

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 2020

Step 4

Made a searching and moral inventory of ourselves.

The new year season often represents a time for reflection, evaluation and resolutions for persons in general. But for alcoholics and addicts this process of “taking inventory” is not optional but mandatory (strongly suggested in the words of AA) for any hope of success in recovery from our addictions. Chapter 5 of the Big Book is 13 pages long of which 8 pages are dedicated to the 4th Step. In the Twelve by Twelve the chapter on Step 4 is the longest of all the Step chapters. This level of detail which Bill W. takes to explain and guide us through Step 4 suggests how important it is.

Those powerful words in Chapter 5, “HOW IT WORKS,” prior to listing all the Steps, also emphasizes Step 4’s importance: “At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us tried to hold on to our old ideas (*and feelings*)* and the result was nil until we let go absolutely.

Remember that we deal with alcohol—cunning, baffling, powerful! Half measures availed us nothing.”

“Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry.”

There are many 4th Step lists and formats and the Big Book, Twelve by Twelve and your AA sponsor will give you a good start on taking this important step of thoroughly cleaning house as a solid foundation for building a “new” life in sobriety. And don’t forget the assets list. We must look at both sides of the ledger as both our defects and assets are necessary for doing an honest and growth producing inventory.

* added by author.

Jim M., *Straight Talk* Editor

December 20

Somewhere along the line of development we discover what we really are, and then we make our real decision for which we are responsible. Make that decision primarily for yourself because you can never really live anyone else’s life, not even your own child’s. The influence you exert is through your own life and what you become yourself.

- Eleanor Roosevelt
“Each Day a New Beginning” (Hazeldon)

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 East Bldg. Lower Level - Dining Room A.
- Friday’s NA Meeting meets in East Bldg. Lower Level - Dining Room A.
- AA Squad W for women Monday’s @ 5:30pm meets East Bldg. Lower Level - Dining Room E.

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Living Sober

(AA General Service Conference - 1975)

Chapter 31 Finding your own way (pages 86—87)

We hope this booklet has made it eminently clear that we don't consider drinking a frivolous subject. Alcoholism deserves and gets dead serious attention from us. We do not find jokes told at the expense of sick problem drinkers funny, except those we tell on ourselves from our vantage point of sobriety. We aren't amused when someone teasingly threatens to get drunk. That's like teasing about Russian roulette.

In spite of our serious attitude toward alcoholism, you will find we can usually talk with humor and detachment about our past and our recovery. This is a healthy approach, we think. Certainly, it does not weaken our resolve to get and stay well.

Most of us have seen death close up. We have known the kind of suffering and pain that wrenches the bones. But we have also known the sort of hope that makes the heart sing. And we hope this booklet has conveyed to you more encouragement than pain. If you are a problem drinker, you already know enough about the pain and loneliness. We'd like you to find some of the peace and joy we have found in meeting the reality of life's ups and downs with a clear head and a steady heart.

No doubt, we have made just a bare beginning in the business of living sober. Time and again, we learn additional ideas can help.

As you stay sober, you are sure to think of new ideas not recorded here. We hope so. We also hope that when you do come up with fresh ideas on this subject, you will pass them on. Please do share. (You'll recall the act of sharing can itself be helpful to you.) The more experience we can all pool, the more problem drinkers can be helped.

Some of us go back to drinking a time or so before we get a real foothold on sobriety. If that happens to you, don't despair. Many of us have done this and have finally come to successful sobriety. Try to remember that alcoholism is an extremely serious human condition, and that relapses are as possible in this ailment as in others. Recovery can still follow.

Even after setbacks, if you continue to want to get well, and remain willing to try new approaches, our experience convinces us that you have embarked with hundreds of thousands of companions on the path of a happy, healthy destiny. We hope we see you among us in person.

But whatever track you travel, along with us or on your own, you go with our strongest good wishes.

HAPPY NEW YEAR!
Happy SOBER New year!



A.A. Thought for the Day

“We who have accepted the A.A. principles have been faced with the necessity for a thorough personal housecleaning. We must face and be rid of the things in ourselves that have been blocking us. We therefore take a personal inventory. We take stock honestly. We search out the flaws in our make-up that caused our failure. Resentment is the number-one offender. Life that includes deep resentment leads only to futility and unhappiness. If we are to live, we must be free of anger.” *Am I free of resentment and anger.*

August 23 - "Twenty-Four Hours A Day" - Hazeldon



“This whole moral breakdown is being caused by drinking and nothing else. They certainly serve rotten scotch at this bar.”

Since You Went Away



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

Join us for a
Speaker Meeting

Dining Room A
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
East Building (Lower Level) Dining Room A

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 2020

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?



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	East Bldg - Dining Rm A
Friday			
	WA	11:30am	East Bldg-Dining Rm E
Wednesday			
	Opiates Anonymous	8:00pm	West Bldg—Floor 5 #557
Thursday			
	(Workaholics Anonymous)		
	(Closed Meeting—Alumni)		

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	East Bldg - Dining Room A
	2	8:30pm	East Bldg - Dining Room A

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