



# The Sunrise-Sunset Group of Alcoholics Anonymous

**OCTOBER  
2020**

**ANNOUNCEMENT: Zoom meeting and other info will be changing soon. Visit [www.SunriseSunsetGroup.org](http://www.SunriseSunsetGroup.org) for updates.**

**Thursday Speakers**

**1st John S.**

**8th Danny M.**

**15th Julie L.**

**22nd Dave D.**

**29th Georgia B.**

**Saturday Speakers**

**3rd Butch M. (Arizona)  
Step 4 Fear**

**10th Jay  
Step 4 Sex**

**17th Aimee F.  
Step 4 Sex**

**24th Steve L. (Nashville)  
Step 5**

**31st Cindy C.  
Step 5**

**Tuesday Leaders**

**6th Jimmy M.**

**13th Gregg L.**

**20th Mindy**

**27th Sandra**

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

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

**THE SUNSET GROUP**

Thursday 7:00-8:30pm

**Web browser:** <https://zoom.us/j/85749785880?pwd=Sm11TTdBYlMzVkRGbWhlU1J1VWZhUT09>

**Meeting ID:** 857 4978 5880

**Password:** 776970

**One tap mobile:** +16699006833,,85749785880# US (San Jose)



**THE SUNSET GROUP BIG BOOK STUDY**

Tuesday 7:00-8:00pm

**Web browser:** <https://zoom.us/j/128842620?pwd=enBsZUpaZGtKYTBjWitDbVR4aHpKUT09>

**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.

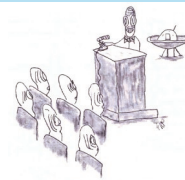
**Take breaks from the news**

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*

WHO YOU KNOW  
ANYBODY,  
ANYWHERE, AT  
ANY TIME, CAN  
JOIN ALCOHOLICS  
ANONYMOUS. BUT  
TO JOIN AL-ANON,  
YOU'VE GOT TO  
KNOW SOMEONE.



"Since I was flying head-on into asteroid belts and collecting marbles on a daily basis."

©2002/03/04, Public Domain, March 2015

*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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## **COVID-19 means long stretch of stormy weather for people with alcohol and substance use disorders**

July 14, 2020 by NIAAA

The ongoing COVID-19 pandemic has created an environment that is particularly problematic for individuals with alcohol and substance use disorders (ASUD), according to physician scientists at the National Institutes of Health. In a commentary now online in the American Journal of Psychiatry, the researchers liken the global coronavirus emergency to a “perfect storm,” with dire consequences for ASUD prevention and treatment that may endure after the pandemic.

For example, they note that both alcohol and other substance misuse impair immune system function and increase the risk of respiratory infections and their complications. People with ASUD also have high rates of cardiovascular and pulmonary comorbidities, which may increase their risk for infection-related consequences. The authors add that reports of cerebral effects of COVID-19 suggest the potential for adverse interactions with ASUD-related brain effects.

The COVID-19 pandemic has increased stress for people worldwide, with millions experiencing prolonged periods of fear, anxiety and social isolation — conditions that are known to increase craving, consumption, and risk of relapse in individuals with ASUD.

COVID-19 further complicates the numerous challenges related to the availability and access to treatments for individuals with ASUD. The authors note that evidence-based treatments are often not provided to individuals with ASUD primarily due to the stigmatization of alcohol and drug misuse, limited medical education and training on addiction provided during medical schools and clinical trainings, and other factors. They suggest that “individuals suffering from ASUD may be even more marginalized in a phase where the urgency of addressing a serious and deadly pandemic may take priority over managing this chronic health condition.”

While the present circumstances call for the use of online mutual support programs, telemedicine, and other internet technologies to help individuals with ASUD, Dr. Leggio and his colleagues note that many people with ASUD lack access to internet technology.

“These are certainly difficult times, but we can also learn from these challenges,” says Dr. Leggio. “For example, there has been an increase in telemedicine-delivered behavioral therapies and telemedicine-based prescription of approved medications for individuals with ASUD. We hope that this experience will lead to long-term improvements in addiction medicine beyond the pandemic.”

Reference:

New Challenges in Addiction Medicine: COVID-19 Infection in Patients with Alcohol and Substance Use Disorders – The Perfect Storm.

Spagnolo PA, Montemitro C, Leggio L.

American Journal of Psychiatry. Published online, 2020 July 14.

*- excerpted from National Institute on Alcohol Abuse and Alcoholism, <https://niaaa.scienceblog.com/319>*