



The Sunrise-Sunset Group of Alcoholics Anonymous

**OCTOBER
2013**

www.SunriseSunsetGroup.org

Thursday Speakers

3rd **Debbie D.**

10th **Danny M.**

17th **Anne W.**

24th **Mike S.**

31st **TBA***

Saturday Speakers

5th **Patricia C.**
Step 4 Sex

12th **Tommy G.**
Step 4 Sex

19th **Nancy N.**
Step 5

26th **Steve L.**
Step 5

Tuesday Leaders

1st **Nick F.**

8th **Sarina M.**

15th **Keri V.**

22nd **Lalo V.**

29th **Jenny H.**

* visit our website at
SunriseSunsetGroup.org
for updated 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



...that addiction to anything is not a disease but in fact a symptom of a much deeper need or problem which finds release in a way which is eventually disruptive to one's life. Some people believe that the human condition itself, the realization of our own inevitable ending, is in fact the root cause of our self destruction. And that in one way or another humans will act out in such a fashion as to disrupt their own development. To destroy themselves and/or the society that surrounds them in a frenzied and futile attempt to avoid the inevitable end, death. From one's first encounter with our fragile mortal needs, how we perceived the severity of those needs, and our perception of how those needs were fulfilled, may in fact set one's life on course for self destruction. But what we call LIFE, and our experiences in LIFE, allow us the opportunity to recognize (admit) that we are flawed, learn to adjust to that admission, reset our lives, and redevelop new ways to end whatever self destructive behavior we are currently attracted to. Only continuous self analysis (taking inventory of ourselves) will allow one to grow, adjust, reset and redevelop. A never ending process that will in fact only end in our death. Such revelation is not for the beginners and must be rephrased in such a manner as to allow them an avenue of both hope and security. Hope that they will find an end to whatever behavior brings them through the door and an environment which is emotionally secure enough for them to express their fears, admit their flaws, adjust their behavior, reset their lives, and attempt to begin to redevelop.

- submitted by anonymous AA member

Tony and Joe both get DUIs around the same time and are court-ordered to AA. Joe stops going as soon as he gets his last paper signed, but Tony sticks around. A few months later, they run into each other. After some small talk, Joe asks, "Where are you headed?"

Tony says, "To an AA meeting."

Joe says, "Really? How long do you have to go for?"

Tony replies, "Probably for the rest of my life."

"My God!" Joe exclaims. "What judge did YOU have?"

Bob C., January 2008



"Yeah, but what about my anonymity?"

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.aaareg93.org).

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