

Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

Meeting
Listings
Inside

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

July - August 2019

Marlene Q.

In May 2019, for the first time in decades, I attended the Alumni Association's Annual Brunch. In spite of my decades of AA attendance after in-patient treatment, I had not ever attended the event. Back in the day, there was an annual alumni gathering usually around the holiday season in December and held at a downtown hotel ballroom which was filled to capacity with hundreds of grateful recovering people.

Over the years, the event has morphed into a springtime *Annual 11th Step Brunch*. The attendance is much smaller but gratitude filled the room and it was apparent as I entered the Brennan Center, greeted by the sweet aroma of breakfast, that recovering people at Fairview/U of M still relish the benefits of good food.

Marlene Qualle, Director of the Alumni Association, was also this year's guest speaker. Marlene's decades of Alumni stewardship has survived the multiple changes of hospital administration and the chemical dependency treatment center's evolution. After her welcome, she shared her story of recovery which began on March 6, 1976 at St. Mary's Rehabilitation Center. Prior to treatment, she had worked as Vice President of an advertising agency. A career which later became the basis for a popular TV program, *Mad Men*. Marlene fit right in. Driven and straight talking, her drinking "buddy" just happened to be the President of the company.

Because of the drinking, her husband had asked her to leave and she was shame-filled about being a "drunk mother." She reached her bottom after that first Christmas alone and admitted she needed help. The emotional pain and loneliness was so intense that she felt like she was an alien from "outer space." She insisted for some unknown reason that her treatment had to be at St. Mary's. With the help of a psychologist, she was admitted to the Mental Health unit and later transferred to the Rehab Center. Her resolve to get "sober" was immediately tested by having a roommate who had killed her own husband. After reaching an acceptable understanding with her roommate, Marlene settled in and started her treatment. She remembers the orientation staff person responding to the details of her drinking with "So you only *think* that you're an alcoholic?" Apparently her counselor had a more definitive impression.

She completed in-patient treatment and established a strong aftercare schedule attending AA, Alanon, and Growth Group meetings every day of the week for two years. She quit her job and her former boss started attending AA. She got a sponsor and remembers getting on a plane and having the attendant ask over the intercom "Will those on board who are friends of Bill W please raise their hands." Five hands were raised and she knew whom she could talk to about her efforts in sobriety while in flight as the beverage cart passed down the aisle.

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 i.e. *Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.* 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 from Long Island reminded her that as a sponsor to others in AA she was like a spiritual pipeline in that the "spirit runs through you." It was apparent in the Brennan Center that morning in May that Marlene had not only attained and maintained her own sobriety, but had helped many others to find their way and deeply inspired and touched us with her journey in recovery. This year's *Annual 11th Step Brunch* ended with the song by Judy Collins, *Amazing Grace*, as had those banquet hall celebrations so many years ago, amid tears of gratitude and joy.

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Mother Teresa's *Anyway* Poem *

People are often unreasonable, illogical and self-centered;
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives;
Be kind anyway.

If you are successful, you will win some false friends and some true
enemies;
Succeed anyway.

If you are honest and frank, people may cheat you;
Be honest and frank anyway.

What you spend years building, someone could destroy overnight;
Build anyway.

If you find serenity and happiness, they may be jealous;
Be happy anyway.

The good you do today, people will often forget tomorrow;
Do good anyway.

Give the world the best you have, and it may never be enough;
Give the world the best you've got any way.

You see, in the final analysis, it is between you and your God;
It was never between you and them anyway.

**(Reportedly inscribed on the wall of Mother Theresa's children's home in Calcutta, and attributed to her. However, an article in the New York Times has reported on March 8, 2002 that the original version of this poem was written by Kent M. Keith.)*

A Short History of the Treatment Center

Among the thousands of people who have gone through Chemical Dependency Treatment here, there is an inside joke: "What was the name of the Treatment Center when you were in treatment?" The original treatment center was started at St. Mary's Hospital in 1968 by Dr. George Mann, an anesthesiologist at the Hospital. It was called St. Mary's Rehabilitation Center and was the first hospital-based addiction treatment program in Minnesota. He retired as the Treatment Center's Director in 1998 and started another innovative, affordable residential addiction treatment program in Wayzata, named The Retreat. Dr. Mann, also a member of Alanon, wrote a book entitled *Recovery of Reality: Overcoming Chemical Dependency* in 1979. His wife, Marion C. Mann, a member of AA, served as a family counselor for many years at St. Mary's Rehabilitation Center.

The Sisters of St. Joseph of Carondelet, who had founded St. Mary's Hospital in Minneapolis in 1887, continued to administer and staff the hospital until 1986 when they sold it to Fairview Hospital which was an adjacent neighbor. In 1997, Fairview Hospital merged with the U of M Hospitals. And in 2018 the University of Minnesota Medical Center became the flagship for the Hospital with the addiction treatment program still named the Fairview Chemical Dependency Program.

Dr. Mann who had dedicated his life to helping alcoholics and addicts recover and revolutionized CD treatment in a way replicated across the country and the world, died February 7, 2012 at age 88. Marion, his wife of 63 years, died five weeks later at age 90. Their legacy lives on in all whom they helped recover from addiction here and elsewhere.



Laughter is the Best Medicine

How come if alcohol

kills millions of

brain cells, it never

killed the ones that

made me want to

drink

"!"

SOMETIMES
I PRETEND
TO BE
NORMAL.

but it gets
boring.

SO I GO BACK
TO BEING
ME.

She told me we couldn't afford
beer anymore and I'd have to
quit.

Then I caught her spending \$65
on makeup.

And I asked how come I had to
give up stuff and she didn't.

She said she needed the makeup
to look pretty for me.

I told her that was what the
beer was for.

I don't think she's coming back.

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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Have you
written
something?

Would you
like to have
it published in
Straight Talk?



Leave your written/graphic contribution in Squad
70's mail slot located in Room 537—5th Floor
West Building - Address to *Straight Talk*

Additional Meetings at U of M Medical Center

DAY	GROUP	TIME	LOCATION
	ACA	8:00pm	North Bldg—NG22
Monday	10		
	ACOA	9:00pm	North Bldg—NG22
Tuesday	4		
	CA	8:30pm	West Bldg—Floor 5 #541
Wednesday			
	GA	7:00pm	East Bldg-MB114
Sunday			
	NA	8:00pm	East Bldg—Brennan Cen.
Friday			
	OA	4:45pm	East Bldg-MB114
Monday			
	WA	11:30am	East Bldg-Dining Rm E
Wednesday	(Workaholics Anonymous)		
	Opiates Anonymous		
	(Closed Meeting—Alumni)		
Thursday		8:00pm	West Bldg—Floor 5 #557

7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- AA Meeting Rooms' monthly rent stipend
- *Straight Talk* Newsletter
- Gopher State Hospitality Suite
- General Meeting & 12 step supplies/medallions
- GSO & AA service organizations
- AA at Fairview Riverside website

That's why
we pass the
envelop!



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
Wednesday	20	7pm	East Bldg - F119 (Dining Room F)
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.
 Grant - Sq. 2
 Jim W.- Sq. 3
 Karl K. - Sq. 57

Looking for Reps from:
 Sq. 20 Sq. 43 Sq. 47

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