

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

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

November - December 2020



Alcoholism is no laughing matter, but laughter is still the best medicine!

When I first started attending my home squad at Fairview-Riverside, I was struck by the sound of laughter that often accompanied our meetings. It seemed somewhat ironic that a group of alcoholics would sprinkle laughter and humor in the midst of recounting their experiences of self-destruction, despair and misery as the result of drinking. It was many years later that I realized that the laughter was the result of gratitude and dismay that we had recovered, survived and thrived after hitting our bottoms. Like survivors in a lifeboat on stormy seas we were giddy about the fact that we had escaped death in the depths of the ocean of addiction.

I felt compelled to do some further research and discovered the wisdom of Norman Cousins and his book *Anatomy of an Illness* (1979) in which he describes his overcoming of and recovery from a terminal illness by practicing a self-prescribed daily regimen of humor and laughter. Laughter is good for us physically, emotionally, mentally and socially. You've probably noticed that in social settings laughter is contagious.

I also made a point to attend an *Act Happy* seminar by local physician, Dr. Dale Anderson, an expert in the therapeutic effects of humor, smiling and laughter. His motto is "Prescribing happiness is good medicine. Act happy and laugh for the *health* of it."

The existential philosopher Albert Camus in his essay *The Myth of Sisyphus* reinterprets the ancient Greek myth of Sisyphus who was condemned by the gods to push a huge rock up a steep mountain only to have the rock roll back down after reaching the pinnacle. This was Sisyphus' punishment for all eternity. In his essay Camus concludes that as the rock rolls back down the mountain, Sisyphus is "happy." As observers of this excruciating fate, we can picture Sisyphus roaring with laughter as he tramps after the bolder to again repeat shouldering it up the mountain. His laughter is not that of a crazed madman but of a human being who has accepted the things he can not change, with the courage to change the things he can, and the wisdom to know the difference. "Don't worry ... be happy."

Anonymous

We will comprehend the word
Serenity
and we will



NO PEAS

A man goes into a bar and orders 3 bottles of beer. After being served, he lines them up side by side and proceeds to sip from one then another and the other. He then starts the routine over again and goes on until all 3 bottles are emptied. And, he orders another round, doing the same.

When the man orders a 3rd round, the bartender says, "if you'd like your beers to stay colder I can just bring you one at a time".

The man says no, I do it this way every time I drink. My 2 brothers and I vowed to drink this way, so we would be drinking together even though we're in different parts of the world. When each of them drinks, they drink this way, too... a bottle for yourself and one for each of your 2 brothers.

One night the man returns to the same bar and orders 2 bottles of beer instead of his usual 3.

The bartender takes notes and gives his condolences, thinking a brother has died.

The man replies, "Oh, no. My two brothers are fine, thank you. I only need 2 beers tonight because I have stopped drinking!"



"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

All Fairview Riverside AA gatherings and meetings at the U of M Medical Center have been suspended until further notice. Please refer to pages 3 and 4 of this issue of *Straight Talk* for more information about Online AA Meetings and 12-Step opportunities.

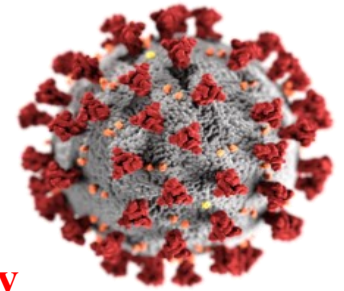
- Stay safe
- Stay strong
- Stay sober

For AA help and information call anytime at:
Greater Minneapolis Inter Group

(952) 922-0880

St. Paul and Suburban Inter Group

(651) 227-5502 Spanish (651) 888-6912



Visit & Join our new Facebook page - **StraightTalk Society**
Information - Fellowship - Support

**“God grant me the Serenity to accept the things I cannot change,
the Courage to change the things I can, and the Wisdom to know the difference.”**

Attend an online AA Meeting.
Reach out for help and support.

