



The Sunrise-Sunset Group of Alcoholics Anonymous

SEPTEMBER 2018

www.SunriseSunsetGroup.org

Thursday Speakers

6th Aaron S.

13th Lisa C.

20th TBA *

27th TBA *

Saturday Speakers

1st Tami P.
Steps 8 & 9

8th Candice M.
Steps 8 & 9

15th Larry T.
Steps 10 & 11

22nd Aaron H.
Steps 10 & 11

29th Nancy C.
Step 12

Tuesday Leaders

4th Gina C. *

11th Lance R. *

18th Claire H. *

25th Dick K. *

* for more information visit our website at SunriseSunsetGroup.org

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



Thoughts on Traveling Sober

The "travel" season is upon us and some may be anxious about maintaining their sobriety away from home. After reviewing several articles containing tips for traveling sober I would like to offer the following observations.

Plan your trip. There are many destinations that feature more than nightlife or drinking establishments. There are even guides or agencies that specialize in sober destinations and/or modes of travel. Be honest with yourself and your recovery. If you are new to recovery, or struggling, perhaps now is not the time to be away from your sober network. Maybe that bachelor or bachelorette party in Vegas is not the best thing right now.

Relax. Schedules may not work out as planned, destinations may not be as expected, people may have their own stresses. Don't sweat the small stuff and remember, *it's ALL small stuff.*

Treat yourself well. Travel brings many physical stresses that can easily become mental or emotional triggers. Drink plenty of water. Eat sensibly and regularly. Get plenty of sleep. These simple parts of life can be more difficult when traveling so make a conscious effort to maintain them.

Stay connected. Contact those who have helped you stay sober and let them know how you are feeling and what you are experiencing. If you are a person who normally attends sober meetings, seek them out during your travels. "Friends of Bill" meetings can be found the world over.

Enjoy. You are not traveling to think about what you may be missing. Enjoy what you have planned as well as unexpected joys that may arise. Be positive!

One night, a newcomer took his daughter to dinner at a downtown restaurant. As they walked in the door, the first thing they saw was an enormous sign advertising what used to be his favorite beer. The man's eyes immediately widened and he began remembering just how good the old brew tasted. Then his daughter interrupted.

"Oh, look, Daddy," she said, pointing to the sign. "They have Your-Life's-in-the-Toilet on tap."

Doug R., New York, New York, January 2001



- Editor

"Ethel? How long did they say to avoid emotional involvements?"

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-Sunset Group and meetings are in District 17 (www.district17aa.org) of Area 93, Central California (www.area93.org).

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