

# Straight Talk

A publication of AA Riverside  
U of M Medical Center Campus

Meeting  
Listings  
Inside

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

January - February 2024

## *Steps Away!*

### AA Riverside Weekly Meetings

Sunday - **Squad 47 @ 5:30pm**

Sunday - **General Mtg @ 7:00pm**

Sunday - **Squad 2 @ 8:30pm**

Monday - **Squad 3 @ 5:30pm**

Tuesday - **Squad 57 @ 1:00pm**

Tuesday - **Squad 62 @ 7:00pm**

Friday - **Squad 70 @ 8:30pm**

Saturday - **Squad 1 @ 8:00pm**

*Complete listing and locations on back page.*



## *Recovery Corner*

### **Learning to be Real**

When I first came into the program after going through CD treatment, I would still cringe when someone would introduce themselves as a “grateful alcoholic” and I had a fistful of trouble handling the slogans such as “Let go, Let God.”

As my addiction had progressed, I also had trouble swallowing the incessant “Happies” like “Happy New Year; Happy Birthday; Happy Thanksgiving; Happy Anniversary ... Happy ...Happy ... Happy Hour .... Happy ... Happy ... etc. For me there really wasn’t a whole lot to be “Happy” about as my addiction progressed. My slogan was SOS - Same Old Shit! Different Day! My life was filled with “are we having fun yet? - happy DWI, happy weekend in detox, happy lawyers fees; happy ‘don’t come back ‘til you apologize.’ I could go on .. but you get the message. “Life was one big poop sandwich.”

When someone would ask “How are you?” my response was always “fine, can’t complain (who’d listen anyway?), alright” etc. I would not tell the truth. I didn’t even know what I was feeling. In fact, whatever it was, I could change it instantly with an intoxicant. “Que pasa?” Who cares?

The program has taught me how to be “real” and the rewards of sharing my feelings with people who do care. Being real and my authentic self is one of greatest rewards of being sober.

A Grateful “Recovering” Alcoholic

### **Subscribe To *Straight Talk***

If you would like to have an electronic copy of *Straight Talk* sent to you and/or a friend, please send email address(es) to AA Riverside at [aabtriverside@gmail.com](mailto:aabtriverside@gmail.com)

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

## Remembering that alcoholism is an incurable, progressive, fatal disease

(continued from January - February 2024 *Straight Talk* newsletter)

A blind member of A.A. said his alcoholism was quite similar to his blindness. "Once I accepted the loss of my sight," he explained, "and took the rehabilitation training available to me, I discovered I really can, with the aid of my cane or my dog, go anywhere I want to go quite safely, just as long as I don't forget or ignore the fact that I am blind. But it is when I do not act within the knowledge that I cannot see, it is then I get hurt, or in trouble."

"If you want to get well," one A.A. woman said, "you just take your treatment and follow directions and go on living. It's easy as long as you remember the new facts about your health. Who has the time to feel 'deprived' of self-pitying when you find that there are so many delights connected with living happily unafraid of your illness?"

To summarize: We remember we have an incurable, potentially fatal ailment called alcoholism. And instead of persisting in drinking, we prefer to figure out, and use, enjoyable ways of living without alcohol.

We need not be ashamed that we have a disease. It is no disgrace. No one knows exactly why some people become alcoholics while others don't. It is not our fault. We did not *want* to become alcoholics. We did not *try* to get this illness

We did not suffer alcoholism just because we enjoyed it, after all. We did not deliberately, maliciously set out to do the things we were later ashamed of. We did them against our better judgement and instinct because we were really sick, and didn't even know it.

We learned that no good comes from useless regret and worry about how we got this way. The first step toward feeling better, and getting over our sickness, is quite simply not drinking.

Try the idea on for size. Wouldn't you rather recognize you have a health condition which can be successfully treated, than spend a lot of time miserably worrying about what's wrong with you? We have found this is a better-looking, and better-feeling, picture of ourselves than the old gloomy selves we used to see. It is truer, too. We know. The proof of it is in the way we feel, act, and think - now.

