

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

Meeting
Listings
Inside

May-June 2016

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

A Gift That Kept On Giving

Meg was 85 when I met her at an AA meeting in Seattle. I had only been sober for 18 months when she fell and broke her hip. A group of us took a meeting to the retirement home where she lived.

This inspired my most unique Twelfth Step experience. Why not start a new weekly meeting at the retirement home? With the gracious acceptance of the retirement villa, we were given the use of an apartment, chairs and fresh coffee. The meeting now attracts members of all ages.

Meg has moved on, but her legacy has become a legacy for me too.

I reached out to another lonely soul, discovered a need, tried something new... and took some action.

So simple, so rewarding.

By Wendy M. of Seattle, WA - From AA Grapevine

Having had a spiritual awakening as the result of these steps...

1) The Sunday night General Meeting will be needing new people to run the meeting. This involves set up, take down, handling donations, emceeing, and occasionally being the fill in speaker. This commitment is every Sunday from 6:30 to 8:30. Contact our current trusted servant Stephanie at the meeting or see contact info below.

2) The Wednesday night Big Book meeting needs people with some sobriety under their belts to participate and help facilitate the meeting. This is a very important meeting for the patients in Lodging Plus. For many this is their first exposure to the Big Book and a great opportunity to learn from those who have gone before. Wednesday nights at 8:15, North building ground level room NG42.

If you are interested in these 12th step opportunities please contact the Board of Trustees at aabtriverside@gmail.com or through our website <http://www.aafairviewriverside.org/contact.htm>
Or just show up and step up.

Just Bad Luck

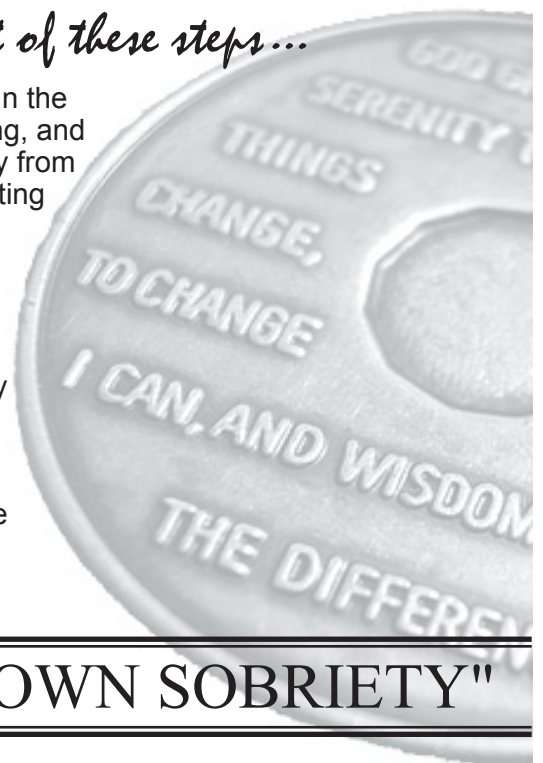
I'm 30 now. Ten years ago I went to alcohol and drug treatment after a week in the hospital for inflammation of a gland behind the stomach. It was the direct result of more than five years of excessive drinking.

The doctor said if I kept drinking I would become a diabetic. If I continued after that, I would likely die. I had flirted with death many, many times prior to being admitted to the hospital. But I was never confined to a bed for a week and confronted with the stark truth about what alcohol was doing to me.

After all, this was me; the guy parents didn't want their kids around, who could always get alcohol, always drove drunk and got away with it.

Five car accidents, arrests, evictions from places I lived, rapidly declining grades in college, growing away from my family, and increased isolation from friends did not phase me.

