



The Sunrise-Sunset Group of Alcoholics Anonymous

FEBRUARY 2019

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

7th **Tim W.**

14th **Linda P.**

21st **Patt O.**

28th **Gloria G.**

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



Saturday Speakers

2nd **Gina C.**
Steps 6 & 7

9th **Johnny C.**
Steps 8 & 9

16th **Susie D.**
Steps 8 & 9

23rd **Mickey C.**
Steps 10 & 11

Tuesday Leaders

5th **Daran L. ***

12th **Dave ***

19th **Ashley W. ***

26th **Donald W. ***

The New Year is a fresh start. We look at it as a new beginning; a clean slate. It's a chance to shed the things that no longer bring us joy and begin again. If you've decided to make a New Year's resolution to quit drinking alcohol, then you'll be in good company among the millions of others that participate in Dry January.

Not drinking in January leads to a healthier mind, body and outlook far longer than the original 31-day commitment. Even six months later, successful study participants were still less likely to abuse alcohol. Positive behavioral changes were even noted in those who started but did not finish the challenge.

Rather than focusing on what you think you'll be missing out on, make a list of the incredible things you'll gain by keeping your New Year's resolution to quit drinking alcohol: Better health. Better sleep. More money. More time. Weight loss. Happiness. Engagement.

Make sure you know what your reasons are for not drinking and be able to articulate them to others. There's no shame in saying "I felt like I was drinking too much." Whatever your reasons are, they are valid. "I'm focusing on my health." "I want to lose weight." "I want to prove it to myself." "I'm concerned about the risk of cancer."

One way to be successful is to make a plan and let others know about it. Planning alcohol-free activities or joining a support group are great ways to stay on the right track. You'll be kept occupied and accountable that way. If you're a really heavy drinker, it's a good idea to consult with a medical professional before stopping. Alcohol withdrawal can have some dangerous effects on your body depending on the amount of damage you've done.

Don't try to change everything about your life all at once. You've made your New Year's resolution to quit drinking alcohol, so don't add "lose 10 pounds, run a marathon, meet your future spouse and establish world peace" to the list.

If you slip and have a drink — or even a wild night — do not throw in the towel. Accept that you're human and try to figure out what happened that caused you to slip. Success doesn't mean never failing; success is continuing to try and work towards a goal even if you've failed before.

It's okay to be proud of yourself for keeping your New Year's resolution to quit drinking alcohol. Talk about it to others, accept praise and even reward yourself for your accomplishments. You might even inspire others around you to see how their life could change for the better by going alcohol free.

New Year's resolutions aren't about what changes on Jan. 1. Your resolution is about what changes you want to make for today, tomorrow and the future. If changing your relationship with alcohol is one of the changes you want to make, then a Dry January might just be the perfect way to start.

- excerpted from "This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life.", by Annie Grace

The **speaker was going on and on.** A man in the fifth row stood up and walked out. As the speaker was winding up, the man returned. After the meeting, the speaker asked the man where he went. "I went for a haircut," he said. "A haircut? Why didn't you get a haircut before the meeting started?" The man replied, "I didn't need a haircut before the meeting started."



"This is the damndest Twelfth Step call I've ever been on!"

Jay C., June 2002

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