

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 2018

Step 11

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

When I came through the doors of St. Mary’s Rehab Center, I was given two meditation books, *Twenty-Four Hours a Day* and *A Day at a time*, published by the Hazeldon Foundation. These meditation books have been part of my morning reflections over the years. While in treatment, I also made frequent visits to the small in-house chapel. I also participated in weekly relaxation group. Meditation and prayer have been part of my recovery from the beginning.

Recently a member of my AA Squad gave an excellent meeting on Step 11 and it moved me to revisit the *Big Book* of Alcoholics Anonymous and the *Twelve Steps and Twelve Traditions* regarding this important component of AA. I also found this interesting online analysis of Step 11: www.11stepmediation.org.

“The type of meditation that the Big Book talks about is more of a reflective, thinking over things, type of quiet period. This mirrors what most Western religious people in the 1930’s knew about meditation and AA’s roots in the Protestant Oxford Group. Meditation, as we know it today, was not widely understood, yet, in the United States. But, these early members were onto one of the keys to emotional and spiritual sobriety which Bill W. would focus on later on in his sobriety.

There are a number of good suggestions in this section and I suggest that you read and become familiar with this section of the Big Book as you begin your meditation journey. Here are some of the quotes that stand out for me:

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Page 86

Continued on page 2...

Join us for a
Speaker Meeting

Brennan Center
East Building
Sunday @ 7:15pm

AA
Sunday
Night



The General Meeting on
Sunday nights @ 7:15pm is
If interested, please contact us at

Something about today
makes me want to be
hungover tomorrow.



If we don't fail sometimes, our successes won't mean anything.

Ingrid Bergman, *The Bells of St. Mary's*

“Yes, there is ... a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.” (Page 152)

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Yes, morning is considered the best time for meditation before my mind becomes obsessed with the day and my ego begins to run the show.

Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought- life will be placed on a much higher plane when our thinking is cleared of wrong motives. page 86

My thinking had become unmanageable and is probably the root cause of many of my troubles. I think many of us are thinkaholics and meditation helps to teach us detachment from our thoughts.

....we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Page 86

In meditation, I can practice opening myself to my higher power, detaching from my ego, and allowing the divine therapist some time and space to help heal me in ways that I cannot understand.

Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. Page 86

I relax and let go. I am constantly thinking and feeling and doing. How can I access my higher power or the universe if I am never quiet and still.

We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind." Pages 86—87

Conscious Contact – at first we experience glimpse's of this, but with time, patience and a consistent practice of meditation we can develop a close conscious contact with our higher power. I believe that this is the advance part of this step.

If circumstances warrant, we ask our wives or friends to join us in morning meditation. If we belong to areligious denomination which requires a definite morning devotion, we attend to that also. Page 87

Group meditations provide a safe haven to discover meditation, to learn different techniques from experienced meditators and to relax into that deep group energy.

There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer. Page 87

I decided to become a Spiritual Explorer on my meditation path to learn about meditation and to begin to understand what my higher power was and my relationship to that "Creative Intelligence" as mentioned on page 46.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. Page 87

Try doing mini-meditations throughout the day – breath deeply, listen to your breath for several minutes.

It works – it really does. Page 88



Keeping and Giving it Away

I consider my sobriety a gift from God. Unlike other gifts this was one I had to ask for. And it came with conditions. In order to keep it I had to give it away. I share the gift by telling other alcoholics about it. Strange, the more I share, the more I get to keep for myself. ANONYMOUS

Ho! Ho! Ho! To the bottle I go
To heal my heart and drown my woe
Rain may fall, and wind may blow
And many miles be still to go
But under a tall tree will I lie
And let the clouds go sailing by
J.R R. Tolkien



You can't teach what you don't know
You can't lead where you don't go
You can't be what you are not
You can't give away what you aint got!

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

Step 11 Prayer: Found in the *Twelve Steps and Twelve Traditions* is the Step 11 prayer (also known as the Saint Francis Prayer). This prayer is an excellent reminder of what we strive for in our sobriety. It is by living this way of life that we become whole and feel a sense of peace and serenity.

*“Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort, than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life. Amen.”*

God grant me the serenity



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 –
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 -

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

feedback@aafairviewriverside.org

Visit us online

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

“Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with Him. As soon as we admitted the possible existence of a **Creative Intelligence**, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.” Page 46



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

DAY	GROUP	TIME	LOCATION
	ACA	8:00pm	North Bldg—NG22
Monday	10		
	ACOA	9:00pm	North Bldg—NG22
Tuesday	4		
	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		
	(Workaholics Anonymous)		
Wednesday		11:30am	East Bldg—Dining Rm E
	Opiates Anonymous		
	(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 2017

Sq. 1	\$ 10	Expenses:	\$ 338.44
Sq. 2	\$ 27		
Sq. 9	\$ 49	Closing	
Sq. 20	\$104	Balance:	\$ 1,974.16
Sq. 43	\$ 5		
Sq. 47	\$ 54		
Sq. 57	\$ 30		
Sq. 70	\$ 36		
GM	\$ 73		
TOTAL:	\$388		



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)
	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

Monthly Treasurer's & Secretary's Reports on website

Visit us online

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



Trustees

Bruce M. – Sq. 62
Lynn – Sq. 1
Stephanie F.- General Meeting
Jim M. – Sq. 70
Patrick R. – Sq. 47
John M.—General Meeting
Kyle W.—Sq. 2

Looking for Reps from:

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

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