Anyone who wants it is welcome to a "free trial period" of this new concept of self. Afterward, anyone who wants the old days again is perfectly free to start them all over. It is your right to take back your misery if you want.

On the other hand, you can also keep the new picture of yourself, if you'd rather. It, too, is yours by right.

Excerpt from "Living Sober" - Chapter 4 (1975)  
Alcoholics Anonymous World Services, Inc.

### Getting Active

It is very hard to sit still trying *not* to do a certain thing, or *not* even to think about it. It is much easier to get active and do something *else* - other than the act we're trying to avoid.

So it is with drinking. Simply trying to avoid a drink (or not think of one), all by itself, doesn't seem to be enough. The more we think about the drink we're trying to keep away from, the more it occupies our mind, of course. [**Like the mental exercise - "For the next 60 seconds, I don't want you to think of an elephant." What's the first thing you think of?**] And that's no good. It's better to get busy with something, almost anything, that will use our mind and channel our energy toward health.

Excerpt from "Living Sober" - Chapter 6 (1975)  
Alcoholics Anonymous World Services

### Getting active in and around AA Riverside:

- 1) Attend a Meeting at AA Riverside
- 2) Attend *all* 9 Meetings at AA Riverside
- 3) Be a Meeting greeter - welcome newcomers
- 4) Facilitate a Meeting - share a step or topic
- 5) Speak at weekly Saturday Wing Meetings
- 6) Attend the Sunday General Meeting
- 7) Help with coffee, literature table, reading, clean up at Sunday General Meeting



- 8) Write something for *Straight Talk*
- 9) Be Squad Rep to AA Riverside Trustees
- 10) Be Squad Leader/Trusted Servant
- 11) Attend AA Riverside Trustee Meeting
- 12) Volunteer at Gopher State Roundup
- 13) **And bring a friend to all of the above!**



**"I need to learn to take the  
bitter with the better."**

**God grant me  
the serenity to accept the things I cannot  
change,  
the courage to change the things I can, and  
the wisdom to know the difference.**

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

Join us for a  
Speaker Meeting

Wilf Auditorium  
Children's Hospital  
In-person  
Sunday 7:00pm

AA  
Sunday  
Night



The General Meeting on Sunday nights @ 7pm

If interested in helping out, please contact us at  
aabtriverside@gmail.com

Please check out the 12-step  
opportunities below.

To keep the program,  
we must give it away!



### 12-step Opportunities



AA Riverside @ U of M Medical Center

General Meeting—Sunday speakers –7pm  
In-person

AA Wing Meetings – In-person

Fairview Riverside – U of M Detox  
Center – In-person/Zoom Meeting

Annual Gopher State Round Up –  
AA Hospitality Suite 115 - Memorial Day  
Weekend - May 24 - 26, 2024.

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

aabtriverside@gmail.com

Visit us online

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

Have you  
written  
something?

Would you  
like to have

it published in  
Straight Talk?



Send to

aabtriverside@gmail.com

memories, musings, poetry, essays, photos, stories, ideas



Lucy's spiritual jet stream ... is like many of  
us AA's ... wishing for an easier and FASTER  
journey of Recovery & Sobriety!

Be patient ... it's a way of living!

#### Trustees

Bruce M. – Sq. 62

Lynn S. - Sq. 1, 2

Chris P.—General Meeting

Jim M. – Sq. 70

Lynn S. - Detox Sunday

Jeremy K. - Sq. 3

Dave P. - Sq. 47

Need Rep for Sq. 57

Monthly Treasurer's &  
Secretary's

Reports on website



Visit us online

[aafairviewriverside.org](http://aafairviewriverside.org)

#### 7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- Online Meetings
- *Straight Talk* Newsletter
- GSO & AA service organizations
- AA Riverside website
- Gopher State Hospitality Suite



That's why we pass the envelop!

