



# The Sunrise Group

September 2006



## SUNRISE GROUP

**Saturday Morning  
Step Study 8:15 am**  
above PINZ Bowling Alley  
12655 Ventura Blvd  
Studio City, CA

**September 2**  
*Walter W. of Los Angeles*  
Step 3

**September 9**  
*Johnny B.*  
Steps 1, 2, and 3

**September 16**  
*Franny S.*  
Step 4: *Resentments*

**September 23**  
*Jim B. of Granada Hills*  
Step 4: *Fear*

**September 30**  
*Anne W. of Bellflower*  
Step 4: *Sex*

Unless directly quoted from conference approved literature and cited, the views expressed in this newsletter are opinions expressed by members of the Sunrise and Sunset Groups of Alcoholics Anonymous and in no way express any official view of Alcoholics Anonymous. All interested are urged to obtain a copy of *The Big Book of Alcoholics Anonymous*, available here at cost as well as *12 Steps & 12 Traditions* or any of our free pamphlets and other literature.

## THE BIG BOOK BREAKS IT DOWN:

We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. [Big Book, page 67, line 11]

If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience. [Big Book, page 70, line 8]

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflections, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken. [Big Book, page 86, line 5]



## “INTO THE ACTIONS” WORKSHOP CD'S!

Our July Workshop was a huge success, focusing on Steps 4-9 with Ralph W. and Candace M. CD's are available of this remarkable all-day event, and they make an outstanding companion resource to the Steps we're currently studying here at the Sunrise Group. Ask Jonathan S. for your copy today or inquire at:

speakercd@hotmail.com

ALL of A.A.'s Twelve Steps ask us to go contrary to our natural desires . . . they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five.

But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one. If we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

So intense, though, is our fear and reluctance to do this, that many A.A.'s at first try to bypass Step Five. We search for an easier way—which usually consists of the general and fairly painless admission that when drinking we were sometimes bad actors. Then, for good measure, we add dramatic descriptions of that part of our drinking behavior which our friends probably know about anyhow. But of the things which really bother and burn us, we say nothing. Certain distressing or humiliating memories, we tell ourselves, ought not be shared with anyone. These will remain our secret. Not a soul must ever know. We hope they'll go to the grave with us.

Yet if A.A.'s experience means anything at all, this is not only unwise, but is actually a perilous resolve. Few muddled attitudes have caused us more trouble than holding back on Step Five.

It seems plain that the grace of God will not enter to expel our destructive obsessions until we are willing to try this. What are we likely to receive from Step Five? For one thing, we shall get rid of that terrible sense of isolation we've always had. This vital Step was also the means by which we began to get the feeling that we could be forgiven, no matter what we had thought or done.

-- excerpted from *12 Steps & 12 Traditions*



# The Sunset Group

September, 2006

A publication of the Sunset Group of Alcoholics Anonymous



## BEYOND FORGIVENESS

*This September 11, we all remember life's tragedies, as we also bear witness to the horrors happening here and now. As we also reflect on our own past and present, we do not bear the weight of the world, but instead seek the tools to create a future of peace in our own lives and those of others, the ones we learn to love. We can create a future in which we want to live. That peace is real and possible in our individual lives, thanks to Alcoholics Anonymous.*

***This message from a nuclear-hair-trigger time resonates today as much as it did then:***

*TODAY we live in a world stunned by sorrow. The grief of millions hangs over us like a pall. We are all seeking a new beginning. In our present disappointments and bewilderments, we are at a loss as to just where we must start or what we should do to rid ourselves of the turmoil within our hearts and souls which hampers our contentment, self-respect, respect for others, and peace of mind.*

*The AA program and its traditions and simple philosophy can be the answer to all of our frustrations, if we will only let it. Many of us still fail to recognize that the AA program bends over backwards to furnish us with a better understanding of ourselves and others. We fail to recognize that the thing most needed to all is understanding and the willingness to include others in our own welfare.*

*AA has helped many of us to gain a new conception of attitudes towards those who are distressed; but have we yet gone far enough towards a better understanding of our neighbors and our God? There is a tendency among us to see the devastation wrought by a too self-centered philosophy.*

*We need a complete change from self-interest to that love of mankind which sinks the interest of self in the interest of others. An intelligent self-interest takes in the interest of others. As we increasingly grow the habit of including the interest of others in our considerations, we should gradually build the habit of liking to include the interest of others. It would be enough if we could at least achieve this basic outlook: **my welfare requires your welfare.***

**H.R., Huntsville, Texas © The Grapevine January 1953**

### UNITY: The First Of Our Three Legacies

Most of us come to A.A. alone seeking relief and awaken to the fact that there is a common solution for all of us and the single most important aspect of A.A. recovery starts....The principle of one alcoholic relating to another for the purpose of recovery, what magic! "Someone, these people understand me" cries the newcomer, Wow!

It seems that for most of us-we are not "joiners", yet inwardly we crave this connectedness, an ability to mix with others, to belong, to feel part of a sometimes frightening world. We found the great elixir of alcohol, the panacea, the social lubricant until it starts to unravel the very thing it used to produce-unity, and we find ourselves desperately alone. What most A.A.'s find is the need for connectedness, for being a part of, a sense of some community and we find it in with each other. We spend time together, we share the good times and the low spots, inside meetings and outside the meetings in group functions like campouts, retreats, visiting other groups and casual get togethers over coffee or a meal. For many of us this is the time we get to really know one another on a very intimate and personal level. We build these bonds that last our lifetime and discover we belong to something huge and abundant.

In a letter to our co-founder Bill Wilson, Dr. Carl Jung points out a most important idea: "His craving (the alcoholic) for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God."

And isn't so that for most of us as we embrace the people around us, as we give ourselves to each other we find ourselves and our relationship with God vibrant, alive and full of enthusiasm?

Alcoholics Anonymous is called a "fellowship" because it's fun!



### The Sunset Group

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

**September 7**  
Ray A. of Santa Monica

**September 14**  
Karen H. of Belleflower

**September 21**  
Ken B. of Anchorage, Alaska

**September 28**  
Kathy M. of Las Vegas

**October 5**  
TBA

**October 12**

Join Us For The  
Second Anniversary Of  
The Sunset Group!  
with  
Scott R. of Echo Park