

# Straight Talk

A publication of Fairview Riverside AA  
U of M Medical Center

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

March - April 2019

## **Alcoholics Anonymous A Problem with a Purpose**

### **Chapter 2 - THERE IS A SOLUTION (PAGES 17 - 18)**

We, of ALCOHOLICS ANONYMOUS, know thousands of men and women who were once just as hopeless as Bill. Nearly all have recovered. They have solved the drink problem.

We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism. ...

Highly competent psychiatrists who have dealt with us have found it sometimes impossible to persuade an alcoholic to discuss his situation without reserve. Strangely enough, wives, parents and intimate friends usually find us even more unapproachable than do the psychiatrist and the doctor.

*But the ex-problem drinker who has found this solution, who is properly armed with facts about himself, can generally win the entire confidence of another alcoholic in a few hours. Until such an understanding is reached, little or nothing can be accomplished.*

A few years into recovery, I ran out of gas on the freeway during the holiday season. A Highway Trooper stopped and gave me a lift to a gas station.

Sitting in the back of a patrol car as a sober passenger felt strange, but to make small talk, I said "Guess you were pretty busy this past weekend, being New Year's and all?"

He answered, "Yeah it was busy, but it's not our busiest day of the year - St. Patrick's Day is our busiest."

I thought to myself, "There must be a lot of Irishmen (or lovers of green beer) in Minnesota!"



Saint Patrick was a gentleman...Who through strategy and stealth...Drove all the snakes from Ireland...Here's a drinkee to his health! But not too many drinkees...Lest we lose ourselves and then...

Forget the good Saint Patrick...  
And see them snakes again!

--Unknown

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

# 25 years From My First Contact with AA

*Krista, Manitoba, Canada*

I was 13 when I first called AA. I had been drinking already for over a year at that point; drinking until I blacked out and generally so sick, I was a mess. I remember Christmas that year, it was either just before or just after, I don't recall which, but I was so hung over at Christmas. I had cramps, was white and my grandmother, bless her Soul, thought I had my period and told me to walk around; it would help. Goodness!

Of course, when I was thirteen I was drunk when I called AA, and they said they couldn't talk to me drunk, but that someone would call in the morning. I refused to talk to them. I took another 8 years until I made it to my first AA meeting. It was just after Christmas and I was on my way to a detox centre that the military was sending me to. They had had enough of my behavior after one and a half short years in the forces, not to mention a stay at the base hospital after a suicide attempt (one of many).

It was amazing to get sober and see life differently, I had so many feelings going through me that I didn't think I could handle them.

It took three months for me to burst and turn back to the bottle. I spent more years slipping and sliding. I hadn't gotten more than six months sober in almost 3 years. I then did another treatment centre and stayed sober for 7 years. I had married a year after rehab and had a few kids. Life was pretty good. Of course, I was replacing alcohol with gambling; but that is another story for another time. After seven years, a failed marriage, and life actually going pretty well, I decided that my life was different and that I was different... I could drink responsibly. For the most part, I was right. I would have 1, 2, 4, or even 7 drinks and all would be fine... except for those occasions when it wasn't. Binges weren't that often; but I never really knew when they were coming and they weren't very pretty.

Binges were the terror in my life. I drank too much, and said and did things I regretted later. I'm not in the same place as when I was 21, in some regards I've never gone back to that life. But I have so much more to lose this time.

I'm a married woman with children and a job that doesn't condone drinking. I have a home and the niceties of life. I just have so much more to lose and so many more people that I am hurting, including myself.



So today, after 25 years from my first contact with AA, I have two days sober and had I not gotten sick, maybe it wouldn't have even have been that long. Who knows? I know what life can be like in recovery; not just abstinence, but true recovery.

I also know the slope back to the road to hell. That is where I am trying to climb my way back from. Today I am sober and grateful. I told my partner that I'm quitting this time. I've never said that before. I've always said: we'll see how it goes, for now, for a month, etc.

Just for today.

Krista



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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## The Step Up Challenge

If you find yourself stewing in a “pity pot” and/or “jonesing” for a fix, take the step up challenge:

- 1) Identify all the opportunities for AA service and involvement on this page—front and back.
- 2) Decide which ones fit for you and might benefit from your presence and/or contribution.
- 3) Take action and just do it!
- 4) Then reflect on what happened to your self-pity and cravings.

That’s what AA has to offer?

What do you have to offer AA?

### Additional Meetings at U of M Medical Center

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		11:30am	East Bldg-Dining Rm E (Workaholics Anonymous) <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*

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



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)
	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
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  
 Lynn – Sq. 1  
 AJ W.- General Meeting  
 Jim M. – Sq. 70  
 Kyle W.  
 Grant - Sq. 2  
 Jim W.- Sq. 3  
 Karl K. - Sq. 57

Looking for Reps from:  
Sq. 20 Sq. 43 Sq. 47

**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**