



# The Sunrise-Sunset Group of Alcoholics Anonymous

## JULY 2018

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

### Thursday Speakers

5th **Gina C.**

12th **Bob F.**

19th **Carla R.**

26th **Lance R.**

### Saturday Speakers

7th **TBA \***  
Step 4 Fear

14th **Jerome S.**  
Step 4 Fear

21st **TBA \***  
Step 4 Sex

28th **Kane C. \***  
Step 4 Sex

### Tuesday Leaders

3rd **Fred H. \***

10th **Kim C. \***

17th **Justin H. \***

24th **Cia F. \***

31st **Ed B. \***

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

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



### Thoughts on Traveling Sober

The "travel" season is upon us and some may be anxious about maintaining their sobriety away from home. After reviewing several articles containing tips for traveling sober I would like to offer the following observations.

**Plan your trip.** There are many destinations that feature more than nightlife or drinking establishments. There are even guides or agencies that specialize in sober destinations and/or modes of travel. Be honest with yourself and your recovery. If you are new to recovery, or struggling, perhaps now is not the time to be away from your sober network. Maybe that bachelor or bachelorette party in Vegas is not the best thing right now.

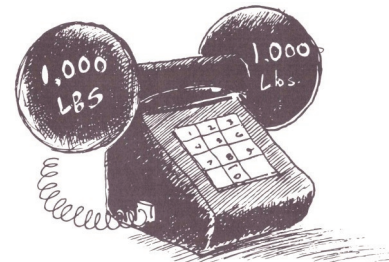
**Relax.** Schedules may not work out as planned, destinations may not be as expected, people may have their own stresses. Don't sweat the small stuff and remember, it's ALL small stuff.

**Treat yourself well.** Travel brings many physical stresses that can easily become mental or emotional triggers. Drink plenty of water. Eat sensibly and regularly. Get plenty of sleep. These simple parts of life can be more difficult when traveling so make a conscious effort to maintain them.

**Stay connected.** Contact those who have helped you stay sober and let them know how you are feeling and what you are experiencing. If you are a person who normally attends sober meetings, seek them out during your travels. "Friends of Bill" meetings can be found the world over.

**Enjoy.** You are not traveling to think about what you may be missing. Enjoy what you have planned as well as unexpected joys that may arise. Be positive!

One night an AA got a **call from a pigeon**, who said in agonized tones that he was on the verge of taking a drink. "Don't do it until I get there!" the AA commanded, and then drove like mad to the chap's home and rang the bell. The door opened, and the quivering drunk gasped, "Thank God you're here." Then he gulped down the drink he'd been holding in his hand.



- Editor

Pat O., Canada, December 1978

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