



The Sunrise-Sunset Group of Alcoholics Anonymous

**APRIL
2015**

www.SunriseSunsetGroup.org

Thursday Speakers

2nd **Chris H.**

9th **Rich B.**

16th **Howard P.**

23rd **Jack G.**

30th **Arron S.**

Saturday Speakers

4th **Danny M.**
Steps 10 & 11

11th **Ron B.**
Step 12

18th **Lawrence G.**
Step 12

25th **TBA**

Tuesday Leaders

7th **Mara ***

14th **Doug B. ***

21st **Dayna R. ***

28th **Brad A. ***

* 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



Despite the common phrase "drugs and alcohol," which seems to imply that alcohol is merely in a related category, alcohol is definitely a drug. It's also very often terrible. It can be extremely hard on the body. Heavy long-term use damages practically every organ, especially the heart, the brain, and the liver. Chronic overuse can cause slew of different kinds of brain damage; severe memory loss; cardiovascular disease and strokes; cirrhosis of the liver; cancer of the mouth, throat, larynx, esophagus, liver, colon, and breast; high blood pressure; pancreatitis; and dozens of other problems. Worldwide in 2012, according to the World Health Organization, alcohol caused 3.3 million deaths, or 5.9 percent of the total. But alcohol was responsible for about a quarter of all deaths among people aged 20 to 39. In the U.S., alcohol accounts for almost 90,000 deaths yearly; it is the third-place finisher among causes of preventable death.

Alcohol also has many benefits. In minor doses it has some protective effects on the cardiovascular system, and may reduce the risk of kidney stones and gallstones. Its primary benefits are probably social, however. Alcohol lubricates gatherings. Loosened inhibitions help people strike up conversations and become friends.

But that brings us to the question: would it be possible to discover another drug with similar properties to alcohol, but without its toxic side effects? Dr. David Nutt is working on that question right now. He has filed for patents on some 85 different compounds, and claims to have a new one called "alcosynth" that mimics alcohol's buzz without the long-term damage. He's got another that can apparently help people sober up quickly and prevent hangovers.

This may remind some of us of the well known A.A. humor that quips "If they invented a pill that could cure alcoholism what would happen if I took two?"

- Excerpted and editorialized from "Why the government should fund research into finding a replacement for alcohol", Ryan Cooper, *The Week*

You know you're a **recovering alcoholic** if:

1. Emails from your friends say **HALT** in the subject header.
2. Your idea of a smooth opening line is "I really liked what you shared."
3. You don't know the last names of most of your friends.

Anonymous, July 2001



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.aaareg3.org).

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