- 12 Steps & 12 Traditions

After the husband's fifth trip to the host's bar for refills, the wife asked, "Aren't you embarrassed to go back so many times?" Hubby: "Nope. I keep telling them it's for you." -- The November issue of *The Grapevine* features humor & cartoons.

Join our team! Get a commitment with The Sunset Group!
Sign up with Jonathan S.

ARE WE PUSHING PEOPLE AWAY FROM AA?

Interesting observations from this month's *Grapevine*:

Like most members, I care about how AA is perceived in the world. I want people to feel favorably toward our Fellowship so they may refer alcoholics to us. I accept that AA will always have its detractors, including those who dislike the idea of powerlessness, or those who can't stand the God stuff. Others say that we give up the booze and then AA becomes our addiction. As a newcomer, I struggled with ideas like these, too.

But AA has detractors for other reasons as well. Some negative perceptions of what we do, and how we do it, may be our own doing. Dare I say it, but, some of us can be just as self-centered, closed-minded, and self-righteous in sobriety as we were drunk.

I'll give a few examples of the things I see and hear at AA meetings.

Sometimes I hear "AA is the only way," or "AA is the best way," and other forms of what could be considered preaching. (Instead, perhaps we could share our experience, strength, and hope by saying something like, "AA is what has worked for me.")

At other times, I hear some members default to AA lingo instead of speaking clearly, directly, and in plain terms so that the newcomer can understand and identify with what is said. We need to remember that nonalcoholic professionals, friends, and family may also be sitting in the meeting rooms during "open" AA meetings. This recovery lingo, along with all the chanting and clapping that goes on, can give the impression to newcomers and visitors that AA is exclusive or some kind of cult.

Anonymous, New York, New York
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The *Grapevine* on-line with audio:
www.aagrapevine.org



The Sunset Group

Thursdays at 7:00 pm
Jewish Community Center
13164 Burbank Boulevard
Sherman Oaks, California

November 2
Alan G. of Los Angeles

November 9
Cristine M. of Long Beach

November 16
Joe W. of

November 23
Facility Closed for Thanksgiving

November 30
Scott L. of Nashville, Tennessee

Coffee and snacks are served only before the meeting and during the break. Please save seats for only one or two others.