

# Straight Talk

A publication of Fairview Riverside AA  
U of M Medical Center

Meeting  
Listings  
Inside

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

January — February 2019

## Happy "New" Year & Happy "Heartfelt" Valentines Day Celebrate Sobriety by Giving Back!

### WHAT CAN I DO?

If you have been a member of AA for a while, or maybe even if you are still very new, you may have noticed that there is more to keeping a meeting going than simply attending the meeting. I recall when I was still pretty new to AA and attending the Sunday General Meeting. At the time, it worked very well for me, since I really did not want to go to an AA meeting anyway. Sit for an hour, get a little card signed to show the court that I had been to an AA meeting, and that was it. But one Sunday night as I was heading to the meeting in the cafeteria (this was back when it was in the building known then as the Rehab Center and the hospital was still called Saint Mary's) I noticed a sign on one of the bulletin boards in the hall. It read:

**AA at Saint Mary's is made up of lots of willing people. 5% are willing to do the work, the other 95% are willing to let them.**

The name of the hospital has changed, but I believe the percentages are still about the same. As important as it is for an alcoholic to attend AA, there is so much more that is possible. You could... be a sponsor, help with the Sunday General Meeting, help with Wing Meetings, be an AA trustee, help with Gopher State Roundup, write something for Straight Talk, take a meeting to a jail, help set up as needed before a meeting, clean up after the meeting, or maybe you have some special skill that could benefit AA. My experience with doing things like this has been that it gives me a greater connection to AA and makes my sobriety even stronger.

Dave O., Squad 1/2016



### Am I Giving Back to AA?

People don't like to talk about money, but we have too. Folks have complained about it for years, but we need to have these discussions. Bill W. wrote extensively about this topic; he even wrote an entire Tradition about it. (#7)

He talks about helping a hung over drunk by giving him five dollars (which was a seventh of his weekly income); but when it came to adding to the basket at the meeting that night he only threw in a dime. Bill realized that his ego was not in check, and his priorities were not in the correct order. I need to ask myself the same question—are my priorities in order?

You always hear the words in meetings "we are self supporting through our own contributions." For me, the key words are WE and OWN – which means all of us. So here's the big question I ask myself... Am I giving back to AA?

Contributions in AA mean many things. Do I contribute to the meeting that I'm at? How about my local Inter-group or Central Office? The seventh tradition is more than just throwing a buck or two in the basket. Self support means that I carry my own weight, I pay my bills in a timely manner, I give back to a program that has freely given to me, I help other alcoholics as best as I can.

Source – By Teresa K., Area 60 Registrar, Cleveland AA

Fairview Riverside AA at U of M Medical Center

### Squads that need Your support:

- \* Squad 1 - Saturday 8pm - Brennan Center
- \* Squad 3 - Monday 5:30pm - E Bld Dining Rm F
  - \* Squad 43 - Monday 7pm - NG48
  - \* Squad 9 - Tuesday 8pm - NG42

## "I AM RESPONSIBLE FOR MY OWN SOBRIETY"

## 12 Tips for Sober Holidays

1. Line up extra AA activities (help on the phones, speak, empty the ashtrays).
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep your AA telephone list with you at all times.
4. Find out about holiday meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an AA friend--or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance).
8. 8. Go to church. Any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letters.
10. Don't project about holiday temptations: remember "One day at a time."
11. Even if you cannot give material gifts, enjoy the beauty of holiday love.
12. Carry the message. Give the joy away, and it will be yours to keep.

*AA Grapevine: The Journal of Alcoholics Anonymous*  
(December 1989)

### Surrender's Gate

There sits a white house on a hill by a church  
and it rests under moonlit skies;  
a place where fallen angels meet  
to heal and talk and cry.  
They've lost God's gift of flight,  
His breath would soar them high,  
to soar above the sorrow  
that comes with moonlit skies.

Their wings would fan with frantic beats  
to find the breath of hope;  
to lift them up to higher highs,  
to find the winds to cope.

Seems alcohol, cocaine and poppy' drugs  
had become their wings to fly,  
and their souls became too heavy  
to soar the moonlit sky.

Some glided in like wounded swans,  
some crashed like burning rocks;  
but they all fell to earth in painful ways  
near the white house where fallen angels talk.

Some test their fate from cliffs up high,  
to soar the plains below;  
with ragged wings and hopeful dreams  
they're tempted to let go.



