

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

Meeting
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Visit us online
<http://www.aafairviewriverside.org/>

March - April 2020

My year in the Twin Cities recovery community

I was supposed to die on October 14, 2015.

I was 33 years old, married, and had a 10-week-old baby. I had a good job, a house, friends, and a good family. I also had some seriously untreated depression and anxiety issues, and a crippling case of alcoholism.

On October 14, after spending 28 days in inpatient treatment, relapsing, and basically turning my life and the lives of those who cared about me into a metaphorical dumpster fire, I found myself standing on a hotel balcony, thinking that it would probably be easier to try to fly than it would be to bring myself back from the edge.

SPOILER ALERT: I didn't do it. The next day I called one of the very few remaining friends that would still speak to me, asked for help, and started my first year as part of the Twin Cities famed recovery community.

One of our state's biggest claims to fame is that we are a hotbed for recovering addicts and alcoholics. With our numerous inpatient treatment centers (Hazelden, New Beginnings, Recovery Plus, Minnesota Teen Challenge, among many, many others), sober living houses, and a seemingly endless number of Alcoholic and Narcotics Anonymous meetings throughout the state, it's no surprise that people travel from all over the country to Minnesota with the goal of getting their lives back on track.

But while recovery is often talked about through a lens of triumph and inspiration, the reality is that getting started isn't fun. In fact, I hated every second of it.

After my friend picked me up from the hotel, I checked into Mission Detox in Plymouth. While there are numerous detox centers throughout the Twin Cities, the reality is that it can be surprisingly difficult to get into one of these facilities. On the day I went in, I waited over six hours while friends worked to find an open bed that could accommodate me.

For many alcoholics and addicts like myself, this challenge can ultimately prove to be the difference between getting help and staying in active addiction. When someone reaches out to you for help, it's likely that you're working on borrowed time, as the addicted brain's instinct is to isolate. Had Mission Detox not had a bed available, I might have taken a second try at balcony diving, or at least headed back to the liquor store.

(continued on next page)

**Attention
AA Members - Alumni - Friends & Family**

A Summer Time Picnic
Hosted by the Fairview Riverside AA
Board of Trustees

Mark your calendars
Sunday - June 28, 2020

Details to follow

Want to help?
Join **StraightTalk Society**
Facebook Group &

Contact us at <https://aafairviewriverside.org/>



Room & Meeting Changes

- The Brennan Center has been closed and repurposed as a medical area.
- Squads 1 & 2 meet in East Bldg. Lower Level - Dining Room A.
- Sunday's General Meeting meets in Children's Hospital - Wilf Auditorium
- Friday's NA Meeting meets in Children's Hospital - Wilf Auditorium
- AA Squad W for women Monday's @ 5:30pm meets East Bldg. Lower Level - Dining Room E.

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

While detox is helpful in providing addicts with a place to dry out under supervision, it's far from a solution. For anyone who has never been to detox, allow me to describe it: It sucks. It's kind of like a friendlier version of jail. Your personal items are locked up, you're provided with medications to help with withdrawals or other health-related issues that may arise from detoxing, and you're basically contained in a room with a bunch of other folks just like you.

You can read, watch TV, and play cards, but for me, my time was spent vomiting and drowning in my own anxieties and shame. Sure, groups bring meetings into these facilities, but the reason I was there was solely to stop drinking for the moment -- not to get better.

My next step was to find a treatment center that could take me in once I was released. I have the good fortune to have solid health insurance, which means I didn't have to pay out of pocket. However, many centers don't accept insurance, costing individuals and their families tens of thousands of dollars for intensive inpatient treatment, which even then can be a challenge to get into. Some people are forced to wait several weeks before a treatment center can take on a new patient.

This can be a big problem because, again, an addict's brain is strong. While some may simply go back out and use again, others resort to our addict-like instincts, which is to think we can manage our addiction without help. It's that overconfidence and ego that ultimately led me to relapse after my first trip to treatment, and has produced similar results for many friends of mine with similar struggles.

Ultimately, I ended up leaving Minneapolis and heading to St. Cloud, where I entered treatment once again. The center I went to, Recovery Plus, is a rarity even addiction services facilities, as it is a dual-diagnosis facility that treats both chemical dependency and the mental health issues that are contributing to the abuse.

According to the National Bureau of Economic Research, mental health disorder patients are responsible for the consumption of 38 percent of alcohol and 44 percent of cocaine consumed in America. Many people are quick to want to point the finger at drugs and alcohol as the problem, whereas the reality is that these things are just a symptom of the bigger issue.

While inpatient programs vary from place to place, the basic structure is fairly consistent. Much like boarding school, you spend your day with a group of peers and a counselor working to develop skills and techniques that will hopefully help get you on the path to long-term recovery. The most eye-opening part of treatment for me was the range of individuals in terms of ages, ethnicities, education, and socioeconomic backgrounds who I would have never thought I shared something in common with.

