



The Sunrise-Sunset Group of Alcoholics Anonymous

**NOVEMBER
2017**

www.SunriseSunsetGroup.org

Thursday Speakers

2nd TBA *

9th Cary F.

16th Thomas H.

23rd Closed

30th TBA *

Saturday Speakers

4th TBA *

11th Nick G.
Step 12

18th TBA *

26th TBA *

Tuesday Leaders

7th Chuck G.

14th Penny V.

21st Ben B.

28th Carla R.

* 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



Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all. We ought to sit down with the family and frankly analyze the past as we now see it, being very careful not to criticize them. Their defects may be glaring, but the chances are that our own actions are partly responsible. So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love. The spiritual life is not a theory. We have to live it...

...If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

- excerpted from "Alcoholics Anonymous" pages 83 and 84

An **anonymous drunk** was heard to remark, "I feel sorry for AA members. They feel just as good when they get up in the morning as they're going to feel all day."

November 1962

The **lush** sat drinking at his kitchen table, complaining to his wife that his bartender didn't understand him.

April 1977



"He says it's a part of gracious living."

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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) of Central California (www.aaareag3.org).

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