



# The Sunrise-Sunset Group of Alcoholics Anonymous

OCTOBER  
2011

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

THURSDAY SPEAKERS

- 6th Karen H.
- 13th Danny M. Sunset Anniversary Meeting

- 20th Candace M.
- 27th TBA \*

SATURDAY SPEAKERS

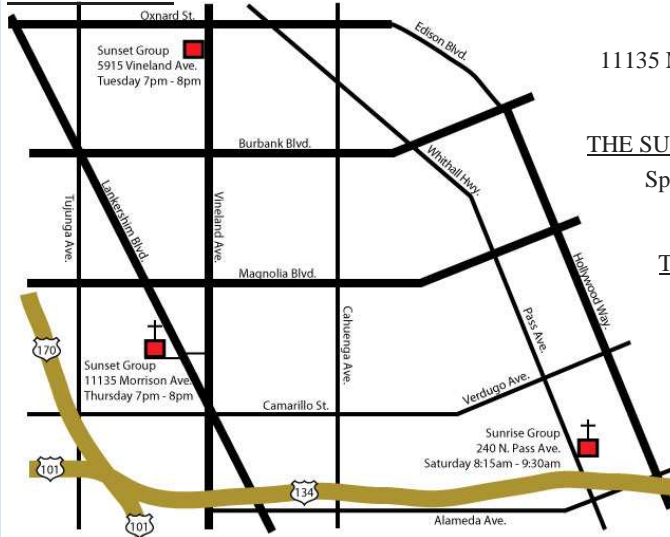
- 1st TBA \*  
Step 12
- 8th Rhonda D.  
Step 12
- 15th TBA \*  
Traditions 6,7,8
- 22nd Charles K.  
Step 1
- 29th Ruban  
Step 1

TUESDAY LEADERS

- 4th Stephan V.
- 11th Erin E.
- 18th Sarina VM.
- 25th TBA \*

\* see website

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 con- elusion 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)

The **tipsy captain** of an old freighter saw what looked like the light of another ship on a collision course with his. He signaled, "Change your course ten degrees to the east," but the reply came back directing him to turn ten degrees west. He sent a stronger message: "I'm a Navy captain. Change your course!" The message came back: "I'm a seaman second class, but you'd better turn your ship." Infuriated, the captain answered, "I'm a battleship. Get out of my way!" The final message came: "I'm a lighthouse. Do as you please."

R. L., British Columbia, March 1985



"Relaxing, isn't it?"

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](http://www.district17aa.org)) of Central California ([www.aaarea93.org](http://www.aaarea93.org)).