



# The Sunrise-Sunset Group of Alcoholics Anonymous

**JANUARY  
2017**

[www.SunriseSunsetGroup.org](http://www.SunriseSunsetGroup.org)

**Thursday Speakers**

**5th Tanya D.**

**12th Patt O.**

**19th Karen H.**

**26th Bill C.**

**Saturday Speakers**

**7th Lisa**

Trad. 10, 11 & 12

**14th Tom S.**

Step 1

**21st Hannah B.**

Step 1

**28th Rick W.**

Step 2

**Tuesday Leaders**

**3rd Allie**

**10th Candice M.**

**17th Fredrick**

**24th TBA \***

**31st Tammi P.**

\* visit our website at [SunriseSunsetGroup.org](http://SunriseSunsetGroup.org) for more information

**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



**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. These can make life uncomfortable for a few days, but most individuals only have to put up with mild symptoms. Anyone who has ever had a seizure while attempting to quit alcohol in the past will need to be medically supervised while going through the withdrawal period. It is recommended that heavy drinkers seek advice from their doctor before going through withdrawals alone.

\* Heavy drinkers may find that they need support when giving up alcohol. There are a wide variety of resources where they can find such support. 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. This simple practice allows them to deal with cravings without succumbing to them.

\* 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. While trying to quit, most people go through a period in which their commitment begins to waver. Looking back over their journal entries can remind them of their hopes and dreams for the future.

\* Modern technology has provided some great resources for people who are trying to quit alcohol in the New Year. Those who have an iPhone or iPad will find that there are a number of useful apps. There are also similar applications available for Android devices.

\* 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. During their stay they will be able to develop the skills and knowledge they need to build a good life away from alcohol.

\* Giving up alcohol will often mean saying goodbye to or spending much less time with drinking buddies. It is no longer a good idea to spend time in bars. As they say in Alcoholics Anonymous, if you spend too much time in a barber shop, you will eventually get your hair cut. 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. If people become bored, they will be tempted to return to alcohol. It is therefore vital that the individual develop new hobbies and interests that do not involve alcohol.

- excerpted from "Sobriety as a New Year Resolution". AlcoholRehab.com

On New Year's Eve, **Judy stood up at the local pub** and said that it was time to get ready.

"At the stroke of midnight," she said, "I want everybody to be standing next to the one person who has made your life worth living."

The bartender was nearly crushed to death.

Dave S., March 2000



"I'm sure we've met before--was it at Dolan's Drunk Farm or the State Hospital?"

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](http://www.district17aa.org)) of Central California ([www.aaareg93.org](http://www.aaareg93.org)).

If you would like to add to this newsletter please contact the editor at [SunriseSunsetGroup@gmail.com](mailto:SunriseSunsetGroup@gmail.com)