

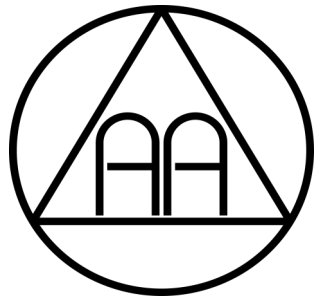
Straight Talk

A publication of Fairview Riverside AA
U of M Medical Center

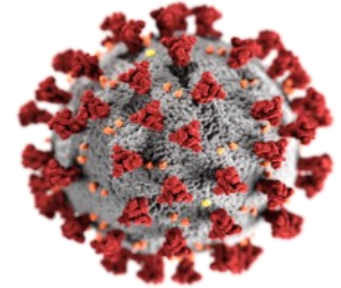
Meeting
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Visit us online
<http://www.aafairviewriverside.org/>

May - June 2020



Sober Living during a global pandemic



- Stay home
- Stay safe
- Stay strong
&
- Stay sober

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 information about Online AA Meetings and 12-Step opportunities.

Gopher State Roundup 2020 has been cancelled as well. See you there in 2021.

Please pass *Straight Talk* on to others, especially those seeking AA and sobriety. Thank you!

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

During times of stress alcoholics, addicts, and people in recovery are at risk!
AA's Serenity Prayer applies now like no other time in our society:

"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!**
Contact us by email at: feedback@aafairviewriverside.org

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

The article below is continued from the March - April 2020 Edition of *Straight Talk*

Treatment was a positive experience for me. That said, much like detox, it wasn't a solution. It's sort of like living in a bubble for 28 days, where life on the outside doesn't really matter. Work, relationships, legal circumstance, money problems -- none of these things were on the top of my mind while I was in treatment. But life doesn't stop just because you try to hit pause, and I quickly realized that transitioning to the outside world was going to take support.

After some research, I ultimately moved into a sober living house in St. Paul owned by a company called Stepping Stones. There were eight guys living in a single house on West Seventh Street, and our shared objective was to keep ourselves -- and each other -- sober. In the beginning, I called it "the saddest frat house you'll ever visit." There were set requirements for attendance at AA and NA meetings, house chores, and sponsor contact. While each person should make the choice whether or not AA or NA is right for them (the AA public relations policy is attraction over promotion), I personally found that having a built-in support system in the house was crucial to my early sobriety. In fact, it saved my life.

Three days before last Christmas, I had a breakdown. I was depressed, sad, lonely, and guilt-stricken. I knew I didn't want my life to be the shit-show it had become while I was in active addiction, but I couldn't think of a solution other than drinking. That night, one of my housemates, who had his own struggles and experiences, noticed that I looked agitated and upset. He walked through the snow at 2 a.m. with me, listening while I rambled about how scared and hopeless I felt. He didn't have any harrowing words of wisdom, but having someone who has been through the experience and understood my struggle was the thing I needed to survive the night, and ultimately not pick up a drink.

The sober living experience was interesting. At times it was fun, like when you get a bunch of recovering addicts together to watch the Vikings lose in the playoffs (though we all agreed in retrospect that pissing off a room full of addicts and alcoholics may have not have been the best idea. YOU HEAR THAT, BLAIR WALSH?). Other times, it was inspiring, like when one of my housemates got a job as a chef at a very upscale restaurant in Minneapolis. And occasionally it was heartbreaking, like when we'd get together for our Sunday night meeting only to learn that one of our roommates had relapsed and was moving out. Honestly, it was the best three months of my life... that I never want to do ever again.

After I moved out of sober living, I forced myself to get involved in the recovery community. I've volunteered at the same detox centers where I was once a resident, answered phones to help direct people to meetings, and offered a helping hand or listening ear whenever it was needed. Have I done recovery perfectly? Absolutely not. I'm an addict, which means my nature is to be self-centered and drawn to chaos. However, by forcing myself to do things I ordinarily wouldn't want to do, I was able to start to push back against my natural instincts (which, if you haven't figured it out, are usually very wrong).

I've been to outpatient treatment programs, like Club Recovery in Edina, attended meetings (a quick look at aaminneapolis.org or aastpaul.org will bring up an insanely comprehensive list of meetings of all kinds, including all men, all women, candlelight, speakers, you name it), and leaned on the recovery community that I had heard so much about all these years. The reality is that there is no "how-to guide" for recovery, and I failed just as many times as I succeeded. But ultimately, the biggest lesson I learned is that the Twin Cities recovery community is as expansive and supportive as advertised, if you're willing to do the work that comes with it.

My name is Patrick. I'm an alcoholic. And I couldn't quit on my own, nor could I remain sober alone. Thanks, Minnesota.

written by Patrick Strait

Originally published in *City Pages* in Arts & Leisure Friday, October 14, 2016

Note: The porcupine is one of the world's largest rodents. It lives an almost totally solitary existence, even from other porcupines. For me as an addict, this type of behavior and social distancing can be a dangerous threat to my sobriety.

The fellowship of AA helps me and my bristling behavior to overcome my addictive tendency to seek safety in self-isolation. Reach out and help yourself while helping others still suffering.



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

Join us for a
Speaker Meeting

Online ZOOM
983 3148 0892

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
Online ZOOM 983 3148 0892

AA Wing Meeting – TBD

Fairview Riverside – U of M Detox
Center – TBD

Annual Gopher State Round Up –
AA Hospitality Suite 115—Memorial Day
Weekend - May 22 - 24, 2020 - Cancelled

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

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

Online ZOOM during Stay-At-Home Quarantine

Due to the Coronavirus epidemic all com-
munity 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
on the back page happen every week.

- Your device must have a working micro-
phone, camera and screen
- Navigate to the ZOOM app
- 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:
contribute@aafairviewriverside.org

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 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
Monday	3	5:30pm	690 284 815	000777
	W (women only)	5:30pm	690 284 815	000777
Tuesday	62	7pm	592 304 732	022704
Wednesday	20 (men only)	7pm	672 945 520	016038
Friday	70	8:30pm	784 238 874	010163
Saturday	1	8pm	979 323 653	009361
Sunday	General Meeting	7:15pm	983 3148 0892	435229
	2	8:30pm	330 843 112	013328

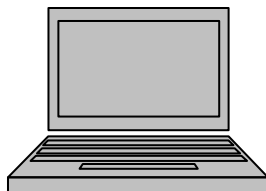
Trustees 2nd Sunday each month 6:15pm Meeting ID: 501 827 331 Password: 105664

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 – Sq. W
Jeremy K. - Sq. 1
Kyle W. - General Meeting
Jim M. – Sq. 70
Kyle W. - Sq. 20
Bella - Sq. 2
Jim W.- 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