Treatment was a positive experience for me. That said, much like detox, it wasn't a solution. It's sort of like living in a bubble for 28 days, where life on the outside doesn't really matter. Work, relationships, legal circumstance,

money problems -- none of these things were on the top of my mind while I was in treatment. But life doesn't stop just because you try to hit pause, and I quickly realized that transitioning to the outside world was going to take support.. (to be continued in next *Straight Talk* - May - June 2020)

written by Patrick Strait

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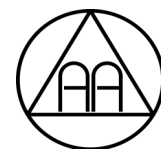


“Hope is passion for what is possible.” - SOREN KIERKEGAARD

My hope is fueled by a sense of transcendence. There are ideals, values and truths that cross cultures, geography and time. Our country was founded on the ideal of freedom for all. We continue to grapple with who “all” includes as we grow in consciousness of what it means to be a citizen with rights and responsibilities and who belongs. Throughout our history we have grown toward inclusion. I find this hopeful. Bill W. built a network of hope out of the truth of his own brokenness. He knew the devastation of alcoholism personally. He discovered a way to manage the disease through recognizing his own powerlessness, turning his will and his life over to the care of God., claiming his defects of character and seeking ways to repair relationships. He did it with the support of fellow alcoholics. Once he experienced the freedom of recovery, he brought his spiritual message of hope to others. His hope, truth and values are celebrated in local meeting rooms all over the world. Some things are bigger than our individual lives.



Excerpt from
“A Hopeful Gaze into 2020”
by Mary Lou Logsdon
THE PHOENIX SPIRIT
January /February 2020
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Visit us online ... <http://www.aafairviewriverside.org/>

Join us for a
Speaker Meeting

Wilf Auditorium
East Building
Sunday @ 7:15pm

AA
Sunday
Night



The General Meeting on
Sunday nights @ 7:15pm
If interested in helping out,
please contact us at
feedback@aafairviewriverside.org

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
Children's Hospital - Wilf Auditorium

AA Wing Meeting – Saturdays – 6:30pm –
5th 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 - May 22 - 24, 2020

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

feedback@aafairviewriverside.org

Visit us online

<http://www.aafairviewriverside.org/>



**Plan to attend & help out at
Gopher State Roundup 2020!**
May 22 - 24
Great 12th Step Opportunity
Contact Kyle W.

at *StraightTalk Society* on
Facebook
& feedback@aafairviewriverside.org

Double Tree Bloomington
Hotel

- Hospitality Suite #115
- Good Fellowship
- Good Food
- AA & Alanon Speakers



Have you
written
something?

Would you
like to have
it published in
Straight Talk?



Leave your written/graphic
contribution in Squad 70's
mail slot located in Room
537—5th Floor West Building -
Address to *Straight Talk*

Additional Meetings at U of M Medical Center

DAY	GROUP	TIME	LOCATION
	ACA	8:00pm	North Bldg—NG22
Monday	10		
	ACOA	9:00pm	North Bldg—NG22
Tuesday	4		
	CA	8:30pm	West Bldg—Floor 5 #541
Wednesday			
	GA	7:00pm	East Bldg-MB114
Sunday			
	NA	8:00pm	Children's Hospital - Wilf Auditorium
Friday			
	WA	11:30am	East Bldg-Dining Rm E
Wednesday			
	Opiates Anonymous	8:00pm	West Bldg—Floor 5 #557
Thursday			

7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- AA Meeting Rooms' monthly rent stipend
- *Straight Talk* Newsletter
- Gopher State Hospitality Suite
- General Meeting & 12 step supplies/medallions
- GSO & AA service organizations
- AA at Fairview Riverside website

That's why
we pass the
envelop!



Drop Box
located in the
West Building
Room F537

U of M Medical Center Fairview Meeting Listings

AA (Alcoholics Anonymous)

Day	Group/Squad	Time	Location
Monday	3	5:30pm	East Bldg - MB114 - Dining Room F
	W	5:30pm	East Bldg - Dining Room E (women only)
	43	7pm	North Bldg - Ground Level NG48
Tuesday	57/36	1pm	West Bldg - Fifth Floor F555
	62	7pm	Bethany Lutheran Church - Franklin Avenue @ 25th Avenue
Wednesday	20	7pm	East Bldg - MB114 - Dining Room F (men only)
Friday	70	8:30pm	North Bldg - Ground Level-NG42
Saturday	1	8pm	East Bldg - Dining Room A
Sunday	47	5:30pm	East Bldg - MB114 - Dining Room F
	General Meeting	7:15pm	Children's Hospital - Wilf Auditorium
	2	8:30pm	East Bldg - Dining Room A

Trustees 2nd Sunday each month 6:15pm East Bldg - 1st Floor Fireplace Lobby

Visit & Join our new Facebook page—**StraightTalk Society**
<https://www.facebook.com/groups/371595779928822/>

On another note... Please elect a new trustee for your AA squad/group and have them attend the next trustees meeting. The trustees meet on the second Sunday of the month in the 1st Floor Fireplace Lobby in the East Building at 6:15pm.

Monthly Treasurer's & Secretary's Reports on website

Visit us online

<http://www.aafairviewriverside.org/>



Trustees

Bruce M. – Sq. 62
 Lynn – Sq. W
 Jeremy K. - Sq. 1
 Kyle W. - General Meeting
 Jim M. – Sq. 70
 Kyle W. - Sq. 20
 Grant - Sq. 2
 Jim W. - Sq. 3
 Karl K. - Sq. 57
 Patrick R. - Sq. 47

Looking for Rep from: Sq. 43
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