



# The Sunrise-Sunset Group of Alcoholics Anonymous

**NOVEMBER  
2011**

**THURSDAY SPEAKERS**

- 3rd Louise C.
- 10th Geoff C.
- 17th Lulu S.
- 24th No meeting  
Happy Thanksgiving!

**SATURDAY SPEAKERS**

- 5th Ralph W.  
Step 2
- 12th Deidre A.  
Step 2
- 19th TBA \*
- 26th TBA \*

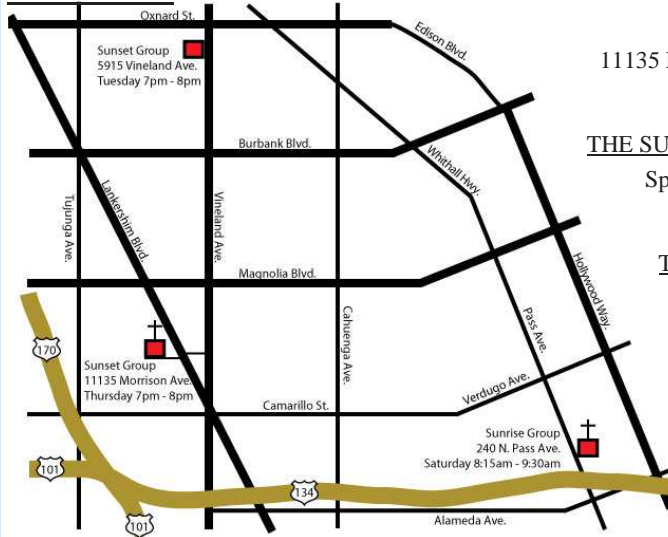
**TUESDAY LEADERS**

- 1st Doug R.
- 8th Cyndi S.
- 15th Rudy H.
- 22nd Kayta A.
- 29th Chuck N.

\* see website

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

**Where we meet:**



**THE SUNSET GROUP**

11135 Morrison Street, North Hollywood  
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**

5915 Vineland Ave, North Hollywood  
Tuesday 7:00-8:00pm

The terms "spiritual experience and "spiritual awakening are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms. Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily for everyone, this conclusion is erroneous. In the first few chapters a number of sudden revolutionary changes are described. Though it was not our intention to create such an impression, many alcoholics have nevertheless concluded that in order to recover they must acquire an immediate and overwhelming "God-consciousness" followed at once by a vast change feeling and outlook. Among our rapidly growing membership of thousands of alcoholics such transformations, though frequent, are by no means the rule. Most of our experiences are what the psychologist William James calls the "educational variety" because they develop slowly over a period of time. Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone. What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves. Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it "God-consciousness." Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not lose his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial. We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable. "There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance that principle is contempt prior to investigation.

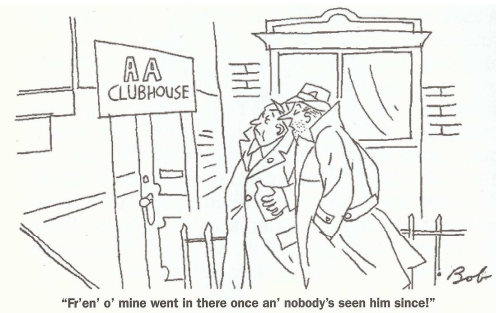
- HERBERT SPENCER  
(Excerpted from "Alcoholics Anonymous" Appendix II)

**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'r'en' o' mine went in there once an' nobody's seen him since!"

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).