



The Sunrise-Sunset Group of Alcoholics Anonymous

**OCTOBER
2017**

www.SunriseSunsetGroup.org

Thursday Speakers

5th TBA *

12th TBA *

19th TBA *

26th TBA *

Saturday Speakers

7th Kyle
Steps 6 & 7

14th Yuko
Steps 8 & 9

21st John F.
Steps 8 & 9

28th Caroline
Steps 10 & 11

Tuesday Leaders

3rd TBA *

10th Erica

17th TBA *

24th TBA *

31st TBA *

* 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



"In general, seeds like those that Johnny Appleseed carried did not grow edible apples. Most edible apples are grown from grafts in which pieces of trees that bear a certain kind of apple are grafted onto other trees to create the best eating apples. Apples grown from seeds are usually small and sour. They are called spitters for obvious reasons. They are 'sour enough,' Henry David Thoreau wrote, 'to set a squirrel's teeth on edge and make a jay scream.' But apples grown from seeds are very good for one thing -- making hard cider. Furthermore, apple cider was almost the only way the settlers could experience sweetness. Sugar was rare. Honey was hard to get.

"Johnny Appleseed was not carrying the possibility of eating apples; his mission was something quite different and more mature than Disney's 1948 movie version. Far from being the American Saint Francis, John Chapman turned out to be the American Dionysus. No wonder everyone was glad to see him coming down the western roads! 'The reason people ... wanted John Chapman to stay and plant a nursery was the same reason he would soon be welcome in every cabin in Ohio,' [Michael] Pollan writes [in *The Botany of Desire*]. Johnny Appleseed was bringing the gift of alcohol to the frontier."

"Until Prohibition, most apples were used to make cider, which was always fermented to create a healthy drink with a healthy punch-- about 10 percent alcohol. By freezing cider and siphoning off the alcoholic content, which did not freeze, farmers made the more powerful applejack -- often as high as 66 proof. 'It takes a leap of the historical imagination to appreciate just how much the apple meant to people living two hundred years ago,' Pollan writes. 'By comparison, the apple in our eye is a fairly inconsequential thing -- a popular fruit (second only to the banana) but nothing we can't imagine living without. It is much harder for us to imagine living without the experience of sweetness, however, and sweetness, in the widest, oldest sense, is what the apple offered an American in Chapman's time, the desire it helped gratify.'

- excerpted from "Drinking In America: Our Secret History", Susan Cheever

Exchange overheard in a courtroom:

Judge: "What did you do to keep yourself sober during that time?"

Defendant: "I went to Kansas."

Judge: "Did that work?"

Defendant: "Yeah--there were warrants out for me there."

Katie O., Hoquiam, Washington, July 2000



"I'm not powerless over alcohol. I just can't get up."

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.aaareg3.org).

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