

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

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

July - August 2018

Keep It Simple!

When I went through treatment, I was told to:

- 1) Go to meetings
- 2) Get a sponsor
- 3) Don't drink

Having gone to 1,000's of meetings since treatment, I've heard just about everything. However, I've never heard anyone say that they've found a better way to maintain sobriety. Of course, recovery from addiction can and does often involve other things: working the 12 steps, fellowship, service, after care, counseling, spiritual direction, etc. Yet the three basic suggestions presented above serve as a strong foundation for extended sobriety.

Dr. Bob Smith co-founder of A.A. is credited with tempering the exuberance of his fellow co-founder of AA, Bill Wilson. His final public address includes his recognition of the simplicity of the Program.

Jim M
Squad 70

Dr. Bob's Farewell Talk

Dr. Bob and Bill W. were co-founders of A.A.

My good friends in A.A. and of A.A.,

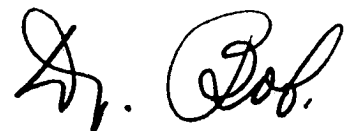
... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

There are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the **simplicity** of our program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual A.A. work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words "love" and "service." We understand what love is, and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.

Thank you very much.



* From Dr. Bob's brief remarks on Sunday, July 30, 1950, at the First International A.A.

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Go to Meetings

Meetings are where the wisdom of the A.A. Program and it's fellowship is made manifest. And most importantly, *those who stops going to meetings aren't there to hear what happens to those who stops going to meetings.*

Top 5 Reasons People Stop Going to 12 Step Meetings

A common phrase in Alcoholics Anonymous (AA) is *It Works If You Work It*. AA, to my knowledge, is the world's most well attended 12 Step organization and the originator of the 12 Step self help programs. Other programs followed similar 12 Step philosophy such as Cocaine Anonymous, Narcotics Anonymous, Overeaters Anonymous, Sex Addict Anonymous, Sex and Love Addicts Anonymous, Alanon, etc.

I know from personal experience of being sober close to 30 years that I would not be alive today, much less sober, if not for my introduction and continued involvement in AA, and belief that it works. It however does not work for everyone. Some people give up too quickly – some attend one meeting and that's it. Others turn their lives around fairly quickly due to their 12 Step involvement and then stop participating in their recovery. Days, months or years later they return in worse emotional and mental shape than when they first arrived at a 12 Step fellowship. I often wonder why they stopped attending when participating has improved the quality of their lives. What are the road blocks to continued involvement, what scares them or drives them away?

Here is a top five list I put together after discussing this topic with many professionals and non-professionals who have been or currently are involved in a 12 Step fellowship, or refer people to them:

- 1) Life gets good again, the heat is off or the pain has subsided.
- 2) "I am too busy."
- 3) The word "God" in the steps, fear, or reluctance to work the steps without choosing a sponsor to help through these roadblocks.
- 4) Make a rapid assessment that "I don't believe my problem is as bad as those people."
- 5) The social fears of, "What will I do at parties?" "What will I tell people when they ask about my involvement or ask if I go to those meetings?" "Will I ever have fun again?" Questions/concerns about the future that scares people from committing to live one day at a time.

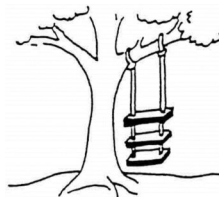
Granted, it is scary to change. Most people who attend

12 Step meetings aren't attending because they have been on a "winning streak" in fact most are seeking answers about serious life issues. Some attend needing more or different help than a 12 Step fellowship can offer right then. Some need immediate assistance, such as a medical detoxification under the care of a physician or an inpatient psychiatric stabilization for severe depression or suicidal thoughts. However I think a majority who attend their first meeting do and can get relief if they are indeed attending the fellowship most designed to help them.

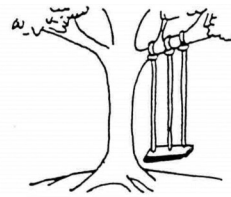
How can working or following a 12 Step principled life solve so many very complex problems? Maybe that is the beauty of it — it is not overly complicated. Successful involvement forces human fellowship, support and a spiritual surrender that gives peace and comfort to those who have over active thoughts and compulsive behaviors.

