



# The Sunrise-Sunset Group of Alcoholics Anonymous

## JULY 2019

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

### Thursday Speakers

4th Happy 4th !!

11th Don M.

18th Linda M.

25th Michael B.

### Saturday Speakers

6th Danny M.

Step 5

13th TBA \*

Step 5

20th Jennifer F.

Steps 6 & 7

27th TBA \*

Step 8

### Tuesday Leaders

2nd Max M. \*

9th Stephen V. \*

16th Linda P. \*

23rd Nicole L. \*

30th Dina 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



### Tips to stay sober on the 4th of July

**Make plans with your sober friends.** Going to a totally sober get-together might be the best decision you can make to celebrate the Fourth.

**Bring back the fun from your youth.** This year, head out to the carnival and firework shows where alcohol isn't a factor and see how much fun you can have.

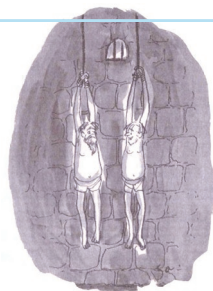
**Host a BYONB party.** BYONB stands for "Bring your own non-alcoholic beverages." When I'm the host of the party I can dictate the types of beverages that will be served, so if you're trying to stay sober this Fourth, why not host your own BYONB celebration?

**Prepare your exit strategy.** If you do decide to go to an Independence Day party where they will be serving alcohol, you should have a way to gracefully make your exit if you need to. Plan the time you want to leave, or what excuse you'll give if you need to get out of there fast.

**Avoiding H.A.L.T. is first and foremost on days like this.** H = Hungry, A = Angry, L = Lonely, T = Tired. So, if you are hungry, eat. If you are angry, talk to someone about it. If you are experiencing loneliness, call a sober friend or go to a meeting. If you are tired, then take a nap or work to get a good night's sleep.

**Live for today.** Just take it easy and enjoy the day as it is. Above all, please remember that the Fourth of July should be a day to celebrate with family and friends.

- compiled and excerpted from various websites



"We're sober ... it was a good day!"

A **one-dollar bill** met a twenty-dollar bill and said, "Hey, where have you been lately?"

The twenty answered, "I was on a cruise ship for a while and hung out in the casinos, then I came back to the States and flew out to L.A., went to a couple of baseball games, out to dinner, took in some of the new movies, that sort of thing. How about you?"

The one-dollar bill said, "Oh, you know, the same old thing—meetings, meetings, meetings."

Glenn H., Virginia Beach, Virginia, September 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-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)