



# The Sunrise-Sunset Group of Alcoholics Anonymous

**SEPTEMBER  
2013**

[www.SunriseSunsetGroup.org](http://www.SunriseSunsetGroup.org)

**Thursday Speakers**

5th Nasir K.

12th Cia F.

19th Louise C.

26th Patrick G.

**Saturday Speakers**

7th Tami P.

Step 4 Resentment

14th Kelly L.

Step 4 Resentment

21st John P.

Step 4 Fear

28th Dave B.

Step 4 Fear

**Tuesday Leaders**

3rd Kevin

10th Chinene

17th Miles

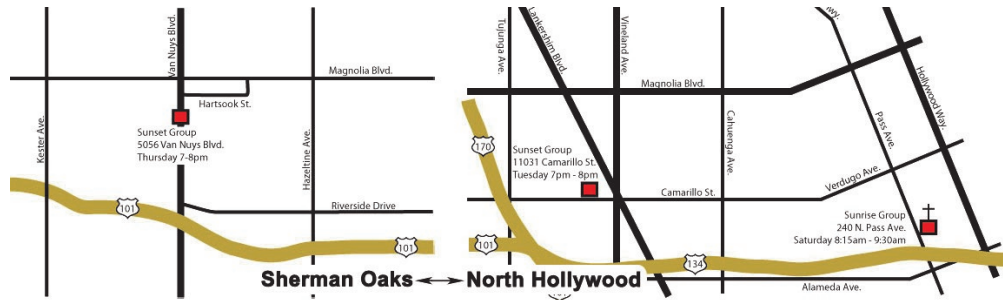
24th Linh

\* visit our website at  
[SunriseSunsetGroup.org](http://SunriseSunsetGroup.org)  
for updated information

**THE SUNSET GROUP BIG BOOK STUDY**  
11031 Camarillo Street, North Hollywood  
Tuesday 7:00-8:00pm

**THE SUNRISE GROUP BIG BOOK STEP STUDY**  
SpiritWorks, 260 North Pass Avenue, Burbank  
Saturday 8:15-9:30am

**THE SUNSET GROUP**  
5056 Van Nuys Blvd., Sherman Oaks  
Thursday 7:00-8:30pm



...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

One night, a newcomer took his daughter to dinner at a downtown restaurant. As they walked in the door, the first thing they saw was an enormous sign advertising what used to be his favorite beer. The man's eyes immediately widened and he began remembering just how good the old brew tasted. Then his daughter interrupted.

"Oh, look, Daddy," she said, pointing to the sign. "They have Your-Life's-in-the-Toilet on tap."

Doug R., New York, New York, January 2001



"Ethel? How long did they say to avoid emotional involvements?"

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](http://www.district17aa.org)) of Central California ([www.aaarea93.org](http://www.aaarea93.org)).