Just Bad Luck, continued on page 4



"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

“Acceptance Is The Key”



GOPHER STATE ROUNDUP XLIII MAY 27, 28 and 29, 2016



A.A. with Al-Anon, Alateen Participation
www.gopherstateroundup.org

Activities and Accommodations at
DoubleTree by Hilton Hotel, Highway 100 & 494, Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION – \$15.00 Contribution (ages 13 & over) A.A., Al-Anon, or Alateen.
Credit cards are now accepted. Processing fees apply.
Visit www.gopherstateroundup.org for online registration by May 25th.
Onsite registration begins Friday, May 27th, at noon. Registration badges provide admittance to all roundup activities and must be worn in the hotel at all times.
Parking rules will be enforced.

Guaranteed Special Room Rates

Make reservations by May 1st at
www.gopherstateroundup.org
or directly with DoubleTree by Hilton at 800-222-8733
Mention Gopher State Roundup for special rate.

Gopher State Roundup is a special A.A. conference
with Al-Anon participation.

Gopher State Roundup is self-supporting.
No contributions from A.A. groups are used to pay
for this event.

Expenses such as hotel fees, travel & lodging for
the speakers, and printed material are paid through
registration fees.

No baskets are passed during this event.

SPEAKERS

FRIDAY, MAY 27

7:30 PM Brian P., A.A., Round Rock, TX
10:00 PM Sarah H., A.A., Los Angeles, CA

SATURDAY, MAY 28

9:30 AM Corrie L., Al-Anon, Wetumpka, AL
11:30 AM Judy L., A.A., Westminster, CO
2:00 PM Josiah B., Al-Anon, Los Angeles, CA
4:00 PM Dick C., A.A., *History Presentation*
7:30 PM Katie P., A.A., Austin, TX
10:00 PM Charlie P., A.A., Austin, TX

SUNDAY, MAY 29

10:00 AM Debbie D., A.A., Concord, CA

ASL interpretation is provided for the meetings listed above.

CDs are available in the Grand Ballroom foyer.

Cake With A Punch

In May, I moved to South Philadelphia. I was planning to celebrate 28 years of sobriety soon by telling my story at my meeting. I saw it as an opportunity to get better acquainted. I wanted to make a good impression, so I ordered a big, beautiful cake.



Imagine my surprise when, as the cake was being cut, someone said, "I smell rum!" Sure enough, the bottom layer was soaked with rum. The bakery hadn't told me! Of course we were all shocked... me the most. And then came the laughter. I recognized my Higher Power's humor in this. Once again, He had brought my ego down to the right size as only He can.

By Anne C. of Philadelphia, Pennsylvania
From AA Grapevine

Listen To Me; I'm The Expert!

In "A Spiritual Attitude" (AA Grapevine - December, 2008) the author talks about "old-timers syndrome", when sharing takes on a tone of expertise about the program. That's me! In meetings, I talk more than everyone else, and when there are newcomers, I have to tell them how the program works. And I always manage to mention my years of sobriety. Talk about pride!

By Paul N. of Minneapolis, Minnesota
From AA Grapevine



What Can You Do?

If you have been a member of AA for a while, or even if you are still very new, you may have noticed that there is more to keeping the meeting going than simply attending the meeting. I recall when I was still pretty new to AA and attending the Sunday General Meeting. At the time, it worked very well for me, since I really did not want to go to an AA meeting anyway. Sit for an hour, get a little card signed to show the court that I had been to an AA meeting, and that was it. But one Sunday night as I was heading to the meeting in the cafeteria (this was back when it was in the building known then as the Rehab Center and the hospital was still called Saint Mary's) I noticed a sign on one of the bulletin boards in the hall. It read:

*AA at Saint Mary's
is made up of lots of willing people.
5% are willing to do the work,
the other 95% are willing to let them.*

The name of the hospital has changed, but I believe the percentages are still about the same. As important as it is for an alcoholic to attend AA, there is so much more that is possible. You could... be a sponsor, help with the Sunday General Meeting, help with Wing Meetings, be an AA trustee, help with Gopher State Roundup, write something for Straight Talk, take a meeting to a jail, help set up as needed before a meeting, clean up after the meeting, or maybe you have some special skill that could benefit AA. My experience with doing things like this has been that it gives me a greater connection to AA and makes my sobriety even stronger.



