

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

Meeting
Listings
Inside

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

September—October 2018

Where can I find a Meeting?

Look - on the back page of this newsletter for weekly AA Meetings at Fairview Riverside (and on page 3 for other 12-step meetings).

Ask - your sponsor (don't have one? get one!).

Visit - Greater Minneapolis Intergroup
7204 West 27th Street, #113; St. Louis Park, MN 55426
Online www.aaminneapolis.org

Call - 952-922-0880

Visit - Greater St. Paul Intergroup
1600 University Avenue, #407; St. Paul, MN 55104
Online www.aastpaul.org

Call - 651-227-5502

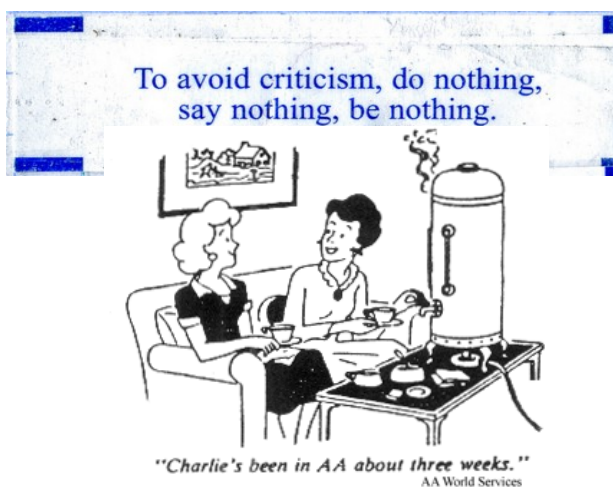
Other online guides:

<https://aaminesota.org>

www.aa.org/pages/en_US/find-local-aa

<https://meetingguide.org>—free mobile app
77,551 AA Meetings currently in the system

No Excuses!



The Promises of Alcoholics Anonymous

**An insurance policy with an
ironclad guarantee!**

(The Big Book 4th edition - pages 83&84)

The 12 promises of AA are as follows:

1. If we are painstaking about this phase of our development, we will be amazed before we are half-way through.
 2. We are going to know a new freedom and a new happiness.
 3. We will not regret the past nor wish to shut the door on it.
 4. We will comprehend the word serenity, and we will know peace.
 5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
 6. That feeling of uselessness and self-pity will disappear.
 7. We will lose interest in selfish things and gain interest in our fellows.
 8. Self-seeking will slip away.
 9. Our whole attitude and outlook upon life will change.
 10. Fear of people and of economic insecurity will leave us.
 11. We will intuitively know how to handle situations which used to baffle us.
 12. We will suddenly realize that God is doing for us what we could not do for ourselves.
- Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Donuts and Beer

**"Dude! Donuts!! You got donuts!
Gimme a donut!
I'll give you a beer for a donut."**

Over the years I have been doing *Straight Talk*, the shop they are printed at has used a variety of different boxes. For the July issue, they had the copies in a couple of white boxes - similar to boxes sometimes used for donuts. I had picked them up from the printer and was waiting at the bus stop with the boxes sitting on the sidewalk next to me.

It was a hot, sunny afternoon; the sort of day that many in AA would perhaps remember as a day when a few cold beers was well deserved.

A guy who was also waiting for the bus walked up. He was carrying two canvas shopping bags. It looked like they were both pretty full and heavy to carry. He appeared like he might be a little drunk.

He noticed me... and those boxes: "Dude! Donuts!! You got donuts! Gimme a donut! I'll give you a beer for a donut."

I explained that it was some printing I had had done and not donuts. He set his bags down next to my boxes. He gave a sigh of relief to be setting them down. I could see now that they were both very full, largely with cans of beer. I opened one of the boxes, gave him a copy of *Straight Talk*, and said it's a newsletter I have printed.

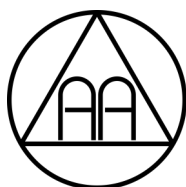
"What's it about?" "It's about alcoholism and sobriety." "Oh, alcohol. I know all about alcohol. I just took six buses to get me some alcohol!"

We did not talk much more after that. He put the copy I gave him in one of the bags with his beer and said he would read it.

I hope he did.

By David O. of Fairview Riverside AA

July 29, 2015



Company Policy

Start with a cage containing five monkeys. Inside the cage, hang a banana on a string and place a set of stairs under it. Before long, one of the monkeys will go to the stairs and start to climb towards the banana. As soon as he touches the stairs, all of the monkeys are sprayed with cold water. After a while, another monkey makes an attempt with the same result - all the monkeys are sprayed with cold water. Pretty soon, none of the monkeys will try to climb the stairs.

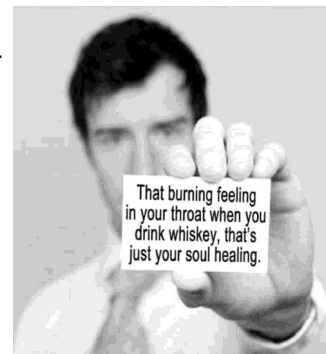
Now, put away the cold water. Remove one monkey from the cage and replace it with a new one. The new monkey sees the banana and wants to climb the stairs. To his surprise and horror, all of the other monkeys attack him. After another attempt and attack, he knows that if he tries to climb the stairs, he will be assaulted.

Next, remove another of the original five monkeys and replace it with a new one. The newcomer goes to the stairs and is attacked. The previous newcomer takes part in the punishment with enthusiasm! Likewise, replace a third original monkey with a new one, then a fourth, then the fifth.

Every time the newest monkey takes to the stairs, he is attacked. Most of the monkeys that are beating him have no idea why they were not permitted to climb the stairs or why they are participating in the beating of the newest monkey. After replacing all the original monkeys, none of the remaining monkeys have ever been sprayed with cold water. Nevertheless, no monkey ever again approaches the stairs to try for the banana.

Why not? Because as far as they know that's the way it's always been done around here.

And that, my friends, is how company policy begins.



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/>

To be able to see
through glass
Or understand a tree
It's not me
It's sobriety

I welcome the free mind
God has rendered in kindness
As life now is what I find
All under divine time.

So my thought is really no thought
But doing what I ought
I have the serenity I sought
All else comes to naught.

By Bruce A., AA Squad Nine

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	(Workaholics Anonymous) East Bldg—Dining Rm E Opiates Anonymous (Closed Meeting—Alumni)
Thursday		8:00pm	West Bldg—Floor 5 #557

7th Tradition

Every AA Group Ought To Be Fully Self-Supporting
Trustees Financial Report

Summary

June 2018

Sq. 1	\$ 3	Expenses:	\$ 77.26
Sq. 2	\$ 73	Closing	
Sq. 9	\$ 3	Balance:	\$ 2,354.83
Sq. 20	\$ 80		
Sq. 43	\$ 13		
Sq. 47	\$ 41		
Sq. 57	\$ 48		
Sq. 70	\$ 61		
GM	\$ 96		
TOTAL:	\$419		



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

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Trustees

Bruce M. – Sq. 62
Lynn – Sq. 1
AJ W.- General Meeting
Jim M. – Sq. 70
Kyle W.—General Meeting
Grant—Sq. 2
Jim W.—Sqs. 3/9

Looking for Reps from:
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**