Work your Program!

| Day | Group/Squad | Time | Meeting Code | Password |
|--|-------------|--------|---------------|----------|
| Monday | 3 | 5:30pm | 690 284 815 | 000777 |
| Friday | 70 | 8:30pm | 982 0212 3715 | 823676 |
| Saturday | 1** | 8pm | 979 323 653 | 009361 |
| ** Sq 1 also meets in person at select location | | | | |
| Sunday | General Mtg | 7:15pm | 983 3148 0892 | 435229 |
| Sunday | 47 | 5:30pm | 238 221 601 | 004638 |
| | 2 | 8:30pm | 330 843 112 | 013328 |
| 2nd Sunday | Trustees | 6:15pm | 501 827 331 | 105664 |

Sober Bicycle 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

Life in 12-Step Recovery

www.RecoveryGiftStore.com

Selfishness
I want what I want when I want it!!

Self-Centeredness
I want you to want what I want when I want it!!

I DON'T ALWAYS DRINK BEER...

OKAY, YES I DO.

ME WORRY?
AA Newman

A Rabbit Walks into a Bar
Best Jokes & Cartoons from AA Grapevine

OH, YOU GO TO 12 STEP MEETINGS AND YET YOU DON'T WORK THE STEPS.

PLEASE, TELL ME HOW THAT WORKS OUT FOR YOU

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

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
2209 22nd Avenue South, Mpls MN 55404

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



Join us for a
Speaker Meeting

Online ZOOM
983 3148 0892

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
Online ZOOM 983 3148 0892

AA Wing Meeting – Zoom Meeting

Fairview Riverside – U of M Detox
Center – Zoom Meeting

Annual Gopher State Round Up –
AA Hospitality Suite 115—Memorial Day
Weekend - May 22 - 24, 2020 - Cancelled

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

feedback@aafairviewriverside.org

Visit us online

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

Have you
written
something?

Would you
like to have
it published in
Straight Talk?



Send to

feedback@aafairviewriverside.org

Online ZOOM during Stay-At-Home Quarantine

Due to the Coronavirus epidemic all commu-
nity gatherings and AA meetings at the hospital
and church have been suspended until further
notice.

So

To access these meetings, please download the
ZOOM or Ring Central app on your
smartphone, laptop, tablet or computer. The AA
meetings listed on the back page happen every
week.

- Your device must have a working micro-
phone, camera and screen
- Navigate to the ZOOM or Ring Central app
- Select join a meeting
- Enter meeting code
- Enter password when prompted
- Select enable video
- Host will welcome you to the meeting

7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- Online Meetings during Stay At Home
- *Straight Talk* Newsletter
- GSO & AA service organizations
- AA at Fairview Riverside website

That's why we pass the envelop!

Contribute directly with a Venmo account to:
contribute@aafairviewriverside.org

or

Send your contribution by mail to AA Treasurer at
2209 22nd Avenue South, Mpls MN 55404

AA thanks you for your ongoing support!

U of M Medical Center Fairview Meeting Listings

AA

(Alcoholics Anonymous)

Online ZOOM during Stay-At-Home Quarantine

Due to the Coronavirus epidemic all community gatherings and AA meetings at the hospital and church have been suspended until further notice.

So

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

More detailed instructions on previous page....

| Day | Group/Squad | Time | Meeting Code | Password |
|-----------|-----------------|--------|--|----------|
| Monday | 3 | 5:30pm | 690 284 815 | 000777 |
| Tuesday | 62 | 7pm | 592 304 732 | 022704 |
| Wednesday | 20 (men only) | 7pm | 672 945 520 | 016038 |
| | W (women only) | 6:00pm | please check website aafairviewriverside.org for log in information | |
| Friday | 70 | 8:30pm | 982 0212 3715 | 823676 |
| Saturday | 1 | 8pm | 979 323 653 | 009361 |
| Sunday | 47 | 5:30pm | 238 221 601 | 004638 |
| | General Meeting | 7:15pm | 983 3148 0892 | 435229 |
| | 2 | 8:30pm | 330 843 112 | 013328 |

Trustees 2nd Sunday each month 6:15pm Meeting ID: 501 827 331 Password: 105664

Visit & Join our new Facebook page—**StraightTalk Society**

<https://www.facebook.com/>

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

Bella - Sq. 2

Jim W.- Sq. 3

Karl K. - Sq. 57

Patrick R. - Sq. 47

Dave P. - 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 send a note with any changes or your writing submission to:

feedback@aafairviewriverside.org