

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

Meeting
Listings
Inside

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

November—December 2018

Founder's Day Weekend 2018

November 23, 24 & 25, 2018

Celebrating 78 Years of AA in the Upper Midwest
and Honoring AA Members With One Year of Sobriety!

Register Online at: [www.FoundersDayMN.org](http://wwwFOUNDERSDAYMN.org)

<p>Friday, November 23 4:00 PM Registration Opens 7:00 PM * History of AA in the Upper Midwest Dick C. (Orono, MN) 9:00 PM *AA Speaker: Myers R. (Dallas, TX)</p> <p>Saturday, November 24 10:30 AM * Panel of Weekend Speakers 1:00 PM AA Open Call-Up Meeting 1:00 PM Al-Anon Open Meeting 3:00 PM *Al-Anon Speaker: Craig M. (Alexandria, VA) 6:00 PM Banquet 7:30 PM *AA Speaker: Rose E. (Brooksville, FL) 9:00 PM Dance</p> <p>Sunday, November 25 9:00 AM Breakfast 10:00 AM *AA Speaker: Judith R. (Bismarck, ND)</p> <p>*These meetings are ASL Interpreted </p>	<p>Pre-Registration \$20.00 At the Door \$25.00 Registration required and must be paid to attend Founder's Day Weekend events.</p> <p>Banquet (Limited Seating) \$40.00 The Banquet begins at 6:00 pm Saturday evening.</p> <p>Breakfast \$20.00 The Breakfast begins at 9:00 am Sunday morning. Theatre seating will be provided at 9:45am for the Speaker Meeting.</p> <p>Archive Room Friday, Saturday and Sunday until 10:00 am</p> <p>Founder's Day Weekend Dance Saturday 9:00 pm</p>
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Activities and Accommodations at
DoubleTree Bloomington - Minneapolis South - Bloomington, MN
7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

Special Room Rates are available with early reservations.
Please make reservations directly with the DoubleTree Bloomington Hotel.
Indicate they are for Founder's Day Weekend.

Please join the
Fairview AA Board of Trustees
& Friends
for two...

Festive Holiday Potlucks &
Gratitude "Call-Up" Meetings!



AA Sunday General Meeting
December 23 & December 30

6:45 - 7:15pm - Festive Holiday
Potluck & Party!

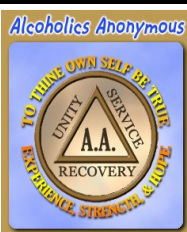
7:15 - 8:15pm - Gratitude "Call-
Up" Meeting

U of M Medical Center
Fairview Riverside East Building
(Brennan Center)
2414 S. 7th Street
Minneapolis, MN 55454

* Cookies & Coffee provided.
Please bring other tasty treats to
share!

Description of Gratitude "Call-Up" Meeting:
Participants are randomly "Called Up" to the
podium to briefly share for whom/what they are
grateful.

Please share this invitation.
All are welcome!



Fairview Riverside AA
Unity Night
Friday—November 23 (6:00 - 7:00pm)
Meet & Greet at Founder's Day
Registration Area

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

MY FINAL GOODBYE.

Chemical seduction path to destruction, inner turmoil is what you bring
Outer chaos is what you sing. Fear, isolation, degradation
Wrapped in a package of promised escape.
A bottle, a pill, a quick cheap thrill, a line, a toke, my kids heart you broke.
A needle, a bubble, you doubled my trouble.
I know you better than I know myself
You strike at times you know I'm weak
You silence my voice so I can't speak
You've taken all that's left to take
Your promises were all fake
I'm free today I'm given a reprieve and I don't care if no one believes
I'm more than a conqueror, a warrior indeed
I've cut you off my past you bleed.
No longer together no room for you
Yes now we're through.
You cannot look my light will blind you
Another victim will have to find you and when they come to the end of their rope
I'll share my story and help them cope
I'll give them love and reason to hope.
You're desperate now, caught in confusion that blacked out victim was just an illusion.
I'm grateful I met you, you stripped me completely
Now GOD can build up the old defeated me
I stand here sober but I don't stand alone
Surrender your crown; I'm taking your throne!
So go to your grave I'm no longer your slave
Rest in disaster.

