



# The Sunrise-Sunset Group of Alcoholics Anonymous

**NOVEMBER  
2020**

**Please note new Zoom information below.  
Visit [www.SunriseSunsetGroup.org](http://www.SunriseSunsetGroup.org) for updates.**

**Thursday Speakers**

- 5th **Tim W.**
- 12th **Rose H.**
- 19th **Michael B.**
- 26th **Joyous Thanks**  
(no meeting)

**Saturday Speakers**

- 7th **TBA \***  
Steps 6 & 7
- 14th **Nedra**  
Steps 6 & 7
- 21st **Steve A.**  
Steps 8 & 9
- 28th **Cia**  
Steps 8 & 9

**Tuesday Leaders**

- 3rd **John**
- 10th **Mercedes**
- 17th **Michelle**
- 24th **Tom**

\* 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

**Seventh Tradition**

Visit website Events page for PayPal links.  
Venmo with [@SunriseSunset](https://www.venmo.com/@SunriseSunset) or scan below.  
(please denote Tuesday, Thursday, or Saturday when giving)



**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)

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

**GATE CRASHERS**

One day, a good man died and went to heaven. He was met at the pearly gates by St. Peter, who escorted him around to the various rooms to see which one he would choose for his eternal dwelling. The first one contained robed saints sitting in a circle repeating chants. "Too spooky," said the man.

The next room held saints shouting, "Hallelujah," and rolling around the floor, while a man screamed from a podium. "Too wild," said the man.

The third one contained prayerful, solemn saints in formal attire counting beads. "Too boring," said the good man.

The final room contained a group of laughing people in worldly attire, using off-color language, smoking cigarettes and drinking coffee. "Who are these people?" asked the man.

"We're not sure," replied St. Peter. "They declare they are not saints, but we let them stay anyway because they've promised they will stay only one day at a time."

—LESLIE AND DAVID E. Spangford, No. 1002



"I can't change this in a discussion meeting"

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)



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## My Journey to Alcoholism

by Brooke B.

It seems like with the right mixture of ingredients, I was destined to become an alcoholic sooner or later. Addiction runs high on both sides of my family. Molestation affected my ability to form healthy romantic relationships. In the end, I had literally hit rock bottom, hitting my face so hard on a rock that I cut an artery on my chin, knocked out both my front teeth, along with other cuts on my face. And I continued to drink!

Before alcohol I displayed the same obsession with other activities of my life. There was a time when I got frostbite while skiing. Similar to my characteristics when drinking, I kept wanting one more thrill despite the freezing temperatures. In high school I played sports, I was very good at them, they were my outlet. At that time sports did for me what alcohol would later do for me. In college, I was very depressed. I hadn't discovered alcohol and still needed something to fill the void inside me so I turned to food and bulimia. It seemed that whatever I did, I did it hard and to the max.

A late bloomer, I was 25 when I first discovered the magic of alcohol. I moved to Arizona and this is where I first enjoyed the effects of alcohol. I felt free! I felt good! Drinking was magical. The party had started and continued for a long time. I moved to California and fell in love for the first time. I started to drink for every feeling. I am a sensitive person and drank for every feeling. Drinking was the formula that turned me into a real Jekyll and Hide. After one fight, I cut my wrists. I just wanted to feel some pain. I wasn't looking for death. I believe my higher power was there for I missed every vein!

When my boyfriend and I broke up I started drinking in the morning, throughout the day, at work, and all night long. I was almost never sober. When my friend came over for a "fun" time little did we know what would happen. Adding to the drinks I had already consumed we continued to drink throughout the day and night. Leaving a bar on a mountain and having no luck with an uber, we decided to walk home. Feeling great, forgetting my heartbreak, I was stumbling down the trail. That is when I fell and fell hard. I had split an artery in my chin and broke my two front teeth. And my drinking continued to progress! I would wake up with anxiety around 3 a.m. and reach for the wine. I went to work drunk and drank throughout the day. This didn't go unnoticed by my co-workers. A co-worker noticing my state had a wife in A.A. She offered to take me to a meeting. I went, I went to another meeting, and I got a sponsor.

My sponsor once told me that you learn who you are through the A.A. steps. Those words stuck with me and now I am able to see just how true those words are as that has been my experience. By doing the steps I have learned the good and bad of me. I continue to work on my character deficits and drinking is not my solution anymore. As for the promises I was lucky to see them manifest fairly quickly. Almost immediately upon getting sober I was offered a new job with better income. Sometimes quickly, sometimes slowly I am learning to apply the tools of A.A. to daily life. As time goes on I continue to see all positives that A.A. has granted me. I am grateful for A.A. It has brought me back to a spirituality that I had lost through my drinking.

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