

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

Meeting
Listings
Inside

November -
December 2016

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

Day One... I Hope

At 45 years old, I have been a fairly serious drinker since about age nineteen.

I come from three (or more?) generations of serious drinkers. Now, I am watching at least one of my four children follow the same path. The last 5 years have seen a dramatic increase in my alcohol consumption. My wife and I both drink at least a bottle of wine a night and I will often drink two or add beer on the weekend. Or, just drink a 12 pack of good dark beer. I love dark beer but hardly taste it after the first one is down. My health is suffering, my work is seriously suffering, and I am so tired of being ashamed. We live in a small community and it is getting harder to hide

Day One... I Hope, continued on page 3

...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 or through our website: <http://www.aafairviewriverside.org/contact.htm>

Or just show up and step up.

A Long Way To Go... But Going

During my second semester of college, I ended up in the hospital from alcohol poisoning.

I feel miles away from the scared girl crying for help on the inside.

I'm finally realizing that I'm worth it.



The custodian had found me passed out in the boys' bathroom under one of the stalls around noon and the EMT's had to cart me off on a stretcher. I had to wait all day and night for my BAC to return to normal. Everyone reaches their own level of hell before they decide to throw in the towel. Even after this incident I still was not satisfied with the amount of danger I put myself in and my rationalization led me to experience all new levels of misery. When I got back to the dorms my peers all assured me that it was pretty

A Long Way To Go... But Going, continued on page 4

Interested In Doing Straight Talk?

I have been doing Straight Talk for most of the last twenty years or so. Easily one of the best things I have ever done for myself and my AA program. But I believe, or at least hope, it has helped many people. The time has come for it to pass to someone else. My last issue will be the November/December issue of 2016. If you are interested in continuing the publication of Straight Talk, please see the AA Trustees. They meet on the second Sunday of the month at 6:30pm in the Brennan Center of the East building.

David O., Fairview Riverside AA

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

I Am An Alcoholic That Desperately Wants To Stop!

I will be 31 in two months & I've realized I have torn my life to shreds. I am a divorced mom of two. I am an extreme binge drinker & if it wasn't for my amazing ex-husband & his wife my two beautiful little boys would live in turmoil. My last extreme (life changing) binge was Jan. 25th 2012. I woke up in the county jail sliding down the wall dressed in orange. As I come to, I realize a brief image of me & my just paid off 32,000 truck wrapping around another vehicle. It must have happened right after the bar closed down at 2. The time was 5 something am & I have in huge blocks, 471 written on the inside of my forearm. I immediately panicked because I didn't know my charges. I did not know if I killed a family of five. I finally get man handled to the prison inmate hotel check in blahhh, blahhh, blahhh, & almost fainted. I asked her to spare me the time, just tell me if I've killed anyone!! She looked at me rolled, her eyes & continued to chat about her nails with the lady next to her. I begged once again & she finally looked me up. I found out that the guy I hit wasn't hurt at all. Did my 12 hours & on my way home riding with my father I get a text from the man I hit & he said he hopes I'm ok! I feel lucky, blessed & swore off the hard stuff forever!

WHY CAN'T I STOP???

IF NOT FOR ME, FOR MY KIDS!!!

I'm really bad right now, worst I've been in a while & I'm scared to death. I just want to die!!

By iluvainmal

From The Experience Project

I Can Make It

I grew up without a dad. I guess that got to me more than I thought. I was always a good little girl. I had good friends and I went to church all the time. Me and my mother didn't get along too well. She always wanted me to be someone I was not. She didn't like the size I was. I was not fat, just not skinny.

I went on a church trip once and there I tasted alcohol for the first time. I loved it. Something just clicked inside of me. I no longer felt the bad feelings I once did. I then started to smoke pot and then taking pills. Before long I was a full blown cocaine addict. I loved it. It made me numb and all of the things I use to worry about no longer mattered.

I sold many things to get cocaine. I began to hate it, but I needed it. One night I had a wreck. My mother found out I was on drugs and sent me to rehab. I relapsed after rehab. The cocaine addiction got worse. So did the drinking.

Finally something in me just could not take it anymore, so I went to an AA meeting. I have been sober now for three months. I still have a lot of work to do and I still have a long path ahead. But with God helping me I believe and have hope that I can make it through this hard life.

I am now only 18 years old and about to start college.

I never would have thought I would be alive to go to college. But thank you, dear Lord, for giving me life.
If it worked for me it can work for you!

By Sarah T. - From About Alcoholism

Day One... I Hope, continued from page 1

our (my) issues. My wife turns violent when she drinks too much and several times this has proven almost fatal for her.

She thinks I will eventually leave her if she does not control her anger but seems barely restrained. We have been married 24 years this month. When her anger happens it's like a switch just clicked, and she is over the edge and has lost control.

All I can do is stay out of the way, try and keep things from being broken, and hope the neighbors are asleep. Thankfully it has been a month or so since she had one of these episodes.

Is this one day me?


Day One... I Hope, 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.**

Have You A Substitute?

"We have shown how we got out from under. You say, 'Yes, I'm willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufficient substitute?'

"Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you."

From the Big Book of Alcoholics Anonymous

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.



A Long Way To Go... But Going, continued from page 1

and went through the list of all the people they knew who had been through the same thing. I shrugged it off as a normal college "rite of passage", or an "enlightening college experience". Needless to say, I flunked out of college with only a semester and a half away from my Bachelor's degree and a hefty bill from the student loan department. I had put five years into my education and flushed it away in under a year. I put off going to outpatient for months, trying to convince myself that I had control.

