



The Sunrise-Sunset Group of Alcoholics Anonymous

NOVEMBER 2021

www.SunriseSunsetGroup.org

Thursday Speakers

- 4th **Sharron S.** * (online)
- 11th **Rich B.** * (online)
- 18th **Rhonda D.***(online)
- 25th **TBA** * (online)

Saturday Speakers

- 6th **TBA** * (hybrid) TBA
- 13th **TBA** * (hybrid) TBA
- 20th **TBA** * (hybrid) TBA
- 27th **TBA** * (hybrid) TBA

Tuesday Leaders

- 2nd **John D.** * (hybrid)
- 9th **Dave A.** * (hybrid)
- 16th **Esther G.** *(hybrid)
- 23rd **TBA** * (hybrid)
- 30th **TBA** * (hybrid)

* for more information visit our website at SunriseSunsetGroup.org

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



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

Little White Chapel – Upstairs room,
1711 N. Avon St., Burbank, CA 91505

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

St. Matthews Lutheran Church – Sanctuary Room
11031 Camarillo St.
North Hollywood, CA 91602

Seventh Tradition

Visit website Events page for PayPal links.
Venmo with @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

November Is National Gratitude Month

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." – Melody Beattie

Things to Put on Your Gratitude List in Recovery

There are many things to be grateful for in recovery, and you can start identifying them by asking yourself this question: What is great about your life right now?

- You are sober
- You woke up without a hangover
- You are in good health
- You look good and healthy
- You have a supportive family
- You have a loyal sober network of friends
- You are a better friend and family member
- You have 12-step meetings, counselors, sponsors, and support groups to keep you going
- You have freedom – you are not trapped, emotionally or physically, by anxiety or behind bars
- You have career opportunities and the ability to work
- You have a growing bank account
- You have the potential to make a difference in the lives of others
- You can accomplish your goals without being held back by drugs or alcohol

Close your eyes. Be present. Reflect. Be grateful. Write. Doodle, even. Do what makes you feel good and healthy and positive about the day. Not just Thanksgiving day, but every day moving forward.

Creating a gratitude list in recovery is an effective relapse prevention tool, in that it can give you a sense of meaning and purpose. It gives voice to what you feel inside, and allows you to recognize even the little things that make your life better. As famous musician Willie Nelson once said, "When I started counting my blessings, my whole life turned around." You can do this, too.

- excerpted from "THE BENEFITS OF A GRATITUDE LIST IN RECOVERY", TurnBridge.com

TIME OUT

A member was asked to speak at a new meeting and got a little carried away. After talking for nearly two hours, he finally realized what he was doing and said, "I'm sorry I talked so long. You see, I left my watch at home."

An old-timer in the back of the room hollered out, "There's a calendar behind you!"

—O.P. Amherst, Nova Scotia, April 2017

LOW TECH

BEFORE I GOT TO AA, I DIDN'T HAVE A PC OR A CELLPHONE. ALL I HAD WAS THE DTs IN A JAIL CELL.

—ROGER S. Redwood City, Calif., Dec 2016



"Where the %&*!! is the power source?"

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