

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

Meeting
Listings
Inside

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

March - April 2018

FORGIVENESS

Forgiveness comes from the inside. It comes when you least think it will ever come. Forgiveness comes only when you work on it. It sits in the middle of the wheel and bursts out like the sun reaching all areas of your life—touching all. Not one person is left out. From your ex-wife who may have stolen from you, cheated on you, hurt you in ways you thought may not have been forgivable. There is not a thing in your life that cannot be forgiven. All is forgivable.

ASK AND YOU SHALL RECEIVE

At night before you retire as you are lying there as your Higher Power for the forgiveness that is not in your heart. Name the name of the person or persons that you cannot seem to forgive. Do not forget the way you think they harmed you. Tell Him how you have been hurt. Share with Him that you forgive. Name the anger, shame, embarrassment, how you suffered, how you hate, dislike the other person. Now—pray for that person asking for help in forgiving him/her and how their actions have hurt you causing pain.

Maybe use affirmations such as: I am who I am today because of all the persons in this world that are in my life. All have helped me be me—good, bad, hurt, whatever. All have touched me in some way unbeknown to me. All have made me a better person today than I was yesterday. For this I am grateful. I have been put on this earth for a reason—to be a better person today than I was yesterday.

SELF FORGIVENESS

The most important part of forgiving is forgiving yourself. You are the most important person in the in the act of forgiveness. This is the hard part.

Full of anger, it is I that wants to hold onto this resentment. It is I that needs forgiveness. I need to ask my Higher Power for the strength to forgive myself and for my actions. Is it really me that needs forgiveness? I must take my share and be responsible for my actions.

I may not be perfect in any relationship. I am not perfect as a father. I am not a perfect employee.

I must realize my part in life and ask for forgiveness. I need to take responsibility for me.

TURN IT OVER

Tell your Higher Power how you have been hurt. Share with Him how you take responsibility for your actions. Let Him know you are sorry. Do not blame the other party. Do not blame yourself. Just let it be known *that I am responsible*. If it is a problem give it to Him. Do not forget that you are not God. Humility is present—if you ask for it.

For this I am responsible.

Michael A.—Squad 57

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
feedback@aafairviewriverside.org

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Forgiveness: Letting go of grudges and bitterness

When someone you care about hurts you, you can hold on to anger, resentment and thoughts of revenge — or embrace forgiveness and move forward.

By Mayo Clinic Staff

Who hasn't been hurt by the actions or words of another? Perhaps a parent constantly criticized you growing up, a colleague sabotaged a project or your partner had an affair. Or maybe you've had a traumatic experience, such as being physically or emotionally abused by someone close to you.

These wounds can leave you with lasting feelings of anger and bitterness — even vengeance.

But if you don't practice forgiveness, you might be the one who pays most dearly. By embracing forgiveness, you can also embrace peace, hope, gratitude and joy. Consider how forgiveness can lead you down the path of physical, emotional and spiritual well-being.

What is forgiveness?

Forgiveness means different things to different people. Generally, however, it involves a decision to let go of resentment and thoughts of revenge.

The act that hurt or offended you might always be with you, but forgiveness can lessen its grip on you and help free you from the control of the person who harmed you. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you. Forgiveness doesn't mean forgetting or excusing the harm done to you or making up with the person who caused the harm. Forgiveness brings a kind of peace that helps you go on with life.

What are the benefits of forgiving someone?

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to:

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- A stronger immune system
- Improved heart health
- Improved self-esteem
- **Lower risk of alcohol and substance abuse**

Why is it so easy to hold a grudge?

Being hurt by someone, particularly someone you love and trust, can cause anger, sadness and confusion. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root.

If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice.

Some people are naturally more forgiving than others. But even if you're a grudge holder, almost anyone can learn to be more forgiving.

What are the effects of holding a grudge?

