



The Awakening

September 22, 2005

A publication of the Sunset Group of Alcoholics Anonymous

It's Our Birthday!



One year ago, this room was empty. Nothing but the cold glare of fluorescent light and the hard echo of the tiled floor. Tonight, look around. We are in a room full of warmth, of friendship, of the miracle of recovery that is our fellowship in Alcoholics Anonymous.

If you are new, welcome to our experience.

"The" Result of our 12 Steps...

The Twelve Steps are read at most meetings of Alcoholics Anonymous from page 59 of the *Big Book*, but we often mishear the real message of the 12th Step:

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

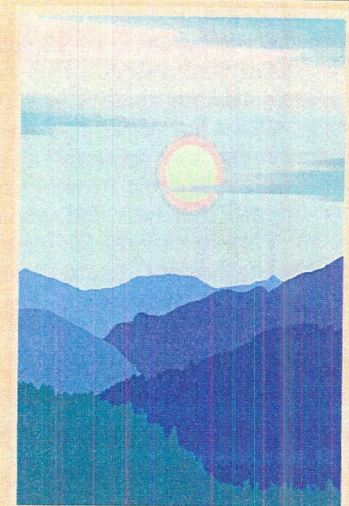
What is the result of these steps? Is it merely not drinking? The Twelve Steps never mention not drinking. Our glorious and much-desired abstinence may be a wonderful by-product of our recovery, but the result of the Steps is a *spiritual awakening*. And that is "*the* result of these steps". Not "*a*" result of the steps, but *the* result.

It is a glorious transformation of the soul that makes drinking irrelevant. And makes us the best version of ourselves.

Steering Committee Meeting Monday

The Sunset Group will hold a steering committee meeting this Monday night, September 26th at 7:00 pm Victorio's Restaurant, 10901 Victory Blvd., North Hollywood.

All those with commitments should attend and all are welcome. For further information call Chuck G. (818) 723-1795 or Jonathan S. (818) 462-3311.



The Sunset Group

Thursdays at 7:00 pm
Jewish Community Center
13164 Burbank Boulevard
Sherman Oaks, California

September 29

Will B. of Las Vegas

October 6

Sharon B. of W. Los Angeles

October 13

Facility closed for holiday

October 20

Scott R. of Los Angeles

October 27

Mike S. of Riverside

November 3

Michaeline F. of Escondido

November 10

Don M. of Studio City

November 17

Candice M. of Long Beach

Sister Ignatia, the nun who helped Dr. Bob get the hospitalization program started at St. Thomas Hospital in Akron was the first person to use medallions in Alcoholics Anonymous. She gave the drunks who were leaving St. Thomas after a five day dry out a Sacred Heart Medallion and instructed them that the acceptance of the medallion signified a commitment to God, to A.A. and to recovery and that if they were going to drink, they had a responsibility to return the medallion to her before drinking

Check out the official
A.A. website:
<http://www.alcoholics-anonymous.org>

Four Years of a Bright New Sunrise

On a cool overcast autumn morning in Studio City on October the 13th, 2001, four alcoholics met in small room in the back of The Hot Wired Cafe on Riverside Drive. They were there to listen to an enthusiastic guy share about the 12 steps from the Big Book of Alcoholics Anonymous. This young man, in his own zealously, was attempting to duplicate what his sponsor had been doing for years at a much larger meeting some 300 miles away. After a few weeks he began to realize his own limitations conveying the material and began calling "real speakers" to come to the meeting to share their experience with the Big Book and the specific steps of recovery. The new improvised meeting format worked! Those four original members still attend The Sunrise Group and have been joined by dozens of others. They meet every Saturday Morning and many of the Sunrise Group members went on to start The Sunset Group in October 2004.

Both groups are still growing and your attendance is always welcomed!



A.A. History: Before the Big Book

Join us October 22nd for a special A.A. History Meeting

Don't miss Lee C's multi-media presentation featuring rare photos and artifacts from the early years of our fellowship!

Prior to the publication of The Big Book of Alcoholics Anonymous there were certain texts that were popular in the fellowship of the fledgling AA. One of these was called The Common Sense of Drinking by Richard R. Peabody, published in 1930. It contains much of what later evolved into the program as we know it today. Here is an excerpt:

"While the satisfaction of the demands for peace of mind and ego-maximation by alcohol may be legitimate for the average man who can control the use of it, certain individuals, normal in other ways, have an abnormal reaction to drinking. It is too fascinating to them. It poisons their nervous systems. Those who react in this manner must eliminate drink from their lives or suffer very serious consequences. If they are willing, these people can be shown how to train their minds so that they no longer wish to drink. They can learn to relax and to satisfy their egos in a manner that is constructive and permanent."

\$Financial Amends\$

"Most alcoholics owe money. We do not dodge our creditors. Telling them what we are trying to do, we make no bones about our drinking; they usually know it anyway, whether we think so or not. Nor are we afraid of disclosing our alcoholism on the theory it may cause financial harm. Approached in this way, the most ruthless creditor will sometimes surprise us. Arranging the best deal we can we let these people know we are sorry. Our drinking has made us slow to pay. We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them." (*The Big Book of Alcoholics Anonymous, p.*)

Words from the Big Book come alive in a special Step Study devoted to the thorny subject of financial amends with Vince Y. on Saturday, October 29th. This special, highly-focused workshop will be sure to benefit anyone who has an interest in issues relating to money – in other words, just about everybody.

Like what you hear? Get the CD!

The Sunrise and Sunset Groups are blessed with amazing speakers. Their truly outstanding shares of recovery are available on CD for a simple donation of \$4.00. What better way to spend those hours on the freeways instead of talk radio? See Jonathan S. for your copy today

SUNRISE GROUP

Saturday Morning
Step Study
8:15 am

above Jerry's Deli and
PINZ Bowling Alley
12655 Ventura Blvd
Studio City, CA

September 24

Alison M. of Agoura
Step 12

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October 1

Nancy G. (AFG) of L.A.
The Family Afterward

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October 8

Karl M.
Traditions 7,8,9

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October 15

Howard P. of
Gilbert, Arizona
Spirituality

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October 22

Lee C.
A.A. History

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October 29

Vince Y. of Upland
Financial Amends