

Up Straight

Visit us online
<http://www.aariverside.net>
Now on *BOTH sides of the River!*

A publication of AA Riverside
@ St. Albert the Great

Talk

Meeting
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January - March 2026

One Day at a Time

Of all of AA's slogans *One Day at a Time* seems to have been most widely adopted by society. It is commonly used by persons experiencing adversity and/or challenge in their lives. Alcoholics and addicts can easily relate to both. This slogan is not used in the Big Book but is used by most people in recovery. As with many of AA's basic principles, this idea was part of the Oxford Group's promotion of daily, manageable living "based on four absolutes: Honesty, Purity, Unselfishness, and Love". Bill W. embraced this philosophy as a way to manage our recovery on a 24-hour basis and not fret about either past events or future worries. As daunting as sobriety is to those of us starting on the path of recovery, we can hope to stay sober for this day and not be overwhelmed and trapped by our guilt, anxieties and fears. Most of us frequently said "I'll never do that again!" only to find ourselves doing it again. Trying to stay sober for the rest of my life seems overwhelming and impossible, but doing so just for today (or minute or hour) seems much more manageable and doable.

Chapter 3 of *Living Sober* focuses on using the 24-hour plan. "If the desire to drink is really strong, many of us chop the 24 hours down into smaller parts. We decide not to drink for, say, at least one hour. We can endure the temporary discomfort of not drinking for just one more hour; then one more, and so on. Many of us began our recovery in just this way. In fact, *every recovery from alcoholism began with one sober hour.*

One version of this is simply postponing the (next) drink. ...

The next drink will be available later, but right now, we postpone taking it at least for the present day, or moment. ...

The 24-hour plan is very flexible. We can start it afresh at any time, wherever we are. At home, at work, in a bar or in a hospital room, at 4:00 p.m. or at 3:00 a.m., we can decide right then not to take a drink during the forthcoming 24 hours, or five minutes."

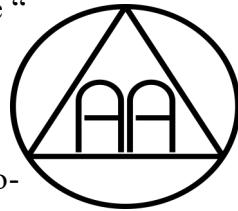
Although the words "one day at a time" are not used in the Big Book, the need to practice the 12-steps on our road toward recovery are clearly recommended as part of our daily living. "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all our activities". (AA Big Book page 85)

Those of us who "practice these principles in all our affairs have also recognized that time is not only linear, but also has depth. In a letter written in 1958, Bill reminds us that "It is not always the quantity of good things you do, it is also the quality that counts. ... Above all, take it one day at a time".

In his discussion of the role of "vision" within AA as an organization, Bill writes regarding "One day at a time ...that valuable principle really refers to our mental and emotional lives and means chiefly that we are not to foolishly repine over the past nor wishfully to daydream about the future." (Twelve Concepts for World Service, 1962, page 40) Living in the present is so vitally important to our recovery and maintaining sobriety. Appreciating the moment and all that it offers rather than wasting it by regretting the past and/or fretting and fearing about the future. All we have is the present moment and today, the past is gone and the future is not here.

"When we alcoholics first come into A.A. and we face the fact that we must spend the rest of our lives without liquor, it often seems like an impossibility to us. So A.A. tells us to forget about the future and take it one day at a time. All we really have is now. We have no past time and no future time. As the saying goes: 'Yesterday is gone, forget it; tomorrow never comes, don't worry; today is here, get busy.' "

(Twenty-Four Hours a Day" - March 18—Hazelden)



**AA Riverside
Church of St. Albert the Great
2834 33rd Ave S, Mpls 55406
&
Squad 57 @
Church of St. Cecilia's
2357 Bayless Pl, St. Paul 55114
In-person & Online**

Sunday - Squad 47 @ 5:30pm in-person & online

Sunday - Squad 2 @ 8:30pm online

Monday - Squad 3 @ 5:30pm in-person & online

**Tuesday - Squad 57 @ 1:00pm in-person & online
Church of St. Cecilia's 2357 Bayless Pl., St. Paul 55114**

Tuesday - Squad 62 @ 7:00pm online

Friday - Squad 70 @ 8:00pm in-person & online

Saturday - Squad 1 @ 8:00pm online

**If you are interested in an in-person Saturday evening
AA Meeting contact aabtriverside@gmail.com**

Complete listing & locations on back - Page 4

Keep Coming Back!

