

Straight Talk

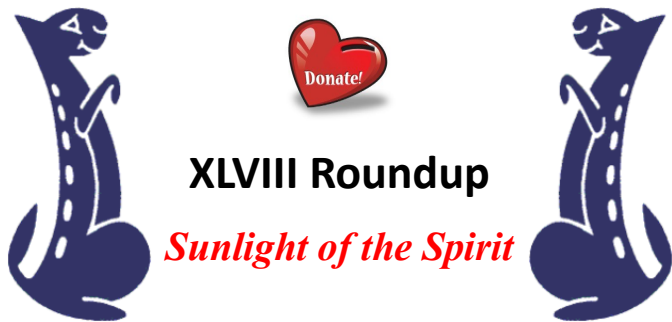
A publication of AA Riverside
U of M Medical Center Campus

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

May - June 2023

Gopher State Roundup



XLVIII Roundup

Sunlight of the Spirit

AA Riverside

Hospitality Suite 115

**Food Fellowship Festivities
& Popcorn**

speakers, films, workshops, meetings

May 26 — 28, 2023

Doubletree Bloomington Hotel
7800 Normandale Boulevard

A few more reflections about Gopher State Roundup

Over the years I would occasionally attend this annual AA Memorial Day Weekend event. The past decade has seen an increase in my attendance. Being part of a living miracle represented by 1000's of single-minded persons determined to stay sober by caring for each other goes beyond the words to describe it. A churning sea of recovering people celebrating their years and days of sobriety moves beneath one roof with a din of joyous chatter which then quickly transforms to silent attention drawn to the inspirational words of the speaker.

As we go to press, 1,000's of recovering people are getting ready to celebrate their new lives after years of isolation!



Jim M.
Squad 70

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Tradition Three

**"The only requirement for A. A.
membership is a desire to
stop drinking."**

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Welcome the Newcomer

When I first walked into an AA Meeting almost 41 years ago, I knew no one in the group and came to the Meeting by myself. I was in treatment and attendance during the 28 days was required. I chose Friday night because that was my customary "let's get crazy" night. I had the good fortune of attending a group with a consummate greeter. Over the weeks, I watched John get up and greet every newcomer with a smile and a handshake. I thought "he must really like doing this" and slowly learned that John's inspiration with newcomers was related to his own feelings of isolation and aloneness when he attended his first Meeting.

AA acknowledges "Welcome the Newcomers" as essential to its very purpose and continuance. From the beginning AA has provided guidance to its members old and new about creating a welcoming, non-judgmental, and loving environment for those searching for relief from the pain of their addictions.

These suggestions result from recommendations made at the General Service Conferences in 2011 and 2015 in relation to dealing with newcomers arriving at their first AA meeting, some of whom may have had no previous contact with an AA member or a formal 12th Step call, and encourage them to "keep coming back". They are intended to enable the Fellowship as a whole to learn how successful groups have improved their retention rates, and to encourage all groups to examine at their conscience meetings ways in which their own newcomers could have a better chance of achieving recovery.

The collective experience of the Fellowship informs us of many examples of best practice and those that follow below are by no means exhaustive or prescriptive, and not every approach will work in every situation.

- The newcomer should be welcomed in a non-judgmental manner, with warmth and understanding, respecting their anonymity.
- A strong home group is paramount, with members being aware that it is the responsibility of all of them to carry the AA message.
- Group members ought to make themselves familiar with existing literature including "A Newcomer Asks", "Hints and Suggestions for Twelfth Steppers" and Chapter Seven of the Big Book "Working with Others".
- The role of Greeter is important and in many Groups the Greeter is an established service position. Greeters provide a welcome to newcomers and visitors and can explain the function of the group and the format of the meeting

and point out that AA is a spiritual and not a religious organisation. Ideally there ought to be male and female Greeters at the entrance of the meeting venue.

- The tea/coffee person often acts as a secondary Greeter, letting the Secretary know if there are any newcomers. Mid-meeting breaks or post-meeting refreshments are also identified as useful opportunities for one-to-one chats. This is where Twelfth Step work can begin.
- The newcomer is given a Starter Pack and the local "Where to Find".
- A comprehensive stock of AA-approved literature ought to be available.
- Group experience suggests that men should work with men and women with women as this helps protect newcomers.
- Many groups offer temporary sponsorship. In other groups members offer their telephone numbers to newcomers, often written on the "Where to Find" list.
- Members might offer to telephone the newcomer or meet up between meetings for a coffee, or to take them to other local meetings.
- Experience shows that keeping it simple works. Newcomers ought to be made welcome, identified but not embarrassed, overwhelmed or spotlighted: they may just want to blend in. Newcomers should not feel they are placed under any pressure to share at a meeting.

- Many groups seek to provide a safe welcoming environment, ensuring that their meeting room is set up in good time and is clean, warm and tidy and that the meeting is conducted in an orderly fashion to enable the AA message to be carried.
- When newcomers are present, Step meetings often read Step One and Big Book Study Meetings focus on Chapter 5 or The Doctor's Opinion or Chapter 3.
- Many groups read Tradition Five before each meeting and invite newcomers to stay to talk to members over post-meeting refreshments. They might also be invited to help with the washing-up or clearing chairs, so that they can feel part of the group.

