



The Sunrise-Sunset Group of Alcoholics Anonymous

**OCTOBER
2023**

www.SunriseSunsetGroup.org

Thursday Speakers

5th **Kim S.**

12th **Steve L.**

19th **Garet M.**

26th **Eldad S.**

Saturday Speakers

7th **Kimberly K.**
Step 3

14th **Margaret C.**
Step 3

21st **Ron S.**
Step 4 Resentment

28th **Nina K.**
Step 4 Resentment

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)



**Please join us *LIVE*, or on Zoom, for our Thursday night Sunset
and Saturday morning Sunrise meetings!**

October is becoming known as “Sober October” for many people. The term started in the UK as a way to benefit a cancer center. Along with “Dry January” it has become a way for many to take a break from their alcohol consumption and, perhaps, gain a new perspective on their relationship with the drink.

For most of us in the Sunrise-Sunset Group every month is a sober month but, we probably know someone that could benefit from a “Sober October”. If you know someone like that maybe a word about taking a month away from alcohol would be a good way to introduce the idea of sobriety for a manageable period of time. It might even be fun to join with them to explore new ways to enjoy social occasions and other activities without alcohol and to guide them with the ways you may have already discovered.

Introducing someone to “Sober October” might be just the 12th Step message that allows them to consider whether long term sobriety is necessary or desirable for them. Per our Fifth Tradition, our “...primary purpose...is to carry the message...”, in word and deed, to those who suffer.

A “Sober October” could be the message to carry.

- from the Editor

A COLD WIFE

I just got off the phone with a friend who lives in North Dakota. She said that since early this morning the snow has been nearly waist high, and it's still falling. The temperature is 32 below zero, and the north wind is increasing to near gale force. Her husband has done nothing but look through the kitchen window and just stare. She says if it gets much worse, she may have to let the drunken bum in.

—DICK S. Shrewsbury, Pa., May 2014

TEXT TO WIFE:

MARY, HAVING
ONE MORE PINT
WITH THE LADS.
IF NOT HOME
IN 20 MINUTES,
READ THIS
MESSAGE AGAIN.

—BILL H. Oakland, Pa., April 2014



“Honey, I wantcha to meet a friend of mine...”

*** For more information
visit our website at
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) 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