

# Straight Talk

A publication of AA Riverside  
@ St. Albert the Great

Meeting  
Listings  
Inside

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

Now on *BOTH* sides of the River!

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 our selves 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. ...

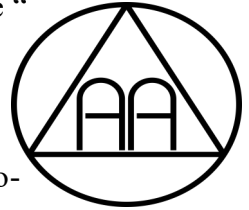
The next drink will be available later, but right now, we postpone taking it at least for the present day, or moment. ...

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 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)

**"I AM RESPONSIBLE FOR MY OWN SOBRIETY"**

**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**

**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**

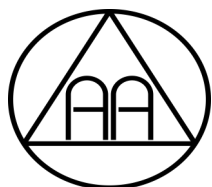
Happy New Day.

*A Day at a time—CompCare publications (1976)*

**Straight Talk newsletter will be published quarterly in 2026:**

January - March  
April - June  
July - September  
October - December

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



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](http://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](http://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](mailto:aabtriverside@gmail.com)

## Visit us online

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

# Have you written something?

Would you  
like to have  
it published in  
**Straight Talk?**



Send to

[aabtriverside@gmail.com](mailto: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](http://aariverside.net)



We need you! Join AA Riverside  
Trustees.

[www.aariverside.net](http://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](https://venmo.com/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 55114**

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<br>H     | Parish House, St. Albert the Great Church<br>2834 33 <sup>rd</sup> Ave S 55406 | 690 284 815   | 000777   | Yes    |
| Tuesday   | 1:00pm | 57       | O MX<br>ST H     | Church of Saint Cecilia<br>2357 Bayless Pl., St. Paul 55114                    | 924 612 379   | 020287   | Yes    |
| Tuesday   | 7:00pm | 62       | C MX ST<br>T     | ZOOM Only  | 824 8357 1864 | 537242   |        |
| Friday  | 8:00pm | 70       | O MX ST<br>T H   | Parish House, St. Albert the Great Church<br>2834 33 <sup>rd</sup> Ave S 55406 | 982 0212 3715 | 823676   | Yes    |
| Saturday  | 8:00pm | 1        | C MX<br>G        | ZOOM Only  | 979 323 653   | 009361   |        |
| Sunday  | 5:30pm | 47       | O MX D<br>H      | Parish House, St. Albert the Great Church<br>2834 33 <sup>rd</sup> 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<br>Meeting | Parish House, St. Albert the Great Church<br>2834 33 <sup>rd</sup> Ave S 55406 |               |          |        |
| O = Open                      S = Speaker                      T = Tradition    BB = Big Book<br>C = Closed                      D = Discussion                      H = Hybrid (In-person & Zoom)<br>MX = Mixed                      ST = Step                      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.