

# Straight Talk

A publication of Fairview Riverside AA  
U of M Medical Center

Meeting  
Listings  
Inside

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July - August 2017



## “Willing To Go To Any Length”

Another successful 44th year at Gopher State Round  
Fairview Riverside AA Hospitality Suite 115—Poolside  
Great food and fellowship! Hundred's served!

Thanks to the support of the Board of Trustees and Fairview Riverside AA!

Thanks to volunteers from Hope's AA in Richfield helping us this year!  
An Attitude of Gratitude!

Join us for a  
Speaker Meeting

Brennan Center  
East Building  
Sunday @ 7:15pm

AA  
Sunday  
Night



*To be able to see through glass  
Or understand a tree  
It's not me  
It's sobriety*

*I welcome the free mind  
God has rendered in kindness  
As life now is what I find  
All under divine time.*

*So my thought is really no thought  
But doing what I ought  
I have the serenity I sought  
All else comes to naught.*

**By Bruce A., AA Squad Nine**

**I face the demon ...**

and the demon is inside me, all around me, sitting right behind me, tapping on my shoulder. In my mind, the demon is forever echoing his chant. I just assume the demon is male in persona. Maybe the demon is female. Maybe the demon seduced me from the very beginning. The demon is me and I am staring him, eye to eye, like a boxer in the ring of a championship fight. Will I win?

Those thoughts, those doubts are constantly running through my mind. The demon has stolen my soul.

What have I got left to fight with? A broken sword is my only weapon in the imaginary pit of gladiator hell. The demon has taken all from me, all that could have been, most of what was. I am my own priest in my own drama playing out an exorcism. But there is no escaping what the demon has done to me. There is no escaping me. I have to live with myself. I have to live in my thoughts, prayers, dreams, failures... I cannot escape my history. What purpose do all my unfulfilled promises serve? I am at the altar of the demon and the Lord at the same time. Self. Me. I am torn between the two beliefs. I am an animal caught in a trap and there is no escaping.

Author Unknown - From Alcoholishare

**"I AM RESPONSIBLE FOR MY OWN SOBRIETY"**

## With Complete Abandon

### After many relapses and false starts she heard something in a meeting that changed everything -

*Continued...after a downward spiral ...*

*Our son was born just after I turned 30. A week before he was born, my husband took me to a parking lot and gave me an ultimatum. I had not been able to stop drinking or using during the pregnancy and he was very fearful that our child might be born with significant defects. If that were to happen, he told me, we would immediately give up the child for adoption and I would have to seek treatment.*

*I've learned so much from my mistakes... I'm thinking of making a few more.*



I wanted to find a very large hole in the ground, crawl in there with the unborn child, and just cover myself and die. The next week, our son was born and to all who examined him at the hospital, he was perfect. I nursed him and loved him and felt more blessed to be alive than at any other time in my life. And then I went home with him.

The booze and the drugs were still there. I continued to use. When he was three months old, I had an accident while I was holding him. That was a tremendous moment of clarity. I had to get help. So I went to treatment and my older sister lovingly and willingly took care of my baby boy while I desperately sought help.

I struggled with early sobriety. The least bit of emotion sent me back to the drink. I held on, kept going to meetings after I was discharged from treatment, and eventually became sober and stayed sober for seven beautiful years.

My daughter was born while I was totally sober. Eight months after she was born, my husband left for good. I was still totally incapable of having a relationship with another human being. I was devastated, yet I stayed sober and I continued to go to meetings, frequently taking the children with me. I had to stay sober. I had to be a good mother. I didn't know it at the time, but I was dry, not sober. I wasn't working the Steps, and I definitely wasn't listening to the wisdom of a sponsor. I had no real connection with a Higher Power. I was too angry at God to have a relationship with Him! After all, I had been abused, I was a mess, and no one loved me except my children. For a time, that was enough. It wouldn't last for long.

By the time my son was 6 and my daughter was 2, the rage attacks were enough to scare them. At times, I lost control and hit them too hard, although I was usually able to stop short of actually beating them. All the anger and rage I felt toward myself, toward God and toward everyone who had not loved me the way I thought I should be loved was directed at those poor babies.