Have you
written
something?

Would you
like to have
it published in
Straight Talk?

Leave a copy in the AA squad #1 box
in room F537 of the West building
(5th floor). Address it to Straight Talk.

Just Bad Luck, continued from page 1

I told myself it was all bad luck. People drink and party, especially young people. And I was determined from a very young age to be the leader of the pack. I wore my drinking and the trouble I got into like a badge of honor. After all, this was me; the guy parents didn't want their kids around, who could always get alcohol, always drove drunk and got away with it.



If you drink, you risk having problems with alcohol, or developing the disease. Alcohol and drugs cause you to do things you might not normally do. For a while this can be fun and quite a thrill. Unfortunately, once you get hooked and it's your primary source of pleasure in life, you're in trouble. Sometimes it's too late.

Things started off pretty good for me too. Nice home, nice family, no abuse, great friends, excellent high school achievement in sports, and good grades.

I don't know why I became an alcoholic. I do know today that I am an alcoholic, and having one beer or drink is a useless proposition. And I wouldn't have all the great things in my life today if I had continued down the road I was on 10 years ago. In fact, I'd probably be dead.

By Rick
From About Health

Just The Beginning

I never thought it would be possible to live as long as I have and see the things of this world that I have seen and still be able to smile. I smile because I've found my Higher Power; because I am part of the AA family and I am sober.

I am heading toward my late thirties. Since the fifth grade, I have had an addiction to alcohol. I was sad and lonely and always had emptiness in my heart, even though I had a loving family. I always ran away from fears or drank them away.

Now I have been sober almost a year, and the change in me has been a blessing that I can never truly put into words. This is just the beginning of my story.

By Paula of Stephenville, Texas
From AA Grapevine

Have a question
about what happens to
the dollar you contribute at
your AA meeting?

The AA trustees
have the answer.

The trustees meet
on the second Sunday of
each month in
the Brennan Center
(East Building)
at 6:30pm.



Join us for a
Speaker Meeting

Brennan Center
East Building
Sunday @ 7:15pm

AA
Sunday
Night





San Demetrio London 1943

A British movie based on the true story of the 1940 rescue of the tanker MV San Demetrio by some of her own crew after she had been set afire by the German heavy cruiser Admiral Scheer and then abandoned, during the Battle of the Atlantic.

Fredrick Piper - W. E. Fletcher (left) Ship's Bosun on the San Demetrio.
Robert Beatty - "The Yank" Preston (right) hired on as a deckhand at Galveston.



There is a scene of the two meeting for the first time at a bar in Galveston.

Fletcher: (gets a beer from the bartender and looks at it)
"Bit of a collar on it, isn't there?"
Bartender: "Sure is."
Fletcher: (takes a sip) "Muck!"



Preston: (very drunk and slurring his words) "Say, let me tell you that you find the best beer in Texas in Galveston. The best beer in Galveston right here in this saloon."
Preston: (addressing the bartender) "That right Joe?"
Bartender: "Sure is."



Preston: "More over, Texan beer is the best beer in the United States. And American beer is the best beer in the world."

Fletcher: "Listen, if ever you come to England, I'll take you to the Ship at Faversham... stand you to a pint. You don't know what beer is."

Preston: "As a matter of fact, I'm sailing for England at any moment. Seems you need somebody's help to win this war, so I'm coming over to give it to you."

Fletcher: "Much obliged."

Preston: "Yea, and this will show you how set I am in getting there. I'm even sailing on an English ship... lousy old tanker called the San Demetrio."

Fletcher smiles and says, "Let me give you a tip mate, there's a British Board of Trade regulation which says that no man may board a tanker when he's drunk. And the bosun's there to see no one breaks that rule."

Preston: "Bosuns? I eat 'em raw."

Realizing I'm An Alcoholic

I have been drinking since college. I go out on the weekend and when I drink I black out pretty often. There have been times where I quit drinking for weeks or months at a time.