If you're unforgiving, you might:

- *Bring anger and bitterness into every relationship and new experience
- *Become so wrapped up in the wrong that you can't enjoy the present
- *Become depressed or anxious
- *Feel that your life lacks meaning or purpose, or that you're at odds with your spiritual beliefs
- *Lose valuable and enriching connectedness with others

How do I reach a state of forgiveness?

Forgiveness is a commitment to a personalized process of change. To move from suffering to forgiveness, you might:

- *Recognize the value of forgiveness and how it can improve your life
- *Identify what needs healing and who needs to be forgiven and for what
- *Consider joining a support group or seeing a counselor
- *Acknowledge your emotions about the harm done to you and how they affect your behavior, and work to release them
- *Choose to forgive the person who's offended you
- *Move away from your role as victim and release the control and power the offending person and situation have had in your life

As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding.

What happens if I can't forgive someone?

Forgiveness can be challenging, especially if the person who's hurt you doesn't admit wrong. If you find yourself stuck:

- *Practice empathy. Try seeing the situation from the other person's point of view.
- *Ask yourself why he or she would behave in such a way. Perhaps you would have reacted similarly if you faced the same situation.
- *Reflect on times you've hurt others and on those who've forgiven you.
- *Write in a journal, pray or use guided meditation — or talk with a person you've found to be wise and compassionate, such as a spiritual leader, a mental health provider, or an impartial loved one or friend.
- *Be aware that forgiveness is a process, and even small hurts may need to be revisited and forgiven over and over again.

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Does forgiveness guarantee reconciliation?

If the hurtful event involved someone whose relationship you otherwise value, forgiveness can lead to reconciliation. This isn't always the case, however.

Reconciliation might be impossible if the offender has died or is unwilling to communicate with you. In other cases, reconciliation might not be appropriate. Still, forgiveness is possible — even if reconciliation isn't.

What if the person I'm forgiving doesn't change?

Getting another person to change his or her actions, behavior or words isn't the point of forgiveness. Think of forgiveness more about how it can change your life — by bringing you peace, happiness, and emotional and spiritual healing. Forgiveness can take away the power the other person continues to wield in your life.

What if I'm the one who needs forgiveness?

The first step is to honestly assess and acknowledge the wrongs you've done and how they have affected others. Avoid judging yourself too harshly.

If you're truly sorry for something you've said or done, consider admitting it to those you've harmed. Speak of your sincere sorrow or regret, and ask for forgiveness — without making excuses.

Remember, however, you can't force someone to forgive you. Others need to move to forgiveness in their own time. Whatever happens, commit to treating others with compassion, empathy and respect.

Nov. 23, 2011/Nov. 4, 2017

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692?pg=1>

When a person offended we said to ourselves, *"This is a sick man."*

How can I be helpful to him?

God save me from being angry.

Thy will be done."

The Step 4 Prayer from "How it Works"

page 67 of the Big Book, Alcoholics Anonymous



Additional Meetings at U of M Medical Center

DAY	GROUP	TIME	LOCATION
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DAY	GROUP	TIME	LOCATION
	ACA	8:00pm	North Bldg—NG22
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

Opiates Anonymous
(Closed Meeting—Alumni)

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

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7th Tradition Every AA Group Ought To Be Fully Self-Supporting Trustees Financial Report Summary

December 2017

Sq. 2	\$ 27	Expenses:	\$ 437.76
Sq. 3	\$ 10		
Sq. 9	\$ 22	Closing	
Sq. 20	\$ 72	Balance:	\$ 2,376.81
Sq. 43	\$ 10		
Sq. 47	\$ 50		
Sq. 57	\$ 32		
Sq. 70	\$ 77		
GM	\$ 63		
TOTAL:	\$363		



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	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. Trustee elections are coming up soon, and new members would be very welcome.

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
Patrick R. – Sq. 47
John M.—General Meeting
Kyle W.—General Meeting
Grant—Sq. 2

Looking for Reps from:
Sq. 3 Sq. 9 Sq. 20 Sq. 43 Sq. 57/36

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**