Alcoholics Anonymous had taught me that it was okay to ask for help, so I did. I learned better ways of dealing with my rage and anger. I sought outside help. For a time, things were really good. Then the bottom fell out. Because of some issues at work, I started drinking. It was not really because of what happened, but because I was not living a program of recovery. I was not working with a sponsor, so there was no one I felt I could call for guidance. I was not living the Steps, so I had no Higher Power to trust to help me. I drank because I wanted to drink more than I wanted to stay sober. I drank because I held onto my old idea that obliterating feelings was more effective than living a life of useful purposefulness. I drank. And drank. And drank.

My choice to drink again in 1993 began a downward spiral from which I was afraid I would never recover. The progression of my disease was as profound as it is described in our literature. To be sure, I went back to AA frequently, but I couldn't and wouldn't do what was suggested. I surrendered custody of my children to my ex-husband in 1998, after attempting suicide four times in four months. I didn't care about my responsibilities as a parent. I didn't care about anyone but myself. I didn't care about anything except not feeling. I didn't care about anything except the drink.

By 2001, I was so out of control that I was arrested twice within a six-month period. A condition of one of my arrests was a one-year probation period. I was so afraid of going back to jail that I actually stayed sober for that year, from 2001-2002. From 2002-2006, I attended meetings, held service positions, had a home group, a sponsor, but I was stoned continuously on the marijuana maintenance program.

By 2006, I went back to the drink. From 2006-2008, I managed to give away my home of 20 years, almost every material possession I had and I was unable to work. I was institutionalized 19 times over 18 months. After many of those hospitalizations, I was released into my son's custody.

In March of 2008, my son had to call the police to have me forcibly removed from his home and I became homeless. I drank and used and slept on park benches and ate at soup kitchens and slept in shelters when I could. I used every dime that was left in my meager bank account to support my alcoholism and when the money ran out, I would call family and friends and beg. To their credit, most of them said "No."

*(continued on next page)*

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Upon discharge from one of the hospitals, I was allowed to stay at my son's house for one day – and while I was there, I had my last drink. It was another suicide attempt. The hospital had given me anxiety medication and I took handfuls while drinking his tequila.

I cried and cried and wondered why no one loved me enough to do an intervention. My moment of clarity had arrived. I heard a voice say, "I love you." I believe it was the voice of my Higher Power. The phone number of one of the local treatment centers came into my mind and I dialed it. I said I needed help, and they sent an ambulance. My son's last words as they loaded me into the ambulance were "Mom, go to a meeting." That was July 26, 2008.

I went to a meeting that night at the hospital. As they were reading "How It Works," I realized that they had put in a new sentence. Or at least, I had never heard it before: "We asked His protection and care with complete abandon." It struck me dumb. The only things I had ever wanted were to be protected and cared for. I knew somewhere deep within my soul that if I felt safe, I might be able to learn to love.

So I got my white chip, went back to my room, got on my knees and I asked. I surrendered and I asked to be protected and cared for. Over the coming months, I would begin to realize I always had been. -- Mary

I recently read these aged words of wisdom by Thomas Jefferson:

"Eternal vigilance is the price of peace".

It applies well to sobriety also.  
Eternal vigilance one day at a time.

*Eternal Vigilance*

By Rick G.H., AA Group One

**Additional Meetings at U of M Medical Center**  
**DAY GROUP TIME LOCATION**

			<b>ACA ACOA</b>
Monday	10	8:00pm	North Bldg—NG22
Tuesday	4	9:00pm	North Bldg—NG22
			<b>Al-Anon</b>
Monday	36	7:00pm	North Bldg—NG23
Tuesday	33	7:00pm	Bethany Lutheran Church Franklin Ave @ 25th Ave
			<b>CA</b>
Wednesday		8:30pm	West Bldg-5th Floor Lec- ture Hall
			<b>GA</b>
Sunday		7:00pm	East Bldg-MB114
			<b>NA</b>
Friday		8:00pm	East Bldg—Brennan Cen.
			<b>OA</b>
Monday		4:45pm	East Bldg-MB114
			<b>WA</b>
			(Workaholics Anonymous)
Wednesday		11:30am	East Bldg-Dining Rm E
			<b>Opiates Anonymous</b>
			(Closed Meeting—Alumni)
Thursday		8:00pm	West Bldg—Floor 5 #557