I was 19 when I was introduced to the 12 steps and only attended to avoid severe legal consequences. However what I found was a fellowship of caring non judgmental individuals dealing with my same feelings and issues. I was taught and guided on how to use the 12 steps to improve my life. They were suggested never forced. I quickly learned those who don't follow the suggested steps tend to have more issues and emotional drama and often leave the fellowship. It is my continued involvement that has been a blessing and has given me a wonderful, spiritually filled life that I wouldn't trade for anything.

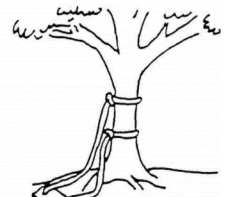
Posted on September 8, 2011 in 12 Step, addiction recovery



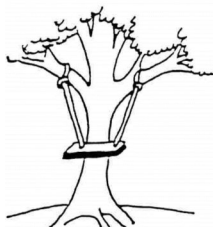
As the architect drew it.



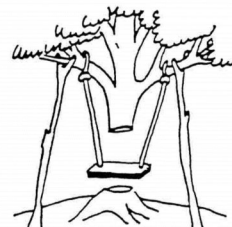
As engineering designed it.



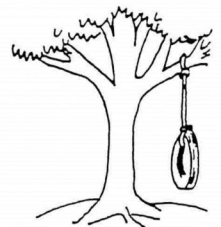
As OSHA regulated it.



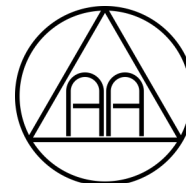
As the sales force bid it.



As the field crew installed it.



What the customer wanted.



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

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 - May 2019**

For more information, please email
Fairview Riverside Board of Trustees
at

feedback@aafairviewriverside.org

Visit us online

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

Keep It Simple. --- AA slogan

Addiction messed up our thinking. We know that from taking Step One. We forgot things. We had blackouts. We made excuses, and we even started to believe them. We were mixed up. We couldn't figure things out. We decided to get high and forget about it. Now our minds are clear. We can keep thinking clearly if we work our program and Keep It Simple. Don't drink or use other drugs. Go to meetings. Work the Steps. Be yourself. Ask for help. Trust your Higher Power.

Two thoughts will always mess us up if we let them in. They are "Yes, but..." and "What if?" Don't let them in. Keep It Simple.

Prayer for the Day: Higher Power, thanks for recovery. Help me stay sober and clean today.

Action for the Day: Today, I'll take one thing at a time and Keep It Simple.

Additional Meetings at U of M Medical Center

DAY	GROUP	TIME	LOCATION
	ACA	8:00pm	North Bldg—NG22
	ACOA	9:00pm	North Bldg—NG22
	Al-Anon	7:00pm	North Bldg—NG23
		7:00pm	Bethany Lutheran Church Franklin Ave @ 25th Ave CA
		8:30pm	West Bldg—Floor 5 #541 GA
		7:00pm	East Bldg—MB114 NA
		8:00pm	East Bldg—Brennan Cen. OA
		4:45pm	East Bldg—MB114 WA
	(Workaholics Anonymous)	11:30am	East Bldg—Dining Rm E
	Opiates Anonymous		(Closed Meeting—Alumni)
		8:00pm	West Bldg—Floor 5 #557

7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Trustees Financial Report Summary

April 2018

Expenses:	\$	0.00
Closing Balance:	\$	2,090.18
Sq. 1	\$	5
Sq. 2	\$	88
Sq. 3	\$	4
Sq. 9	\$	4
Sq. 20	\$	86
Sq. 43	\$	5
Sq. 47	\$	47
Sq. 57	\$	53
Sq. 70	\$	41
GM	\$	152
TOTAL:	\$	485



Drop Box
located in the
West Building
Room F537

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.

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.—General Meeting

Grant—Sq. 2

Looking for Reps from:

Sq. 3 Sq. 9 Sq. 20 Sq. 43 Sq. 47 Sq. 57/36

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**