



The Sunrise-Sunset Group of Alcoholics Anonymous

AUGUST 2019

www.SunriseSunsetGroup.org

Thursday Speakers

1st Rhonda D.

8th Lance R.

15th Matt D.

22nd Steve T.

29th Angela C.

Saturday Speakers

3rd Jane B.
Steps 8 & 9

10th Candice M.
Step 10

17th John F.
Step 10

24th TBA *
Step 11

31st Hector E.
Step 11

Tuesday Leaders

6th Yvonne T. *

13th Gianni *

20th Mike B. *

27th Cary W. *

* for more information visit our website at 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

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



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!

- Editor



"Where's all the money I used to squander on booze?"

An **Al-Anon** and an **AA** member went on a camping trip together. Each had been active members of their programs for twenty-three years and were enjoying themselves tremendously. Then night came, and they went to sleep in their tent. About three in the morning, the Al-Anon woke the alcoholic and asked, "What do you see?" "Why, I see a sky full of brilliant stars and gorgeous moonlight," the alcoholic replied. "How great is our Higher Power for creating such a beautiful night. What do you see?" The Al-Anon answered, "I see that somebody has stolen our tent."

Joe M., Honolulu, Hawaii, February 2004

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-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