



The Sunrise-Sunset Group of Alcoholics Anonymous

**SEPTEMBER
2011**

www.SunriseSunsetGroup.org

THURSDAY SPEAKERS

- 1st **Michael B.**
- 8th **David B.**
- 15th **TBA ***
- 22nd **Steve L.**
- 29th **Ron F.**

SATURDAY SPEAKERS

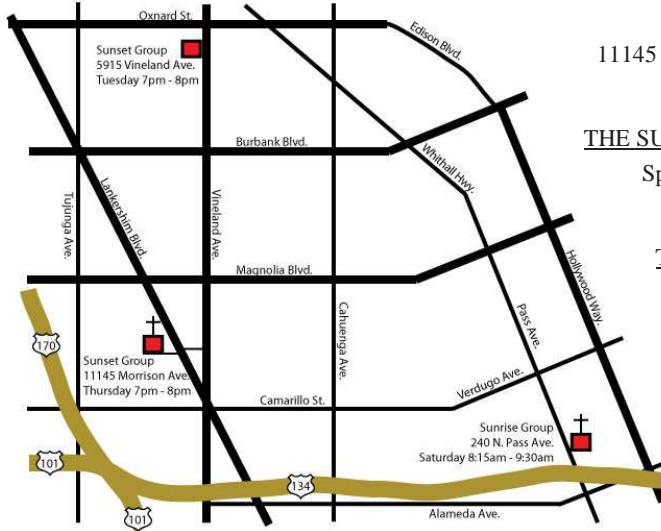
- 3rd **Dennis E.**
Steps 8 & 9
- 10th **TBA ***
Steps 8 & 9
- 17th **TBA ***
Steps 10 & 11
- 24th **Charles K.**
Steps 10 & 11

TUESDAY LEADERS

- 6th **Patricia C.**
- 13th **Lynda S.**
- 20th **Peter S.**
- 27th **TBA ***

* see website

Where we meet:



THE SUNSET GROUP

11145 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

To avoid falling into confusion over the names these defects should be called, let's take a universally recognized list of major human failings - the Seven Deadly Sins of pride, greed, lust, anger, gluttony, envy, and sloth. It is not by accident that pride heads the procession. For pride, leading to self-justification, and always spurred by conscious or unconscious fears, is the basic breeder of most human difficulties, the chief block to true progress. Pride lures us into making demands upon ourselves or upon others which cannot be met without perverting or misusing our God-given instincts. When the satisfaction of our instincts for sex, security, and society becomes the sole object of our lives, then pride steps in to justify our excesses. All these failings generate fear, a soul-sickness in its own right. Then fear, in turn, generates more character defects. Unreasonable fear that our instincts will not be satisfied drives us to covet the possessions of others, to lust for sex and power, to become angry when our instinctive demands are threatened, to be envious when the ambitions of others seem to be realized while ours are not. We eat, drink, and grab for more of everything than we need, fearing we shall never have enough. And with genuine alarm at the prospect of work, we stay lazy. We loaf and procrastinate, or at best work grudgingly and under half steam. These fears are the termites that ceaselessly devour the foundations of whatever sort of life we try to build.

- Excerpted from "Twelve Steps and Twelve Traditions"

"Bartender!"
 "What now?"
 "Do lemons have feet?"
"No, lemons do not have feet."
 "Oh, God."
 "What?"
 "I just squeezed your canary into my gin and tonic."

Brian C., Blythe, California, September 1997



"I may be a little late, honey. Charlie's in town and wants me to have a New Year's Eve drink with him."

An excerpt from "A Rabbit Walks into a Bar: Best Jokes & Cartoons from AA Grapevine"