It took one night this past May with a couple bottles of brandy mixed with a total of 84 anxiety pills over the span of four days. I woke up the morning after with two big patches of skin on my right hand burned off.

A Long Way To Go... But Going, continued on page 5



Join us for a Speaker Meeting

Brennan Center
East Building
Sunday @ 7:15pm

AA
Sunday
Night



I Am Glad I Am An Alcoholic

Well those are words I never thought I'd say.
When I didn't understand my addiction and
couldn't stop drinking,
I wasn't glad.

When my drinking was tearing my family apart and
alienating my friends,
I wasn't glad.

When I was fighting for my sobriety, and my life,
I wasn't glad.

When I was in bed for days in agonizing withdrawals,
I wasn't glad.

Even when I found recovery,
I wasn't glad. I was grateful,
but not glad.

When I discovered what I had been put here on this earth to
do, and the fact that I could only do it through being an
alcoholic,
I was glad.

When I realized that most people who have not struggled,
coast through their unexamined lives with no motivation
to improve themselves or live meaningfully,
I was glad.

When I realized that I have a connection to other
recovering alcoholics all across the world,
just because of our shared experience,
I was glad.

Because I am a recovering alcoholic,
I have a mission in life,
a purpose and a whole family of other addicts
out there to connect with.

I have come to a place where I can give so much
to others because of my past,
and I love that.

Addiction has given me far more than it took in the end.
I never thought I'd say it, but finally,
I am glad I am an alcoholic.

By Smyls - From The Experience Project

A Long Way To Go... But Going, continued from page 4

I had no recollection of what happened and it terrified me that I had done that much damage to myself and hadn't even felt it. Although I never remembered, I took my boyfriend and family along for the ride as hostages and they will never forget. I had checked myself into a rehab in Albany, N.Y., to detox and checked myself back out four days later. I was in with a lot of people coming off of the street who were there for heroin or crack, and I didn't think I belonged there. I would physically go to meetings after I got out, but emotionally I was still far away and never reached out for the help I truly needed.

This lasted for a month before I wound up being charged with my first DWI and fleeing the scene of an accident all in one day. I didn't even stop drinking after that. I had to pity and numb myself further, getting my hands on anything I could, whether ingestible or not. Now I am in my last week of treatment at the first rehab center that I stayed with and I feel miles away from the scared girl crying for help on the inside. I'm finally realizing that I'm worth it. I still have a long way to go in recovery but happiness isn't such a foreign concept to me anymore. Ask and you shall receive.

By Megan of New York - From I Am Recovery



Day One... I Hope, continued from page 3

I can't go anywhere for help. There is too much stigma and shame. Even my pastor, who used to be my best friend, terrifies me. What if he were to "out" me? How do I do this?

My wife does not want to quit. I love her deeply and desperately need her help with this.

So, there it is. My ugly story of shame and self loathing. Not sure why I am being so honest here (while clearly I am not anywhere else) but I do see in the stories of others, myself, and hope that by doing this I can begin to heal and move on to sobriety forever. If not, well, this is kinda my last attempt. Not saying I would hurt myself, just don't know how to end this struggle.

*Please include me in your prayers that today would actually be,
Day One of a lifetime of sober days. In hope.*

By A.W. of Oregon - From Alcoholism and Drug Addiction Help

From Recent Email



Think you can drink like a sailor?

The record for history's largest cocktail belongs to British Lord Admiral Edward Russell. In 1694, he threw an officer's party that employed a garden's fountain as the punch bowl.

The concoction? A mixture that included 250 gallons of brandy, 125 gallons of Malaga wine, 1,400 pounds of sugar, 2,500 lemons, 20 gallons of lime juice, and 5 pounds of nutmeg.

A series of bartenders actually paddled around in a small wooden canoe, filling up guests' cups. They had to work in 15-minute shifts to avoid being overcome by the fumes and falling overboard.

The party continued nonstop for a full week, pausing only briefly during rainstorms to erect a silk canopy over the punch to keep it from getting watered down. In fact, the festivities didn't end until the fountain had been drunk completely dry.

“! ”
**The hard part about
being a bartender
is figuring out
who is drunk
and who is just stupid**
-- Richard Braunstein

Getting Old

Old mathematicians never die, they just lose some of their functions.

Old waitresses never die, they just close their sections.

Old soldiers never die, they just get more wrank.

Two Six Packs Away

As sung by Dave Dudley

got on my wheels
And I went out on the town draggin'
I hit a big oak tree
It looked like a wreck to the wagon

I got a hospital bill
And the judge waitin' for me to pay
I had a sweet little honey
Just two six packs away

told the judge there was two trees
And I went 'tween 'em
He said, from what I hear your condition
That's the way that you seen 'em

He laid down a hammer
And he gave me ninety long days
I had a sweet little honey
Just two six packs away

Well, I'm workin' on a country road
But it's sunny weather
It's gonna take a while
To put my wheels back together

Now Sunday rolls around
That's my cigarette day
And my baby's still a waitin'
Just two six packs away

When I get out of this place
And don't say I never saw one
Goin' down to Joe's
And have that big bartender draw one

For my throat is dry
And my mouth feels like clay
And my baby is a waitin'
Just two six packs away

And my baby is a waitin'
Just two six packs away
And my baby is a waitin'
Just two six packs away

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 |
| 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 | West Building - Fifth Floor F572 (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.