- In some areas there are meetings specifically for newcomers. Some groups hold short "newcomers meetings", concentrating on The Doctor's Opinion and the first three Steps, before the main meeting starts.
- Any similar examples of best practice that groups have found for working with newcomers could be communicated and discussed within the Fellowship via AA Service News, the AA GB website and Share/Roundabout magazines.

General Service Board of Alcoholics Anonymous (Great Britain)

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is the experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and each other is the bright spot of our lives"

Big Book page 89



Welcome the newcomer!



They are the most important person in the room.

Sobriety By The Grace Of God

Welcome Newcomer



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



Join us for a
Speaker Meeting

Online ZOOM
983 3148 0892
435229
Sunday 7:00pm

AA
Sunday
Night



The General Meeting on Sunday nights @ 7pm
If interested in helping out, please contact us at
aabtriverside@gmail.com

Please check out the 12-step
opportunities below especially the
Annual Gopher State Roundup



To keep the program,
we must give it away!

12-step Opportunities



AA Riverside – U of M Medical Center

General Meeting – Sunday speakers –7pm
Online ZOOM 983 3148 0892 435229

AA Wing Meetings – In-person

Fairview Riverside – U of M Detox
Center – Zoom Meeting

Annual Gopher State Round Up –
AA Hospitality Suite 115 - Memorial Day
Weekend - May 26 - 28, 2023.

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

aabtriverside@gmail.com

Visit us online

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

Have you written something?

Would you
like to have
it published in
Straight Talk?



Send to
aabtriverside@gmail.com

Spring has almost sprung!

Sober Bike Rider's Program

Do **YOU** like bikes? 
Do **YOU** ride bikes?
Do **YOU** have a bike you'd like to donate?
Do **YOU** need a bike?

Lee C. & Jim W.
AA Members of AA at Fairview Riverside
would like to hear from **YOU**
Call (612) 458-0262

Trustees

Bruce M. – Sq. 62

Lynn S.

Jeremy K.; Chris P. -

General Meeting

Jim M. – Sq. 70

Kyle W. - Sq. 1 & 2

Jeremy K. - Sq. 3

Karl K. - Sq. 57

Dave P. - Sq. 47

Chris P.—Detox

Monthly Treasurer's
& Secretary's
Reports on website



7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- Online Meetings
- *Straight Talk* Newsletter
- GSO & AA service organizations
- AA Riverside website
- Gopher State Hospitality Suite



That's why we pass the envelop!

Contribute directly with a Venmo account to:
@Aa-fairviewriverside
or

Send your contribution by mail to AA Treasurer at
1575 Christie Place, St. Paul MN 55106

AA thanks you for your ongoing support!

AA Riverside Meeting Listings (Alcoholics Anonymous)

U of M Medical Center Campus
2450 Riverside Avenue, Minneapolis MN 55454

To access online meetings, please download the ZOOM app on your smartphone, laptop, tablet or computer. The AA meetings listed below happen every week.

Day	Time	Squad	Type	Location	Zoom Code	Password
Monday	5:30pm	3	O MX ST H	East Building – 1 st Floor – Dining Room F	690 284 815	000777
Tuesday	1:00pm	57	O MX H	East Building – 1 st Floor – Dining Room F	924 612 379	020287
Tuesday	7:00pm	62	C MX ST T	Bethany Lutheran Church ZOOM Only until further notice	840 1425 3034	232119
Friday	8:30pm	70	O MX ST T H	East Building – 1 st Floor – Dining Room F	982 0212 3715	823676
Saturday	8:00pm	1	C MX	ZOOM Only until further notice	979 323 653	009361
Sunday	5:30pm	47	O MX D H	East Building – 1 st Floor – Dining Room F	238 221 601	004638
Sunday	7:00pm	General Meeting	O MX S	ZOOM Only until further notice	983 3148 0892	435229
Sunday	8:30pm	2	O MX D	ZOOM Only until further notice	330 843 112	013328
Trustees Meeting – 2 nd Sunday each month – 5:45pm Zoom Only until further notice					932 2496 7231	784195
O = Open C = Closed W = Women Only			S = Speaker D = Discussion MX = Mixed		H = Hybrid – In-person & ZOOM Gray Highlight = ZOOM Only ST = Step T = Tradition	
<p>Please visit our website: aafairviewriverside.org</p> <p>Please visit and join our Facebook page: StraightTalk Society</p>						



7th Tradition: Every AA Group Ought To Be Fully Self-Supporting

Contribute directly with a Venmo account to: [@Aa-fairviewriverside](#) or
Send your contribution by mail to AA Treasurer at 1575 Christie Place, St. Paul



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 send a note with any changes or your writing submission to:

aabtriverside@gmail.com
website: aafairviewriverside.org
AA Riverside & the Digital Age



In 2015, AA Riverside established a **website** (see address below). It has extensive information about: **meetings** on campus and links to other meeting resources across the Twin City metro area, current and past **newsletters**, **trustee minutes**, **treasurer reports**, **12-step opportunities**, and **AA resources**.

If you're looking for info about AA or meeting topics, you're sure to find something on this website.

In 2018, a Facebook page for AA Riverside entitled **StraightTalk Society** was developed as a fellowship and outreach platform for members of the recovering community.