



The Sunrise-Sunset Group of Alcoholics Anonymous

**OCTOBER
2015**

www.SunriseSunsetGroup.org

Thursday Speakers

1st Charles K.
8th Danny M.
15th Kathy M.
22nd Debbie D.
29th Nolan H.

Saturday Speakers

3rd Jeff J.
Trad. 1, 2 & 3
10th Sharon C.
Step 1
17th Kane C.
Step 1
24th Tracy H.
Step 2
31st Steve L.
Step 2

Tuesday Leaders

6th Nikki T. *
13th Darren W. *
20th Katy B. *
27th Derek S. *

* visit our website at SunriseSunsetGroup.org for more information

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



Alcohol's Effects on the Body

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

Brain: Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart: Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

Research also shows that drinking moderate amounts of alcohol may protect healthy adults from developing coronary heart disease.

Liver: Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas: Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Cancer: Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the:

- Mouth
- Esophagus
- Throat
- Liver
- Breast

Immune System: Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

- National Institute on Alcohol Abuse and Alcoholism

Heard at a meeting, circa 1970: "The last days of my alcoholic drinking were like making love to a skunk. I wondered how much pleasure I could stand."
May 1999

Definition of an alcoholic bottom:
When things get worse faster than you can lower your standards.

Anonymous, New York, New York, March 2000



"Then in November, 1947—or no, I guess it was December..."

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 and Sunset Group and meetings are in District 17 (www.district17aa.org) of Central California (www.aaareg3.org).

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