Written by Melody Doyle 6/11/18

Recovery & Gratitude

What is gratitude?

Copyright 1990 *The Language of Letting Go.*
Melody Beattie. p. 18 Hazelden

Sometimes in life, things happen too fast. We barely solve one problem when two problems surface. We're feeling great in the morning, but we're submerged in misery by nightfall. Every day we face interruptions, delays, changes, and challenges. We face personality conflicts and disappointments. Often when we are feeling overwhelmed, we can't see the lessons in these experiences.

One simple concept can get us through the most stressful of times. It's call gratitude. We learn to say, thank you, for these problems and feelings. Thank you for the way things are. I don't like this experience, but thank you anyway. Force gratitude until it becomes habitual. Gratitude helps us stop trying to control outcomes. It is the key that unlocks positive energy in our life. It is the alchemy that turns problems into blessings, and the unexpected into gifts.

Today, I will be grateful. I will start the process of turning today's pain into tomorrow's joy.

Becoming Grateful

Whether you are a newcomer, or have been in recovery for years, I believe gratitude lists are a fundamental tool for happiness in sobriety. The gratitude list truly adjusts one's attitude. Self-centeredness is the cornerstone of addiction. Recovery for me has meant letting go of my self-centeredness and becoming of service to others. Besides working the steps, and doing service work, one of the best ways that I found to become less self-centered, is to develop an "attitude of gratitude" through writing gratitude lists.

I challenge you now to take a moment to think of five things in your life that you are grateful for today. For example, your recovery, your friends, your family, your sense of smell, touch, sight, and sound. The list can go on and on. Imagine what your life would be like without these things. Write them down on a piece of paper and really think about the things you are grateful for. You will be amazed at how great you will feel!

Recovery & Me (<http://www.recoveryandme.org/inspiration-gratitude-reading-pa.html>)

AA Declaration of Unity

This we owe to A.A.'s future:

To place our common welfare first;

To keep our fellowship united.

For on A.A. unity depend our lives,

12 Tips for Sober Holidays

1. Line up extra AA activities (help on the phones, speak, empty the ashtrays).
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep your AA telephone list with you at all times.

4. Find out about holiday meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an AA friend--or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance). (*next page*)

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

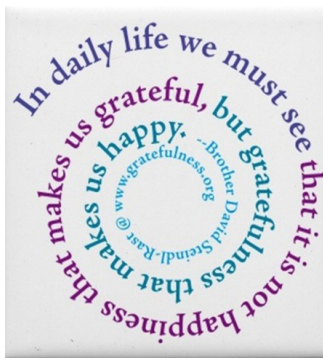
Annual Gopher State Round Up – AA Hospitality Suite 115—Memorial Day
Weekend - May 2019

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

feedback@aafairviewriverside.org

Visit us online

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12 Tips for Sober Holidays (continued)

8. Go to church. Any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letters.
10. Don't project about holiday temptations: remember "One day at a time."

11. Even if you cannot give material gifts, enjoy the beauty of holiday love.

12. Carry the message. Give the joy away, and it will be yours to keep.

AA Grapevine: The International Journal of Alcoholics Anonymous (December 1989)

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
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	(Workaholics Anonymous)	11:30am	East Bldg—Dining Rm E
Thursday	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

August 2018

Sq. 1	\$ 8	Expenses:	\$ 927.55
Sq. 2	\$ 93		
Sq. 3	\$ 11	Closing Balance:	\$ 2,229.44
Sq. 20	\$ 127		
Sq. 43	\$ 10		
Sq. 47	\$ 96		
Sq. 57	\$ 51		
Sq. 70	\$ 45		
GM	\$ 115		
TOTAL:	\$ 556		



Drop Box
located in the
West Building
Room F537

U of M Medical Center Fairview Meeting Listings

AA (Alcoholics Anonymous)

Day	Group/Squad	Time	Location
Monday	3	5:30pm	East Bldg - MB114 (Dining Room F)
	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

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**