



The Sunrise-Sunset Group of Alcoholics Anonymous

AUGUST 2018

www.SunriseSunsetGroup.org

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

Thursday Speakers

2nd **Chimene T.**

9th **Nasir K.**

16th **Allen V.**

23rd **Micky B.**

30th **Cia F.**

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



Saturday Speakers

4th **Kay S.**
Step 5

11th **TBA ***
Step 5

18th **Lydia W.**
Steps 6 & 7

25th **David G.**
Steps 6 & 7

Thoughts on Traveling Sober

The "travel" season is upon us and some may be anxious about maintaining their sobriety away from home. After reviewing several articles containing tips for traveling sober I would like to offer the following observations.

Plan your trip. There are many destinations that feature more than nightlife or drinking establishments. There are even guides or agencies that specialize in sober destinations and/or modes of travel. Be honest with yourself and your recovery. If you are new to recovery, or struggling, perhaps now is not the time to be away from your sober network. Maybe that bachelor or bachelorette party in Vegas is not the best thing right now.

Relax. Schedules may not work out as planned, destinations may not be as expected, people may have their own stresses. Don't sweat the small stuff and remember, *it's ALL small stuff.*

Treat yourself well. Travel brings many physical stresses that can easily become mental or emotional triggers. Drink plenty of water. Eat sensibly and regularly. Get plenty of sleep. These simple parts of life can be more difficult when traveling so make a conscious effort to maintain them.

Stay connected. Contact those who have helped you stay sober and let them know how you are feeling and what you are experiencing. If you are a person who normally attends sober meetings, seek them out during your travels. "Friends of Bill" meetings can be found the world over.

Enjoy. You are not traveling to think about what you may be missing. Enjoy what you have planned as well as unexpected joys that may arise. Be positive!

Tuesday Leaders

7th **Olivia B. ***

14th **Donzo H. ***

21st **TBA ***

28th **Marko B. ***

After a Third Step discussion, **a newcomer asked an old-timer**, "How can you be sober so long and say you don't understand God?" The long-timer replied, "Young man, I've been married to the same woman for fifty years—do you think I understand her?"

Burbank, California, August 1992

A certain member had a slip in AA. He called his sponsor and, crying on his shoulder and full of self-pity, he moaned, "And to think, I have lost all my pride!" "Swell," his sponsor bluntly remarked. "Now we can begin."

May 1961



"Thank you for Daddy being sober this Christmas. That was all I wanted. But thanks for throwing in the doll."

- Editor

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

* for more information
visit our website at
SunriseSunsetGroup.org

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 add to this newsletter please contact the editor at SunriseSunsetGroup@gmail.com