**12-step Opportunities**



**Fairview Riverside AA – U of M Medical Center**

*To keep the program, we must give it away!*

**General Meeting** – Sunday speakers –  
7:15pm – Brennan Center – East Building

**AA Wing Meeting** – Saturdays – 6:30pm –  
5<sup>th</sup> Floor Treatment Center – Cafeteria

**Fairview Riverside – U of M Detox Center** – Sundays – 8:30pm

**Annual Gopher State Round Up – AA Hospitality Suite 115**—Memorial Day Weekend -

For more information, please email  
Fairview Riverside Board of Trustees  
at

**[feedback@aafairviewriverside.org](mailto:feedback@aafairviewriverside.org)**

**Visit us online**

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**7th Tradition**

**Every AA Group Ought To Be Fully Self-Supporting**

**Trustees Financial Report**

**Summary**

**April 2017**

Sq. 1	\$10	Expenses:	\$ 256.82
Sq. 2	\$26		
Sq. 3	\$8	Closing	
Sq. 9	\$17	Balance:	\$ 1,648.57
Sq. 20	\$71		
Sq. 43	\$12		
Sq. 47	\$71		
Sq. 51	\$10		
Sq. 57	\$33;		
Sq. 70	\$52;		
GM	\$112 =	<b>TOTAL:</b>	<b>\$422</b>



# U of M Medical Center Fairview Meeting Listings

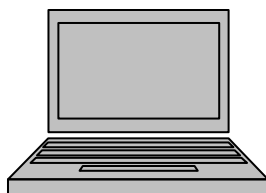
## AA (Alcoholics Anonymous)

Day	Group	Time	Location
Monday	3	5:30pm	East Bldg - Dining Room E
	43	7pm	North Bldg/Ground Level NG48
Tuesday	57/36	1pm	West Bldg - Fifth Floor F571
	62	7pm	Bethany Lutheran Church—Franklin Avenue @ 25th Avenue
	9	8pm	North Bldg/Ground Level NG42
Wednesday	32	5:30pm	East Bldg - MB114 (Dining Room F)
	20	7pm	West Bldg - 5th Floor F541
	71	7:30pm	West Bldg - 5th Floor F572 (signing meeting- American Sign Language only)
	51	8:15pm	North Bldg/Ground Level NG42 (Big Book Meeting)
Friday	46	7pm	East Bldg-MB114 (Dining Room F)
	70	8:30pm	North Bldg/Ground Level-NG42
Saturday	1	8pm	East Bldg/Brennan Center
Sunday	47	5:30pm	East Bldg-MB114 (Dining Room F)
	<b>General Meeting</b>	7:15pm	East Bldg/Brennan Center
	2	8:30pm	East Bldg /Brennan Center
<b>Trustees</b>		2nd Sunday each month 6:15pm	East Bldg/Brennan Center lobby

Monthly Treasurer's & Secretary's Reports on website

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### Trustees

Bruce M. – Sq. 62  
Lynn – Sq. 1  
Stephanie F.-General Meeting  
Jim M. – Sq. 70  
Patrick R. – Sq. 47

### Looking for Reps from:

Sq. 2 Sq. 3 Sq. 9 Sq. 20 Sq. 32 Sq. 43  
Sq. 46 Sq. 51 Sq. 57/36 Sq. 71

**Please send a representative from your Squad!**

*People who don't go to meetings aren't there to see what happens to people who don't go to meetings.*

- Is your group not listed? Is it listed incorrectly?

Please leave a note with any changes or your writing submission in:

**AA group #70 mailbox—located in the West Building — Room F537**