



# The Sunrise-Sunset Group of Alcoholics Anonymous

**JANUARY  
2021**

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

### Thursday Speakers

7th Larry F.

14th Cia F.

21st Larry T.

28th Rosie T.

### Saturday Speakers

2nd Kelly L.  
Trad. 1, 2, 3

9th Jorge  
Step 1

16th Carla R.  
Step 1

23rd Tom M.  
Step 2

30th Jenn  
Step 2

### Tuesday Leaders

5th Mercedes

12th Steve L.

19th Julie R.

26th Cassandra A.

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

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



THE SUNSET GROUP BIG BOOK STUDY  
Tuesday 7:00-8:00pm

THE SUNRISE GROUP BIG BOOK STEP STUDY  
Saturday 8:15-9:30am

### Zoom Meetings Information

*(Zoom access available 10 minutes before start of each meeting)*

Meeting ID: 862 2597 2363  
Password: 862020

#### One tap mobile:

+16699009128,,86225972363#,,,,,0#,,862020# US (San Jose)  
+13462487799,,86225972363#,,,,,0#,,862020# US (Houston)

#### Dial by your location:

+1 669 900 9128 US (San Jose)	+1 346 248 7799 US (Houston)
+1 253 215 8782 US (Tacoma)	+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)	+1 301 715 8592 US (Germantown)

### Seventh Tradition

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



**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.

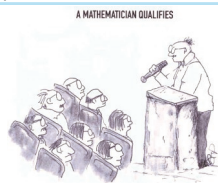
Don't try to change everything about your life all at once. You've made your New Year's resolution to quit drinking alcohol, so don't add "lose 10 pounds, run a marathon, meet your future spouse and establish world peace" to the list.

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



"Of course I know how vector spaces of the same dimension are isomorphic, but did I care?"



"OK, this time I'll be the speaker, you be the chairman, and he'll be the new gag."

From "Take Me To Your Sponsor: 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](http://www.district17aa.org)) of Area 93, Central California ([www.area93.org](http://www.area93.org)).

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