

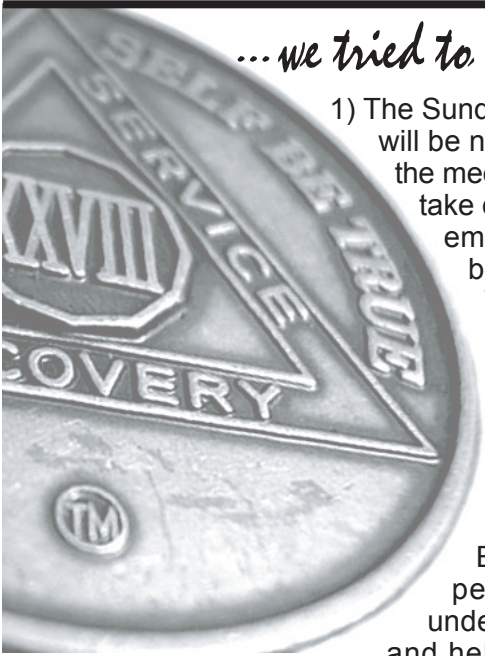
# Straight Talk

A publication of Fairview Riverside AA  
U of M Medical Center

Meeting  
Listings  
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July -  
August 2016

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



*... we tried to carry this message*

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 evening 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, in the North building ground level room NG42.

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

## Something To Live For

I got sober on Valentine's Day, 1964. That's a lot of years ago. I'm not bragging; it's just a fact. I didn't get sober by choice. Even though I was dying inside, I wanted to drink.

**Sharing my experience  
with other alcoholics helped me  
understand my own recovery  
on deeper levels.**

**And every once in a while,  
it helped others, too.**

I guess you could say that I got sober in spite of myself.

**Something To Live For, continued on page 3**

## MY LAST TRY

My name is Brenda, I'm 6 days sober today and I've recently turned 26 years old. I never thought I would be where I am today; translation I'm an alcoholic.

I've been battling alcoholism for 10 years now. In the beginning I just always use to be the one that took it too far whenever I drank with friends. I didn't know I had a problem then, I don't even think I knew what alcoholism was.

**I'm incredibly scared as I attempt my  
sobriety journey for the last time.  
Going to put it all in the hands of God!**

As the years went by I got worse and worse. I lost friends and I got in trouble. That is now an obstacle in my life as in I can't apply for certain jobs including my dream job. I think I'm too scared as of yet to fully query it.

**My Last Try, continued on page 4**

*Sometimes I wonder if I was born defective*

*or I turned out this way because of my environment.*

*Either way I know I have no one to blame except myself.*

by Steve D. of Sun Valley, Arizona  
From the Alcoholism Guide.org

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

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My love, my pain, my tormentor

I must put you to rest

All the treacherous lies

all the days & nights spent together

You are but a memory of days long lost

Mourning you, will be a termination of your ungodly ways

You were a deathtrap to me!

I leave you now

This bridge of your death I shall cross and burn

You are lost to me

Goodbye, betrayer, goodbye!

By Sandra S.

## Something To Live For, continued from page 1

I had a lot of good reasons to drink. To start with, I had a tremendous amount of unresolved grief. I spent several years in a Japanese prisoner of war camp during WW II. Shortly after coming home from the war, my wife took her own life. Then my only daughter was institutionalized for a serious emotional disorder.

My pain was unbearable. I medicated it with alcohol. Had someone told me that my drinking would kill me, I would have welcomed the news and increased my consumption in order to speed up the process. I had nothing to lose. I had a job, a house, and a car but didn't care anything about any of it. I just went to work and came home and drank. I got up the next day, went to work, and came home and drank. I drank until I passed out every night.

One Friday evening I decided to drive out to a nearby lake. I remember getting there, getting out of my car, and sitting on the hood with a half-empty bottle of bourbon. My next recollection is waking up in the county jail. I had been charged with public intoxication and resisting arrest. I was arrested again 40 days later for driving while intoxicated. My blood alcohol level was twice the legal limit. I was arrested the third time 48 hours after being released from the second arrest. Again, my blood alcohol level more than doubled the limit.

I was lucky. I appeared before a county judge who knew something about alcoholism. He committed me to a state hospital that had a strong alcoholism treatment program. I stayed in that program for seven months, and while I was there, I unexpectedly found a reason to live. That reason was other people.

At first, I felt nothing for anyone. Indeed, I felt nothing, period. Then my feelings began to awaken, and I got angry. I hated everything and everyone. Then one day a surprising thing happened. I felt a twinge of compassion for another person--someone who was in more pain than I was. The feeling was weak, but I could not deny that it was there.

As time passed, my compassion grew. My heart opened. I learned to care. I saw that the state hospital housed lots and lots of men and women who were worse off than I was. There were men who drank twice as much as me. There were heroin addicts whose arms, hands, legs, and feet were disfigured from so many needle marks. There were people who had tried to take their own lives. Some had tried several times. I felt for them.

While at the hospital, I attended in-house AA meetings every day. When I left the hospital, I became a member of AA in the community. I attended lots of meetings.

**Something To Live For, continued on page 5**

## 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.**

## My Last Try, continued from page 1

I keep having flashbacks of the last 10 years and most if not all of it involves me being drunk; I've missed out on so many opportunities and have lost great friends along the way.

