



# The Sunrise-Sunset Group of Alcoholics Anonymous

**NOVEMBER  
2023**

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

**Thursday Speakers**

- 2nd Erin E.
- 9th Mike L.
- 16th Garet M.
- 23rd Closed Holiday
- 30th Cara S.

**Saturday Speakers**

- 4th David A.  
Step 4 Fear
- 11th Joan C.  
Step 4 Fear
- 18th Sean M.  
Step 4 Sex
- 25th TBA \*  
Step 4 Sex

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



Sherman Oaks/East Valley Adult Center  
5056 Van Nuys Blvd., Sherman Oaks, CA

**THE SUNRISE GROUP**  
Saturday 8:15-9:30am

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

**Zoom Meetings  
Information**

*(Zoom access available 5 minutes  
before start of each meeting)*  
Meeting ID: 862 2597 2363  
Password: 862020

**Seventh Tradition**

Visit website Events page for PayPal links.  
Venmo with @SunriseSunset or scan below.  
*(please denote Thursday, or Saturday when giving)*



**Tips for No Drink November (or beginning long term sobriety)**

Embarking on a journey of No Drink November can be a rewarding and transformative experience. Here are some valuable tips to help you navigate through this period successfully:

- 1) **Set clear goals:** Define specific and achievable goals for your alcohol-free month to stay motivated and focused on the intended outcomes.
- 2) **Plan ahead:** Anticipate challenging situations and plan accordingly to avoid triggers and maintain your commitment to abstinence.
- 3) **Communicate your intentions:** Inform your friends, family, and peers about your decision to abstain from alcohol, gaining their support and understanding throughout the process.
- 4) **Remove temptations:** Clear your living space of any alcoholic beverages to minimize the temptation of indulging during moments of weakness.
- 5) **Explore non-alcoholic alternatives:** Discover and enjoy the wide variety of non-alcoholic beverages available as substitutes for alcoholic drinks, ensuring you still have a pleasurable drinking experience.
- 6) **Stay hydrated:** Maintain adequate hydration by consuming plenty of water and other non-alcoholic fluids to support your overall well-being and minimize cravings.
- 7) **Engage in physical activity:** Incorporate regular physical exercise into your routine to promote physical health, while at the same time distracting yourself from thoughts of drinking.
- 8) **Practice mindfulness:** Cultivate mindfulness through meditation and other relaxation techniques to manage stress and cravings effectively while focusing on the present moment.
- 9) **Find support:** Seek support from friends, family, or support groups to share your journey, receive encouragement, and stay motivated throughout the month.
- 10) **Track your progress:** Keep a record of your progress to visualize your achievements and reinforce your commitment to the goals you've set for No Drink November.
- 11) **Practice self-care:** Prioritize self-care activities such as adequate sleep, healthy eating, and leisurely pursuits to promote overall well-being and maintain a positive mindset.
- 12) **Stay positive and patient:** Embrace a positive attitude and remain patient with yourself, understanding that the journey may have its ups and downs, but the end result will be rewarding and worthwhile.

*- from the Editor*

**UNDER COVER**

MIKE TO CHARLIE THE BARTENDER: "POUR ME A STIFF ONE, CHARLIE. I JUST HAD ANOTHER FIGHT WITH THE LITTLE WOMAN."

CHARLIE: "OH YEAH? AND HOW DID THIS ONE END?"

MIKE: "SHE CAME TO ME ON HER HANDS AND KNEES."

CHARLIE: "REALLY? THAT'S A SWITCH. WHAT DID SHE SAY?"

MIKE: "SHE SAID, 'COME OUT FROM UNDER THAT BED, YOU GUTLESS WONDER!'"



—Will N., Arlington Heights, Ill., Aug 2014

*"Whaddya say we go somewhere cozy and tell each other the exact nature of our wrongs?"*

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

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)