Additional Meetings @ St. Albert the Great

- ♦ Sunday @ 7:30pm - A Way Out (men's group) - Parish House
- ♦ Friday @ 8:00pm - Friday Friends - Church Cafeteria

**Straight Talk news-
letter will be pub-
lished quarterly in
2026:**

January - March

April - June

July - September

October - December

**Find present & past
issues on
aariverside.net**

January 1 Reflections for the Day

In the old days, I saw everything in terms of *forever*. Endless hours were spent rehearsing old mistakes. I tried to take comfort in that forlorn hope that tomorrow "would be different." As a result, I lived a fantasy life in which happiness was all but nonexistent. No wonder I rarely smiled and hardly ever laughed aloud. *Do I still think in terms of "forever?"*

Today I Pray

May I set my goals for the New Year, not at the year-long mark, but one day at a time. My traditional New Year's resolutions have been so grandly stated and so soon broken. Let me not weaken my resolve by stretching it to cover "forever" - or even one long year. May I reapply it firmly each new day. May I learn not to stamp my past mistakes with that indelible word, "forever." Instead, may each single day in each New Year be freshened by my new-found hope.

Today I Will Remember

Happy New Day.

A Day at a time—CompCare publications (1976)



AA Riverside's **Straight Talk** newsletter will be providing AA Riverside Meeting updates to help in "attracting" those looking for AA meetings.

We also encourage our Trusted Servants/Squad Leaders to feel free to copy **Straight Talk** for their members and attendees.



Visit us online ... <http://www.aariverside.net>

AA Riverside ... please scan



www.aariverside.net



A special “thank you” to Lynn S. (Sq. 1,2) and Bruce M. (Sq. 62) for the **AA Riverside “warm and welcome” Winter Holiday Event** on January 11!

Please check out the 12-step opportunities below.

To keep the program, we must give it away!

12-step Opportunities



Check website - aariverside.net

Become an AA Riverside Trustee

Contact Greater Mpls Intergroup - AA
952-922-0880

Write something for **Straight Talk**

Annual Gopher State Round Up –
AA Hospitality Suite 115 - Memorial Day
Weekend - May 23 - 25, 2025

Keep going to A.A. meetings

For more information, please email
AA Riverside Board of Trustees at
aabtriverside@gmail.com

Visit us online

<http://www.aariverside.net/>

**Have you
written
something?**

Would you
like to have

**it published in
Straight Talk?**



Straight Talk

Send to
aabtriverside@gmail.com
memories, musings, poetry, essays, photos, stories, ideas

AA Declaration of Unity

This we owe to A.A.’s future:

*To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.*

Trustees

Bruce M. – Sq. 62

Lynn S. - Sq. 1, 2

Jim M. – Sq. 70

Lynn S. - Detox Sunday

Dave M.; Jeremy K. - Sq. 3

Jeff R. - Sq. 47 & Sq. 57

Monthly Treasurer’s &

Secretary’s

Reports on website

Visit us online

aariverside.net



We need you! Join AA Riverside
Trustees.

www.aariverside.net

7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- Online Meetings
- Meeting Rental Fees
- *Straight Talk* Newsletter - e-edition
- 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-riverside

or

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



AA Riverside Meeting Listings

(Alcoholics Anonymous)



In-person AA Riverside Meetings are *NOW* on both sides of the River
Church of St. Albert the Great & Squad 57 - Church of St. Cecilia
2834 33rd Avenue So. 2357 Bayless Pl.
Minneapolis, MN 55406 St. Paul, MN 551144

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	Hybrid
Monday	5:30pm	3	O MX ST H	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406	690 284 815	000777	Yes
Tuesday	1:00pm	57	O MX ST H	Church of Saint Cecilia 2357 Bayless Pl., St. Paul 55114	924 612 379	020287	Yes
Tuesday	7:00pm	62	C MX ST T	ZOOM Only	824 8357 1864	537242	
Friday	8:00pm	70	O MX ST T H	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406	982 0212 3715	823676	Yes
Saturday	8:00pm	1	C MX G	ZOOM Only	979 323 653	009361	
Sunday	5:30pm	47	O MX D H	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406	238 221 601	004638	Yes
Sunday	8:30pm	2	O MX D	ZOOM Only	330 843 112	013328	
2nd Sunday	4:00pm	Trustees	Board Meeting	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406			
O = Open C = Closed MX = Mixed				S = Speaker D = Discussion ST = Step	T = Tradition BB = Big Book H = Hybrid (In-person & Zoom) Gray Highlight = ZOOM Only		

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: aariverside.net



AA Riverside & the Digital Age

In 2015, AA Riverside established a **website** (see address above). 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 **A.A. resources**.

If you're looking for info about A.A. 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.