



The Sunrise-Sunset Group of Alcoholics Anonymous

JANUARY 2016

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 Hector E.

14th Nancy N.

21st Kane C.

28th Kenna M.

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



Saturday Speakers

2nd Ben S.

Step 5

9th Julie P.

Step 5

16th TBA

23rd TBA

30th TBA

Tuesday Leaders

5th Faith S. *

12th Rick C. *

19th Justine *

26th TBA *

How to Stop Drinking Alcohol in the New Year

The problem with New Year resolutions is that people tend to give up on them by the time February comes. It takes a real effort to make such resolutions and stick to them. These are some tips for increasing the likelihood of staying away from alcohol in the New Year:

- * Those who have been abusing alcohol for a long time they may be at risk of withdrawal symptoms. It is recommended that heavy drinkers seek medical advice before going through withdrawals alone.
- * Heavy drinkers may find that they need support when giving up alcohol. Not only are there fellowships such as Alcoholics Anonymous, but also online communities offering support to anyone trying to quit alcohol.
- * Many individuals have found that practices such as mindfulness meditation can be a great help when giving up alcohol.
- * Keeping a journal can be a good idea for anyone who is attempting to quit alcohol. This not only a way of tracing progress, but it can also keep the individual committed to their goal. Looking back over their journal entries can remind them of their hopes and dreams for the future.
- * If people are coming from a serious alcohol addiction, attending rehab may be the best way to ensure success in their recovery. An inpatient program will give the individual the opportunity to stay in an environment that is conducive to escaping addiction.
- * Giving up alcohol will often mean saying goodbye to or spending much less time with drinking buddies. In order to increase your chances of success, it helps to find sober friends and spend more time with them.
- * If people normally spend a great deal of time drinking, they will suddenly have an excessive amount of time on their hands when they become sober. It is therefore vital that the individual develop new hobbies and interests that do not involve alcohol.

<http://alcoholrehab.com/alcoholism/sobriety-as-a-new-year-resolution/>

- excerpted and edited from "Sobriety as a New Year Resolution", alcoholrehab.com

"Why settle for relief when what you really want is freedom?"

D.J.W., Tukwila, Washington, September 2005

Save on booze by drinking cold tea instead of whiskey. The following morning you can create the effects of a hangover by drinking a thimbleful of dishwashing liquid and banging your head repeatedly on the wall.

Robbin S. July 1999



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 and Sunset Group and meetings are in District 17 (www.district17aa.org) of Central California (www.aaareg3.org).

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

* visit our website at SunriseSunsetGroup.org for more information