

# Straight Talk



A publication of Fairview Riverside AA  
U of M Medical Center

Meeting  
Listings  
Inside

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

January - February 2021

## Sober Bicycle Rider's Program

Do **YOU** like bikes?

Do **YOU** ride bikes?

Do **YOU** have a bike you'd like to donate?

Do **YOU** need a bike?



Lee C. & Jim W.

**AA Members of AA at Fairview Riverside  
would like to hear from YOU**

**Call (612) 458-0262**

## Meditation

Meditation can be compared to clearing the cache on my computer. It took me awhile to understand how my computer can run multiple programs at the same time which may interfere with it's ability to function more efficiently.

My brain works like that. It is processing multiple thoughts and feelings which may create interference with each other. Meditation is part of my recovery program. Clearing my mind and focusing on my breathing is like clearing the cache and focusing on my operating system i.e. breathing and heart beating. Relax, breathe deep, and quiet that busy mind.

What if I fall asleep? Although sleep may not be the purpose of my meditation, if I do doze off, what's wrong with that? I have obviously attained some degree of relaxation and "peace of mind."

For me what is most interesting is what thoughts and images do float by as I meditate and the depth of my being as I go deeper into the meditative state. Most rewarding is the sense of serenity and well-being that follows a period of deep meditation and conscious contact with my Higher Power.

*Anonymous*

## I'm Bored

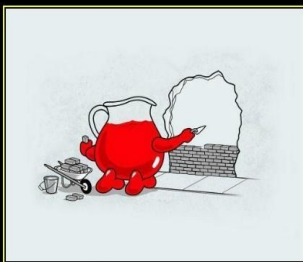
Hold on! These words can be trouble for an alcoholic. My addiction is designed to serve as a "quick fix" for any situation, especially a lack of activity on my part. I've had to admit that in many ways I am simply too lazy to take the time to address what is going on with me and turn to my "quick fix" for instant relief. Lord knows how a few drinks can turn being bored into chaos and turmoil in a matter of a few minutes.

Some time in recovery, I stumbled across the cure for boredom. Learn something new. Pick up my meditation book, Big Book or Farmer's Almanac and learn something new. And if that doesn't work, I use George Carlin's solution i.e. cock my head to one side and look at the world from a different angle. Maybe I'll become a "cockeyed" optimist! Jim M.

## 'Tis the Season

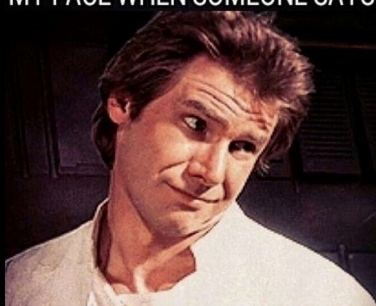
**AA teaches us that we can only keep our sobriety and serenity by giving and serving. Paying it forward and sharing our message of hope is both our duty and our reward. The very nature of our recovery speaks to our sense of community and fellowship. We need each other!**

MY FACE WHEN SOMEONE SAYS



**MAKING AMENDS**

part of the 12 Step Program



YOU CAN'T HAVE FUN SOBER



## 7th Tradition

**Every AA Group Ought To Be Fully  
Self-Supporting**

**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  
2209 22nd Avenue South, Mpls MN 55404

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

All Fairview Riverside AA gatherings and meetings at the U of M Medical Center have been suspended until further notice. Please refer to pages 3 and 4 of this issue of *Straight Talk* for more information about Online AA Meetings and 12-Step opportunities.

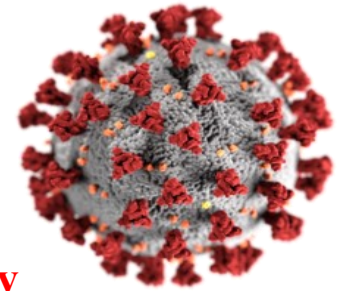
- Stay safe
- Stay strong
- Stay sober

For AA help and information call anytime at:  
Greater Minneapolis Inter Group

**(952) 922-0880**

St. Paul and Suburban Inter Group

**(651) 227-5502** Spanish **(651) 888-6912**



Visit & Join our new Facebook page - **StraightTalk Society**

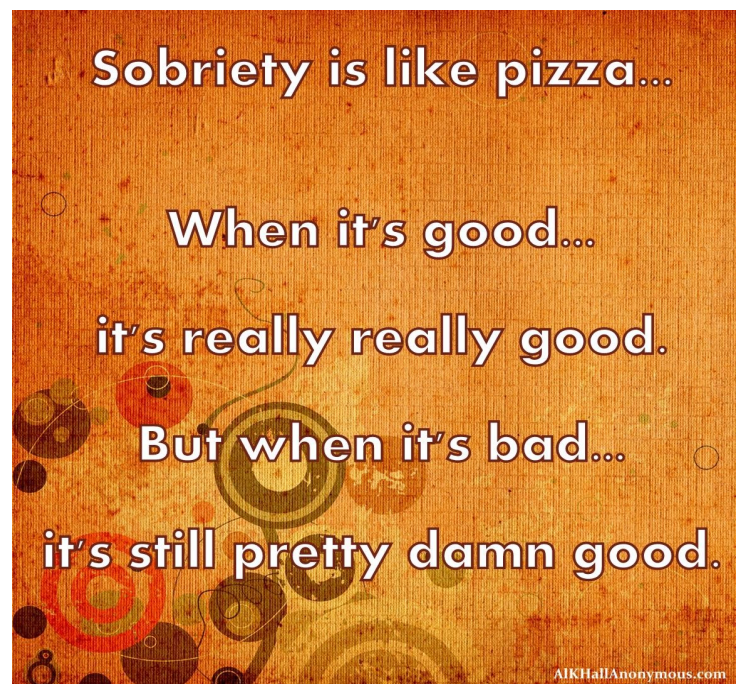
**Information - Fellowship - Support**

**“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.”**

Attend an online AA Meeting.  
Reach out for help and support.

