



The Sunrise-Sunset Group of Alcoholics Anonymous

**APRIL
2021**

www.SunriseSunsetGroup.org

Thursday Speakers

- 1st Donzo H.
- 8th Yvonne S.
- 15th Bryson U.
- 22nd Quincy W.
- 29th TBA *

Saturday Speakers

- 3rd Steve L.
Step 5
- 10th Julie
Step 5
- 17th Alan
Step 6
- 24th Mara
Step 6

Tuesday Leaders

- 6th Hector
- 13th Bridget
- 20th Ralph
- 27th Hilda

* for more information
visit our website at
SunriseSunsetGroup.org

THE SUNSET GROUP
Thursday 7:00-8:00pm



THE SUNSET GROUP BIG BOOK STUDY
Tuesday 7:00-8:00pm

THE SUNRISE GROUP BIG BOOK STEP STUDY
Saturday 8:15-9:30am

Zoom Meetings Information

(Zoom access available 10 minutes before start of each meeting)

Meeting ID: 862 2597 2363
Password: 862020

One tap mobile:

+16699009128,,86225972363#,,,,,0#,,862020# US (San Jose)
+13462487799,,86225972363#,,,,,0#,,862020# US (Houston)

Dial by your location:

+1 669 900 9128 US (San Jose)	+1 346 248 7799 US (Houston)
+1 253 215 8782 US (Tacoma)	+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)	+1 301 715 8592 US (Germantown)

Seventh Tradition

Visit website Events page for PayPal links.
Venmo with @SunriseSunset or scan below.
(please denote Tuesday, Thursday, or Saturday when giving)



April is National Alcohol Awareness Month

Every April the National Council for Alcoholism and Drug Dependence (NCADD) sponsors Alcohol Awareness Month to increase awareness and understanding of the causes and treatment of the nation's #1 public health problem: alcoholism. The theme this year is "Changing Attitudes: It's not a 'rite of passage.'" The target audience: youth and their parents.

As part of Alcohol Awareness Month, the NCADD says local, state, and national events will be "aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives."

TRY TO GO DRY

An important part of Alcohol Awareness Month is choosing an Alcohol-Free weekend during the month of April. The intent is for you to stop drinking from Friday through Monday, and then gauge the effect of the alcohol-free days.

If your body has become used to the continual presence of alcohol, suddenly stopping can cause physical effects, such as sweating, nausea, headaches and trouble sleeping.

If it was difficult to manage 72 hours without drinking, that struggle could signal a dependence on alcohol that should be more closely examined. If you are having trouble with your three-day alcohol-free test, we urge you to contact your medical provider to learn more about alcoholism and its early symptoms.

- excerpted from "April is National Alcohol Awareness Month", National Council on Alcoholism and Drug Dependence



"Sorry ladies, this is strictly a men's meeting."



down and says, "I've got some good news and some bad news down to twelve, the bad news is Direct Amends is a

From "Take Me To Your Sponsor: 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-Sunset Group and meetings are in District 17 (www.district17aa.org) of Area 93, Central California (www.area93.org).

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