



The Sunrise-Sunset Group of Alcoholics Anonymous

**JULY
2020**

www.SunriseSunsetGroup.org

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

Thursday Speakers

2nd Nancy B. *

9th Mike B. *

16th Paula P. *

23rd Adrian C. *

30th Jane L. *

Saturday Speakers

4th Barbara C.
Steps 10 & 11

11th TBA *
Step 12

18th Taisya S.
Step 12

25th Sharon G.
Trad. 4, 5, & 6

Tuesday Leaders

7th Aaron S.

14th Tracy J.

21st Tanya F.

28th David C.

* for more information
visit our website at
SunriseSunsetGroup.org

THE SUNSET GROUP

Thursday 7:00-8:30pm

Web browser: <https://zoom.us/j/128842620?pwd=enBsZUpaZGtKYTBkYVJWdDVR4aHpKUT09>

Meeting ID: 128 842 620

Password: 028654

One tap mobile: +16699006833,,128842620# US (San Jose)



THE SUNSET GROUP BIG BOOK STUDY

Tuesday 7:00-8:00pm

Web browser: <https://zoom.us/j/128842620?pwd=enBsZUpaZGtKYTBkYVJWdDVR4aHpKUT09>

Meeting ID: 128 842 620

Password: 028654

One tap mobile: +16699006833,,128842620# US (San Jose)

THE SUNRISE GROUP BIG BOOK STEP STUDY

Saturday 8:15-9:30am

Web browser: <https://zoom.us/j/347486176?pwd=Z2NqdoZKaXFBVEU2ZS9JTndocStvUT09>

Meeting ID: 347 486 176

Password: 013090

One tap mobile: +16699006833,,347486176# US (San Jose)

As the situation around the coronavirus continues to evolve, we're living life differently and learning as we go. Now is a time to be kind to each other — and to ourselves. Here are some simple things you can do to take good care of yourself right now.

Eat as healthy as you can

Eating a variety of healthy foods is always important, but it's easy to fall back on less healthy options when you're feeling anxious. It's not about perfection, it's about doing what you can to nourish your body the right way.

Get creative with exercise

When you're worried, get out of your head and into your body. Virtually any form of physical activity can act as a stress reliever, so have fun changing up your routine.

Stay socially connected

Talk with people about how you feel — from a safe distance, of course. Every opportunity to reach out is an opportunity to help lift someone up — including yourself.

Practice kindness

Simple gestures mean a lot. Small acts of kindness add up, and the benefits go both ways.

Rest and relax

It's important to replenish your energy and recharge your brain. Take breaks to rest throughout the day. Be sure to get enough sleep.

Make time for mindfulness

Ease anxiety about what the future holds by intentionally focusing on the present moment. That's exactly what mindfulness is.

Get things done

Explore a new hobby you've been meaning to try, or tackle a project you never seem to have time for. Accomplishing simple tasks like cleaning out drawers and closets can be rewarding, while moving your attention away from anxious thoughts.

Take breaks from the news

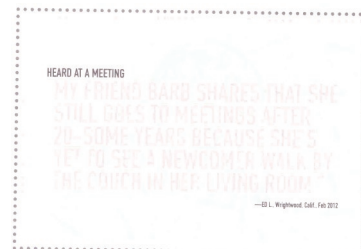
Of course it's important to stay up to date. But it can also be overwhelming and make stress and anxiety worse. There's a lot of misinformation going around, and it can be tough to separate the myths from the facts.

When times are uncertain, it's never a comfortable feeling. Stress, fear, and anxiety are normal. Making time to practice self-care can help you find some relief.

- excerpted from "A Range of Kindness Activities Boost Happiness," *The Journal of Social Psychology*, May 15, 2018



"I prefer night meetings."



—Bill, Highland Calif., Feb 2012

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) of Area 93, Central California (www.area93.org).

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