



The Sunrise-Sunset Group of Alcoholics Anonymous

**DECEMBER
2023**

www.SunriseSunsetGroup.org

Thursday Speakers

- 7th Sally M.
- 14th Mike B.
- 21st Katya A.
- 28th Matthew M.

Saturday Speakers

- 2nd Todd S.
Step 5
- 9th Cindy M.
Step 5
- 16th Garet M.
Steps 6 & 7
- 23rd Natasha S.
Steps 6 & 7
- 30th Cody C.
Steps 8 & 9

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



Sherman Oaks/East Valley Adult Center
5056 Van Nuys Blvd., Sherman Oaks, CA

THE SUNRISE GROUP
Saturday 8:15-9:30am

St. Matthews Lutheran Church – Sanctuary Room
11031 Camarillo St., North Hollywood, CA 91602

**Zoom Meetings
Information**

(Zoom access available 5 minutes
before start of each meeting)
Meeting ID: 862 2597 2363
Password: 862020

Seventh Tradition

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



Five Practices for Staying Sober During the Holidays (or anytime)

1. Maintain Your Recovery Routine

Be sure to stay on your schedule as best you can. The holidays can throw schedules into chaos. Be mindful to keep your 12 step meeting schedule, church if you attend, and self-care routine including meditations or workouts. Keeping your daily routine on track will help you stay focused on recovery. Stay connected to your sponsor and recovery community.

2. Pass on Triggering Events

Office parties, family gatherings, neighborhood celebrations, New Year's Eve with friends – your first go-round of staying sober during the holidays may require you to skip annual events that involve open bars or a heavy focus on alcohol consumption. You are free to skip a year and focus on yourself, specifically on your health and well-being. The best way to manage triggers is to avoid them altogether, especially early in recovery. Keep building on your recovery foundation and reevaluate the party invites next year.

3. Have a Holiday Party Plan

If you do attend a party where drinks are served, prepare yourself for the event. Walk through potential party scenarios and how you will react. Plan your arrival and departure, who you will spend time with – and who you will not. Bring your own or select a festive nonalcoholic option and have an exit or even escape strategy if you start to feel anxious. Make sure you have your own transportation so that you can leave quickly if you feel uncomfortable. Having a plan will help you stay focused on your desired outcome – staying sober during the holidays.

4. Communicate with Loved Ones

Share with your family and friends so they can help and support your recovery. A supportive family can make the difference between recovery and relapse. Family members may need to get involved in their own recovery from codependency.

5. Lend a Helping Hand

Skip the party and head out to help others. There are countless opportunities to serve your community during the holidays. Homeless shelters, recovery programs, community toy drives – volunteer to help others this season and stay out of your head. Use the opportunity to engage deeper into your AA or recovery support group. Keep a check on your sober friends and offer support. Do something that is good for humanity and your recovery this season to avoid relapse.

- excerpted from "Five Practices for Staying Sober During the Holidays", Valley Hope website

DOCTOR'S ORDERS

A doctor told Mrs. McMurphy to give her husband one pill a day and one drink of whiskey to improve his stamina.

A month later, when Mrs. McMurphy came in for another visit, the doctor asked, "How are we doing with the pill and the whiskey?"

"Well, he's a little behind with the pills," she answered, "but he's about six years ahead with the whiskey."

—Evelyn Waugh, *Brideshead Revisited*, Aug 1945

TRUE LOVE

AA ROMANCE: SHE MET HIM ONLINE. HE SAID HE LIVED IN A GATED COMMUNITY. HE WAS BEING HONEST. HE WAS IN STATE PRISON.

—1990s Present Aiz. April 2017



"Come in...we're celebrating John's 40th year of low self-esteem."

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