Right now I'm a glimpse of what I use to be, I'm not even sure if I can ever return to that place. I'm the talk of everything negative that comes out of anyone's mouth who's ever known me. I want to stop, God as my witness. I've painstakingly tried to stop but it never seems to last, I'm not even sure if my mind is correct anymore as some of the things I've done in drink are incredibly questionable. I've been given so many chances by friends, employers and family, but I seem to always fail them and myself. I've got so many regrets; I feel tremendous guilt and self pity that it breaks my heart and gives me huge anxiety.

I don't seem to enjoy life or see the world how others see it, I find life miserable and depressing; and the few times that I'm happy the unhappiness seems to creep in and has greater control. I think I drink to escape. I don't know when I started feeling the need to escape; because growing up I was happy. I had so many dreams and things I wanted to do. Now I feel trapped in a very sad, gloomy and lonely place.

Life is passing me by and I'm so afraid that I might not be able to beat my alcoholism. My emotional state of mind is an absolute wreck, I don't know how to deal with my emotions or have any self control or discipline. I dream of just escaping, going some place where my head doesn't exist; I'm here but I'm not present.

Every year it's the same old story with more and more of me dissolving. Sometimes I feel like something has got a hold of me, something really bad and when I get the urge to drink, its feeding whatever this thing is, because I become a completely different person physically, emotionally and mentally; not a trace of me without drink is visible. Many who know me have said you're eyes just look so intense, it's almost malevolent.

I've tried going to church, I listen to tons upon tons of sermons, I have plenty of religious reads. It works for some time but then the urge to drink is like the force we use on our legs to walk. I just wish I could get some kind of help from above as no human can help at this stage, I've been to AA and all other services available for alcoholics and I've failed each one. I'm incredibly scared as I attempt my sobriety journey for the last time. Going to put it all in the hands of GOD!

By by Brenda of the United Kingdom  
From the Alcoholism Guide.org

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







From "A Tree Grows In Brooklyn", with James Dunn as Johnny Nolan and Peggy Ann Garner as his daughter Francine.

Johnny: And you'd better be getting that apron ironed too.  
Francine: Oh, Papa, you've got a job for tonight?



Johnny: You see the palm of that hand? That's right where I got the world tonight.  
Francine: Where's the job, Papa?  
Johnny: Klompers. A big wedding party. And you know something, Prima Donna? There'll be plenty of tips.  
Francine: Singing or waiting?  
Johnny: Both.



Francine: Oh, maybe tonight'll be it. Maybe tonight he'll be there; the Impresario and he'll hear you sing, and he'll put you on the stage!

Johnny: And why not? Ain't I the Brooklyn Thrush?



Francine: Oh, Papa!  
Johnny: And you know something else? You're not going to be ironing like this when that Impresario comes along. Things are going to be different around here, you wait and see!  
Francine: Yes, Papa.  
Johnny: Hey, what's the wish you wish the most when our ship comes sailing in?  
Francine: Well, it already came true.

Johnny: What is it? Come on and tell me.  
Francine: Well, I wished that when you came home today, you wouldn't be sick.  
Johnny: Oh, who told you to call it "sick" baby? Ah, you shouldn't waste your wishes on things like that! You should be saving 'em, for a silk dress or something.

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### Something To Live For, continued from page 3

I participated. I worked my way through the 12 Steps, and eventually I started making 12-Step calls. Again, I found people in tremendous pain. My heart went out to them. It was easy for me to relate to their pain, and I shared my story with them. I told them about how I had come to have nothing to live for until I found the miracle of recovery. I told them about how my heart, which was once so empty and cold, had opened up and learned to love.

Sharing my experience with other alcoholics helped me understand my own recovery on deeper levels. And every once in a while, it helped others, too. Every once in a while, the person I was sharing with was able to hear what I was saying, and he came into recovery. I can't say how many people I've watched get sober over the course of 35 years in AA, but I know this: It's been a lot. I feel grateful for every single one of them. It's funny. I think back on how miserable I was before I got sober, and I can no longer remember exactly how it felt. I know it felt horrible, but I just can't remember the feeling.

I'm almost 80 years old now. I don't get around as good as I used to, and I have my share of old people's aches and pains. But I really don't mind. The truth is, I can hardly believe that I've lived this long. Had I not had the great fortune to go before a judge who understood that alcoholics are sick people rather than bad people, I know I would have passed on many years ago. As it happened, though, I lived to experience joy and love, and I humbly believe that I have been of help to other people.

I think I must be the luckiest man alive.

By Chester R. - From Alcohol and Drug Abuse.com



From Recent Email



### Alcohol & Fats

It's a relief to know the truth after all those conflicting medical studies.

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.

**Conclusion:** Eat and drink what you like. Speaking English is apparently what kills you.



Happiness in intelligent people is the rarest thing I know.

Ernest Hemingway



“!”

I cook with wine, sometimes I even add it to the food

-- W.C. Fields

# U of M Medical Center Fairview Meeting Listings

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

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\*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
<b>Monday</b>	3	5:30pm	East Building - Dining Room E
	43	7:00pm	North Building - Ground Level NG48
<b>Tuesday</b>	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
<b>Wednesday</b>	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)
<b>Friday</b>	46	7:00pm	East Building - MB114 (Dining Room F) (Tunnel Level)
	70	8:30pm	North Building - Ground Level NG42
<b>Saturday</b>	1	8:00pm	East Building - Brennan Center
<b>Sunday</b>	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
<b>Trustees</b>	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.