**Work your Program!**

Day	Group/Squad	Time	Meeting Code	Password
Monday	3	5:30pm	690 284 815	000777
Tuesday	57	1:00pm	924 612 379	020287
	62	7:00pm	592 304 732	022704
Wednesday	20	7:00pm	672 945 520	016038
	W	6:00pm	954 6022 0508	207870
Friday	70	8:30pm	982 0212 3715	823676
Saturday	1	8:00pm	979 323 653	009361
Sunday	47	5:30pm	238 221 601	004638
	General Mtg	7:15pm	983 3148 0892	435229
	2	8:30pm	330 843 112	013328
2nd Sunday Trustees		6:15pm	501 827 331	105664



**Marlene Q.**

*Qualle, Marlene F. Age 81. Passed away peacefully on December 3, 2020 with her partner of 44 years, Dale, at her side. Marlene worked for 44 years in the healthcare industry, a minister for 40 years, served on many boards, and was the number one fundraiser for the Fairview Foundation. She was very proud of her 44 years of sobriety and spent those years counseling others with their dependency and recovery. A celebration of her life will be planned for a later date. Memorials preferred to Unity South Church in Bloomington for the mural she wanted on the side of the church. Twin Cities Cremation 651-645-1233.*

In May 2019, I attended the Alumni Association’s Annual Brunch. ... Marlene Qualle, Director of the Alumni Association, ... shared her story of recovery which began on March 6, 1976 at St. Mary’s Rehabilitation Center. ... Her Higher Power was another matter. Being introduced to the *Big Book of Alcoholics Anonymous* while in treatment, it seemed to Marlene that “God” was on every page. At home surrendering, but not believing in God, she locked the door to her bedroom, even though she lived alone, so no one would see her, got on her knees and prayed “If there is a God...help me!” She immediately felt the power of the 11th Step ... Marlene said that “the Grace of God lifted me from my desire to drink.” ... The power of the 11th Step of AA is always available to those who are serious about sobriety: “God help me with ... .” A good friend of hers ... reminded her that as a sponsor to others in AA she was like a spiritual pipeline in that the “spirit runs through you.”

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



Join us for a  
Speaker Meeting

Online ZOOM  
983 3148 0892  
435229  
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](mailto: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  
Online ZOOM 983 3148 0892 435229

AA Wing Meeting – Zoom Meeting

Fairview Riverside – U of M Detox  
Center – Zoom Meeting

Annual Gopher State Round Up –  
AA Hospitality Suite 115—Memorial Day  
Weekend - May 28 - 30, 2021

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

[feedback@aafairviewriverside.org](mailto:feedback@aafairviewriverside.org)

## Visit us online

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

Have you  
written  
something?

Would you  
like to have  
it published in  
Straight Talk?



Send to  
[feedback@aafairviewriverside.org](mailto:feedback@aafairviewriverside.org)

### Online ZOOM during Stay-At-Home Quarantine

Due to the Coronavirus epidemic all  
community gatherings and AA meetings at the  
hospital and church have been suspended until  
further notice.

So .....

To access these meetings, please download the  
ZOOM on your smartphone, laptop, tablet or  
computer.

The AA meetings listed on the back page happen  
every week.

- Your device must have a working micro-  
phone, camera and screen
- Navigate to the ZOOM
- Select join a meeting
- Enter meeting code
- Enter password when prompted
- Select enable video
- Host will welcome you to the meeting

### 7th Tradition

*Every AA Group Ought To Be Fully Self-Supporting*

Your contributions support:

- Online Meetings during Stay At Home
- *Straight Talk* Newsletter
- GSO & AA service organizations
- AA at Fairview Riverside website



That's why we pass the envelop!

Contribute directly with a Venmo account to:  
[@Aa-fairviewriverside](https://www.venmo.com/@Aa-fairviewriverside)

or

Send your contribution by mail to AA Treasurer at  
2209 22nd Avenue South, Mpls MN 55404

AA thanks you for your ongoing support!

# U of M Medical Center Fairview Riverside Meeting Listings

## AA

(Alcoholics Anonymous)

Online ZOOM during Stay-At-Home Quarantine

**Due to the Coronavirus epidemic all community gatherings and AA meetings at the hospital and church have been suspended until further notice.**

**So .....**

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

**More detailed instructions on previous page....**

Day	Group/Squad	Time	Meeting Code	Password
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Wednesday	20 (men only)	7pm	672 945 520	016038
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Sunday	47	5:30pm	238 221 601	004638
	General Meeting	7:15pm	983 3148 0892	435229
	2	8:30pm	330 843 112	013328

**Trustees** 2nd Sunday each month 6:15pm Meeting ID: 501 827 331 Password: 105664

Visit & Join our new Facebook page -

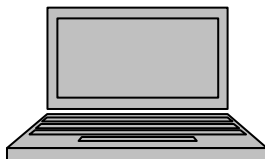
**StraightTalk Society**

<https://www.facebook.com/groups/371595779928822>

Monthly Treasurer's & Secretary's Reports on  
website

Visit us online

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



### Trustees

Bruce M. – Sq. 62

Lynn S. – Sq. W

Katie M. - Sq. 1

Kyle W. - General Meeting

Jim M. – Sq. 70

Kyle W. - Sq. 20

Bella D. - Sq. 2

Jeremy K. - Sq. 3

Karl K. - Sq. 57

Patrick R. - Sq. 47

Dave P. - Sq. 47

Looking for Rep from: Sq. 43

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

[feedback@aafairviewriverside.org](mailto:feedback@aafairviewriverside.org)