### Surrender's Gate (continued)

With memories of soaring times,  
with thoughts of heaven's gate  
Intrepid thoughts of life gone by  
they step up to test their fate.

How sorrowful the journey as it spirals ever down,  
a thousand thoughts and more regrets  
on ragged wings to find the ground.  
And once again it's proven 'God's will' will not refrain  
that fallen angels ever more will never fly again.

Surrender's price is one hard paid,  
some say a thousand times or more  
until the pain of price unpaid  
is etched upon their core.  
With rattled brains, much bruised and plundered,  
and soul's that quake with pain and thunder  
they curse their wretched lot in life  
and quiver, helpless in fear's plight.

I've been witness to their stories,  
all regretful of their sins  
trying heartfully to accept their fate  
in hopes their lives would once again begin.

They struggle restlessly in surrender  
to this random act of fate  
which cast them from the moonlit skies  
not far from heaven's gate.

Acceptance and surrender gives them tools in which  
to cope  
that God's guidance and forgiveness  
will resurrect their hope.  
All fallen angels in God's world,  
still players in His light,  
begin their long recovery to find themselves  
and make things right.

There sits a white house on a hill by a church  
and it rests under moonlit skies;  
a place where fallen angels meet  
to heal and talk and cry.

Effin Charlie  
Night Drifter

*Dedicated to Mitty Johnson,  
Rescuer of Fallen Angels and  
to all those I've been witness to in recovery*



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

Join us for a  
Speaker Meeting

Brennan Center  
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](mailto: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 – 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 - May 2019**

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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Fairview Riverside AA at U of M Medical Center

## Squads that need Your support:

- \* Squad 1 - Saturday 8pm - Brennan Center
- \* Squad 3 - Monday 5:30pm - Dining Rm F
- \* Squad 43 - Monday 7pm - NG48
- \* Squad 9—Tuesday 8pm - NG42

Please attend & support our  
AA squads

Other opportunities to Give Back!  
see below

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

DAY	GROUP	TIME	LOCATION
	ACA ACOA		
Monday	10	8:00pm	North Bldg—NG22
Tuesday	4	9:00pm	North Bldg—NG22
	Al-Anon		
Monday	36	7:00pm	North Bldg—NG23
Tuesday	33	7:00pm	Bethany Lutheran Church Franklin Ave @ 25th Ave CA
Wednesday		8:30pm	West Bldg—Floor 5 #541 GA
Sunday		7:00pm	East Bldg—MB114 NA
Friday		8:00pm	East Bldg—Brennan Cen. OA
Monday		4:45pm	East Bldg—MB114 WA
Wednesday	(Workaholics Anonymous)	11:30am	East Bldg-Dining Rm E
	<b>Opiates Anonymous</b> (Closed Meeting—Alumni)		
Thursday		8:00pm	West Bldg—Floor 5 #557

### 7th Tradition

Every AA Group Ought To Be Fully Self-Supporting  
Trustees Financial Report  
Summary

October 2018

Sq. 1	\$ 8	Expenses:	\$ 233.71
Sq. 2	\$ 64		
Sq. 3	\$ 12		
Sq. 9	\$ 19		
Sq. 20	\$ 111	Closing Balance:	\$ 2,806.07
Sq. 43	\$ 10		
Sq. 47	\$ 68		
Sq. 57	\$ 52		
Sq. 70	\$ 37		
GM	\$ 101		
<b>TOTAL:</b>	<b>\$ 482</b>		



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)
	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	20	7pm	West Bldg - 5th Floor F541
Friday	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)
	General Meeting	7:15pm	East Bldg/Brennan Center
	2	8:30pm	East Bldg /Brennan Center

**Trustees** 2nd Sunday each month 6:15pm East Bldg/Brennan Center lobby

Visit 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 Brennan Center 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	<b>2019 Elections Feb. 10 - 6:15pm Send rep from your Squad to Trustees' Meeting</b>
Lynn – Sq. 1	
AJ W.- General Meeting	
Jim M. – Sq. 70	
Kyle W. - General Meeting	
Grant - Sq. 2	
Jim W.- Sqs. 3/9	
Karl K. - Sq. 57	

Looking for Reps from:  
Sq. 20 Sq. 43 Sq. 47 Sq. 57/36

**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**