Contribute directly with a Venmo account to:

@Aa-fairviewriverside

or

Send your contribution by mail to AA Treasurer at  
1575 Christie Place, St. Paul MN 55106

AA thanks you for your ongoing support!

# AA Riverside Meeting Listings (Alcoholics Anonymous)

U of M Medical Center Campus  
2450 Riverside Avenue, Minneapolis MN 55454

To access online meetings, please download the ZOOM app on your smartphone, laptop, tablet or computer. The AA meetings listed below happen every week.

| Day  | Time   | Squad                                       | Type           | Location  | Zoom Code     | Password |
|--|--------|---|----------------|---|---------------|----------|
| Monday   | 5:30pm | 3   | O MX<br>ST H   | East Building – 1 <sup>st</sup> Floor –<br>Dining Room F                                  | 690 284 815   | 000777   |
| Tuesday  | 1:00pm | 57  | O MX           | East Building – 1 <sup>st</sup> Floor –<br>Dining Room F                                  |               |          |
| Tuesday  | 7:00pm | 62  | C MX<br>ST T   | Bethany Lutheran Church<br>ZOOM Only until further notice                                 | 840 1425 3034 | 232119   |
| Friday   | 8:30pm | 70  | O MX<br>ST T H | East Building – 1 <sup>st</sup> Floor –<br>Dining Room F                                  | 982 0212 3715 | 823676   |
| Saturday   | 8:00pm | 1   | C MX           | ZOOM Only until further notice  | 979 323 653   | 009361   |
| Sunday   | 5:30pm | 47  | O MX<br>D H    | East Building – 1 <sup>st</sup> Floor –<br>Dining Room F                                  | 238 221 601   | 004638   |
| Sunday   | 7:00pm | General Meeting                             | O MX<br>S      | Children's Hospital -<br>Wilf Auditorium  |               |          |
| Sunday   | 8:30pm | 2   | O MX<br>D      | ZOOM/In-person in February<br>Check website - <i>see below</i>                            | 330 843 112   | 013328   |
| Trustees Meeting – 2 <sup>nd</sup> Sunday each month – 5:45pm<br>Wilf Auditorium Board Room  |        |   |                |   |               |          |
| O = Open<br>C = Closed<br>W = Women Only   |        | S = Speaker<br>D = Discussion<br>MX = Mixed |                | H = Hybrid – In-person & ZOOM<br>Gray Highlight = ZOOM Only<br>ST = Step    T = Tradition |               |          |
| <p>Please visit our website: <a href="http://aafairviewriverside.org">aafairviewriverside.org</a></p> <p>Please visit and join our Facebook page: <a href="#">StraightTalk Society</a></p> |        |   |                |   |               |          |



**7th Tradition: Every AA Group Ought To Be Fully Self-Supporting**



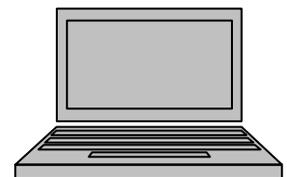
Contribute directly with a Venmo account to: [@Aa-fairviewriverside](#) or  
Send your contribution by mail to AA Treasurer at 1575 Christie Place, St. Paul MN 55106

***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 send a note with any changes or your writing submission to:

**[aabtriverside@gmail.com](mailto:aabtriverside@gmail.com)**  
**website: [aafairviewriverside.org](http://aafairviewriverside.org)**  
AA Riverside & the Digital Age



In 2015, AA Riverside established a **website** (see address above). It has extensive information about: **meetings** on campus and links to other meeting resources across the Twin City metro area, current and past **newsletters**, **trustee minutes**, **treasurer reports**, **12-step opportunities**, and **A.A. resources**.

If you're looking for info about A.A. or meeting topics, you're sure to find something on this website.

In 2018, a Facebook page for AA Riverside entitled **StraightTalk Society** was developed as a fellowship and out-reach platform for members of the recovering community.