



# The Sunrise-Sunset Group of Alcoholics Anonymous

**NOVEMBER  
2016**

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

Thursday Speakers

3rd Julie L.

10th Seamus K.

17th Linda P.

24th Happy Holiday  
(closed)

Saturday Speakers

5th Darren W.  
Step 5

12th Mary  
Steps 6 & 7

19th Donzo H.  
Steps 6 & 7

26th TBA \*

Tuesday Leaders

1st Doug R.

8th Dawn M.

15th Pat O.

22nd Linda P.

29th Shawn M.

\* visit our website at  
[SunriseSunsetGroup.org](http://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



Below are several sayings I found in the Alcoholics Anonymous section of a website called GoodReads.com

"I have found that the process of discovering who I really am begins with knowing who I really don't want to be."

- Alcoholics Anonymous

"When I stopped living in the problem and began living in the answer, the problem went away."

- Alcoholics Anonymous

"To this day, I am amazed at how many of my problems - most of which had nothing to do with drinking, I believed - have become manageable or have simply disappeared since I quit drinking."

- Alcoholics Anonymous

"...one of the primary differences between alcoholics and non-alcoholics is that non-alcoholics change their behavior to meet their goals and alcoholics change their goals to meet their behaviors."

- Alcoholics Anonymous

After spending the evening at a bar, a woman was in no shape to drive, so she left her car in front of the bar and headed home. Stumbling along the street, she was stopped by a police officer. "What are you doing out here at 3 a.m.?" asked the officer.

"Going to a lecture," slurred the woman.

"And who is giving a lecture at this hour?" the cop asked.

"My husband," said the woman.

Shirlene R., Greensboro, North Carolina, January 2006



"Brother, can you spare a dime for a candy bar—to alleviate my craving for alcohol?"

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 and Sunset Group and meetings are in District 17 ([www.district17aa.org](http://www.district17aa.org)) of Central California ([www.aaareg3.org](http://www.aaareg3.org)).

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