This past weekend I hit an all time low when I passed out on the subway and this homeless guy had my phone and he called my mother non stop. I currently live at home with my parents and have a part time job. Used to be a teacher; I have a masters degree. My parents are kicking me out in a month. Not sure what to do. Thank you.

By Matt - From The Experience Project

We're all travelers in this world.

From the sweet grass

to the packing house.

Birth 'til death.

We travel between the eternities.

Prentice Ritter (Robert Duvall)
in Broken Trail



To Cure Drunkards.

A Simple Way to Cure Any Drunkard Against His Will.

By using the new odorless and tasteless remedy, which is placed in the coffee or food, any drunkard can be cured. Anyone can use it without the drunkard ever knowing it. It does its



MRS. SAMUEL BOYD.

work so silently and surely that while the devoted wife, sister, daughter or mother looks on, the drunkard is cured even against his will.

Every person who has a loved one who is a slave to drink ought to give them this remedy at once.

Mrs. Samuel Boyd says: "With Golden Specific I cured my husband of drinking. I put it in his coffee and after that he could not drink liquor or bear to be where he could smell it."

Write to Dr. J. W. Haines, 1141 Glenn Building, Cincinnati, Ohio, and he will send you a free trial package, which will show you how simple it is to use and how positive is its cure.

“!” This whole moral breakdown is being caused by drinking and nothing else... They certainly serve rotten scotch at this bar
-- "Since You Went Away" 1944

U of M Medical Center Fairview Meeting Listings

Day	Group	Time	Location
ACA ACOA			
Monday	10	8:00pm	North Building - Ground Level NG22
Tuesday	4	9:00pm	North Building - Ground Level NG22
Al-Anon			
Monday	36	7:00pm	North Building - Ground Level NG23
Tuesday	33	7:00pm	Bethany Lutheran Church Franklin Avenue @ 25th Avenue
Sunday	AA General Meeting	7:15pm	East Building - Brennan Center
CA			
Wednesday		8:30pm	West Building - 5th Floor Lecture Hall
GA			
Sunday		7:00pm	East Building - MB114 (Dining Room F) (Tunnel Level)
NA			
Friday		8:00pm	East Building - Brennan Center
OA			
Monday		4:45pm	East Building - MB114 (Dining Room F) (Tunnel Level)
WA (Workaholics Anonymous)			
Wednesday		11:30am	East Building - Dining Room E

*Is your group not listed? Is your group listed incorrectly?
Please leave a note with any changes in the AA group one mailbox.

Mailboxes are located in the West Building - Room F537.

AA Meeting Listings U of M Medical Center Fairview

Day	Group/Squad	Time	Location
Monday	3	5:30pm	East Building - Dining Room E
	43	7:00pm	North Building - Ground Level NG48
	63	8:00pm	North Building - Ground Level NG23
Tuesday	57/36	1:00pm	West Building - Fifth Floor F571
	62	7:00pm	Bethany Lutheran Church Franklin Avenue @ 25th Avenue
	9	8:00pm	North Building - Ground Level NG42
Wednesday	32	5:30pm	East Building - MB114 (Dining Room F) (Tunnel Level)
	20	7:00pm	West Building - Fifth Floor F541
	71(signing meeting)	7:30pm	North Building - Ground Level NG23 (American Sign Language Only)
	51	8:15pm	North Building - Ground Level NG42 (Big Book Meeting)
Friday	46	7:00pm	East Building - MB114 (Dining Room F) (Tunnel Level)
	70	8:30pm	North Building - Ground Level NG42
Saturday	1	8:00pm	East Building - Brennan Center
Sunday	47	5:30pm	East Building - MB114 (Dining Room F) (Tunnel Level)
	General Meeting	7:15pm	East Building - Brennan Center
	2	8:30pm	East Building - Brennan Center
Trustees	2nd Sunday each month	6:30pm	East Building - Brennan Center

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 in the AA group #1 mailbox.

Mailboxes are located in the West Building - Room F537.