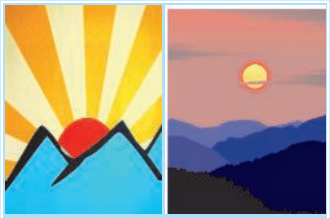


The Sunrise-Sunset Group of Alcoholics Anonymous

www.SunriseSunsetGroup.org

NOVEMBER 2014

Thursday Speakers

6th **TBA***

13th **TBA***

20th **TBA***

27th **Thanksgiving!**

Saturday Speakers

1st **Carter**
Steps TBA*

8th **Joe C.**
Steps TBA*

15th **Patti O.**
Steps TBA*

22nd **TBA***
Steps TBA*

29th **Karen R.**
Steps TBA*

Tuesday Leaders

4th **Mike H.**

11th **Danielle W.**

18th **TBA***

25th **Lauren**

*** visit our website at SunriseSunsetGroup.org for more information**

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

4 Insights That Will Make You Happier at Work

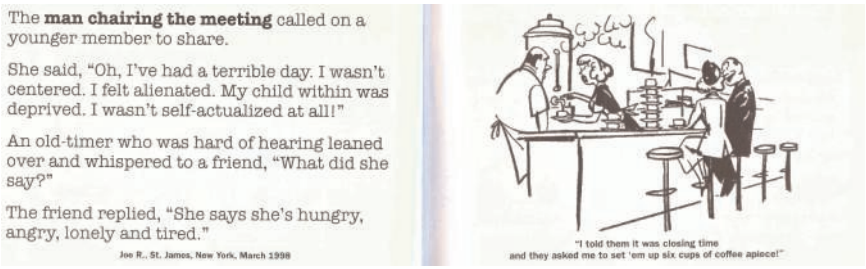
Change your job description: How do you see your job? Is there a better — but still honest — lens to see it through that would make you happier?

See the results: Are you in a cube cut off from the results of your labor? Is there any way you could better see how your work helps customers?

Use your strengths: What responsibilities that you're weak at could someone else handle? What could you do that leverages your strengths?

Invest yourself: Invest your time and energy in building that Karlskoga sofa bed and you come away loving it. The more you do for your kids, the more you want to do for them. Invest more in your career and you can find yourself loving that too.

- Excerpted from "4 insights that will make you happier at work" by Eric Barker, Barking Up the Wrong Tree



The **man chairing the meeting** called on a younger member to share.

She said, "Oh, I've had a terrible day. I wasn't centered. I felt alienated. My child within was deprived. I wasn't self-actualized at all!"

An old-timer who was hard of hearing leaned over and whispered to a friend, "What did she say?"

The friend replied, "She says she's hungry, angry, lonely and tired."

Joe R., St. James, New York, March 1998

"I told them it was closing time and they asked me to set 'em up six cups of coffee apiece!"

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 Group and meetings are in District 17 (www.district17aa.org) of Central California (www.aaarea93.org).

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