



The Sunrise-Sunset Group of Alcoholics Anonymous

**SEPTEMBER
2015**

www.SunriseSunsetGroup.org

Thursday Speakers

3rd **Caitlyn S.**

10th **Anne W.**

17th **Bill C.**

24th **Rhonda D.**

Saturday Speakers

5th **Charlie C.**
Steps 10 & 11

12th **David P.**
Steps 10 & 11

19th **Suzanne B.**
Step 12

26th **Tami P.**
Step 12

Tuesday Leaders

1st **Scott R. ***

8th **Doug R. ***

15th **Lynda S. ***

22nd **TBA ***

29th **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



You don't get frustrated because of events. You get frustrated because of your beliefs. It's as simple as ABCD. Next time you're turning red and clenching your fists, give this a shot:

A is Adversity. Like traffic. Sorry, no genie can let you wish it away.

B is Beliefs. Look for beliefs with these troublesome words: should, ought and must. "Traffic shouldn't be this bad." Not rational. Traffic is what it is. Sorry.

C is Consequences. You banging the steering wheel with your fist and sending your blood pressure into the stratosphere.

D is Dispute. Are you demanding the universe and everyone bend to your wishes? Is that rational? No way. You can want, you can wish and you can definitely try your best in the future, but you cannot demand if you want to stay happy and sane.

Life is not perfect. People aren't perfect. You, dear reader, are not perfect. And that's okay. But having beliefs that any of these things "should" be the way you want causes you a lot of unnecessary suffering. Many of your irrational beliefs are not immediately obvious. Sometimes you'll have to dig to find them. And you'll need to dispute them a fair amount before new reasonable beliefs kick in. But you can definitely make progress. What did Epictetus, the great Stoic philosopher, say way back in the first century AD? "People are disturbed not by things, but by the views they take of them." What did Shakespeare write in Hamlet? "There's nothing either good or bad but thinking makes it so." How about the Buddha? "We are what we think. All that we are arises with our thoughts. With our thoughts we make the world." Rarely can you change the world. But you can always change your thoughts. And that can make you very happy.

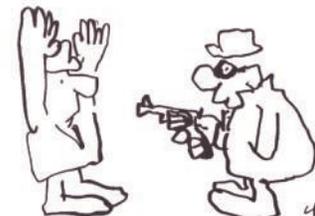
- Excerpted from "The secret to never being frustrated again" (based on the work of Albert Ellis), Eric Barker, *The Week*

Q: What's the difference between self-esteem and ego?

A: Self-esteem doesn't need an audience.
Thomas B., Pinellas Park, Florida, August 2003

How come if alcohol kills **millions of brain cells**, it never killed the ones that made me want to drink?"

Daniel M., October 2004



"I've been sober nine months, but I'm still working on a number of character defects."

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.aaareg93.org).

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