

Straight Talk

A publication of AA Riverside
U of M Medical Center Campus

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

November - December 2023

'Tis the Forgiving Season

I remember how important and meaningful my first Thanksgiving after joining A.A. was in my sobriety. The Holiday season took on a special meaning of being grateful and appreciative for the blessings in my life.

This time of year seems to be celebrated in all cultures as a time of sharing the bounty of the harvest and preparing for the pause of a winter retreat. For me the traditional holiday stories of the Charles Dicken's *A Christmas Carol* and O. Henry's *The Gift of the Magi* took on a new and special meaning. Ebenezer Scrooge's awakening from a terrifying nightmare to a bright new day and its transformative power in his personality and relationships with others seemed directly relevant to what had and continued to happen in my life because of treatment and the fellowship of A.A.

This time of year became less about material things, food, and football and more about the people in my life, being present and attentive to others, and being grateful to my Creator/Higher Power for my very existence and the chance to do good in the world.

This season is for giving and "forgiving" is more than the gifts we give or a token of our appreciation or a casual apology. A.A.'s wisdom prepares us for this process of forgiveness through a searching and fearless moral inventory and an exact accounting of our wrongs. We then atone with others in an attentive and loving manner that serves as a foundation for transforming our lives forever.

From the Board of Trustees of AA Riverside, may this holiday season be meaningful and filled with the blessings of your recovery.



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.

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



"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Remembering that alcoholism is an incurable, progressive, fatal disease

Many people in the world know they cannot eat certain foods - oysters or strawberries or eggs or cucumbers or sugar or something else - without getting very uncomfortable and maybe even quite sick.

A person with a food allergy of this kind can go around feeling a lot of self-pity, complaining to everyone that he or she is unfairly deprived, and constantly whining about not being able, or allowed, to eat something delicious.

Obviously, even though we may feel cheated, it isn't wise to ignore our own physiological makeup. If our limitations are ignored, severe discomfort or illness may result. To stay healthy and reasonably happy, we must learn to live with the bodies we have.

One of the new thinking habits a recovering alcoholic can develop is a calm view of himself or herself as someone who needs to avoid chemicals (alcohol and other drugs that are substitutes for it) if he or she wants to maintain good health.

We have as evidence our own drinking days, a total of hundreds of thousands of man- or woman-years of a whale of a lot of drinking. We know that, as the drinking years went by, our problems related to drinking continually worsened. Alcoholism is progressive.

Oh, of course, many of us had periods when, for some months or even years, we sometimes thought the drinking had sort of straightened itself out. We seemed able to maintain a pretty heavy alcohol intake fairly safely. Or we would stay sober except for occasional drink nights, and the drinking was not getting noticeably worse, as far as we could see. Nothing horrible or dramatic happened.

However, we can now see that, in the long or short haul, our drinking problem inevitably got more serious.

Some physicians expert on alcoholism tell us there is no doubt that alcoholism steadily grows worse as one grows older. (Know anyone who *isn't* growing older?)

We are also convinced, after the countless attempts we made to prove otherwise, that alcoholism is incurable - just like some other illnesses. It cannot be "cured" in this sense: We cannot change our body chemistry and go back to being normal, moderate social drinkers lots of us seemed to be in our youth.

As some of us put it, we can no more make that change than a pickle can change itself back into a cucumber. No medication or psychological treatment any of us ever had "cured" our alcoholism.

Further, having seen thousands and thousands of alcoholics who did *not* stop drinking, we are strongly persuaded that alcoholism is a fatal disease. Not only have we seen many alcoholics drink themselves to death - dying during the "withdrawal" symptoms of delirium tremens (D.T.'s) or convulsions, or dying of cirrhosis of the liver directly related to drinking - we also know that many deaths not officially attributed to alcoholism are in reality caused by it. Often, when an automobile accident, drowning, suicide, homicide, heart attack, fire, pneumonia, or stroke is listed as the immediate cause of death, it was heavy alcoholic drinking that led to the fatal condition or event.

Certainly, most of us in A.A. felt safely far away from such a fate when we were drinking. And probably the majority of us never came near the horrible last stages of chronic alcoholism.

But we saw that we *could*, if we just kept on drinking. If you get on a bus bound for a town a thousand miles away, that's where you'll wind up, unless you get off and move in another direction.

Okay. What do you do if you learn that you have an incurable, progressive, fatal disease - whether it's alcoholism or some other, such as a heart condition or cancer?

Many people just deny it is true, ignore the condition, accept no treatment for it, suffer, and die.

But there is another way.

You can accept the "diagnosis" - persuaded by your doctor, your friends, or yourself. Then you can find out what can be done, if anything, to keep the condition "under control," so you can still live many happy, productive, healthy years *as long as you take proper care of yourself*. You recognize fully the seriousness of your condition, and you do the sensible things necessary to carry on a healthy life.

This, it turns out, is surprisingly easy in regard to alcoholism, if you really want to stay well. And since we A.A.'s have learned to enjoy life so much, we really want to stay well.

We try never to lose sight of the unchangeable fact of our alcoholism, but we learn not to brood or feel sorry for ourselves or talk about it all the time. We accept it as a characteristic of our body - like our height or our need for glasses, or like any allergies we may have.

Then we can figure out how to live comfortably - not bitterly - with that knowledge as long as we start out by simply avoiding that *first* drink. (remember?) just for today.

To be continued

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

***"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 & Online

AA Wing Meetings – In-person

Fairview Riverside – U of M Detox
Center – 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?

Straight Talk 

Send to
aabtriverside@gmail.com

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

A BIG SHOUT OUT - THANK YOU

James Ahlman, Manager
Fairview Health Services

&

CD Adult Lodging Plus Staff

For their help and support in transitioning back to
our in-person General Meeting on Sundays @
7pm in the Wilf Auditorium

Keep Coming Back!

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

Karl K. - Sq. 57

Dave P. - Sq. 47

Monthly Treasurer's &
Secretary's

Reports on website



Visit us online

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 ST H	East Building – 1 st Floor – Dining Room F	690 284 815	000777
Tuesday	1:00pm	57	O MX	East Building – 1 st Floor – Dining Room F		
Tuesday	7:00pm	62	C MX ST T	Bethany Lutheran Church ZOOM Only until further notice	840 1425 3034	232119
Friday	8:30pm	70	O MX ST T H	East Building – 1 st Floor – 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 D	East Building – 1 st Floor – Dining Room F		
Sunday	7:00pm	General Meeting	O MX S	Children's Hospital - Wilf Auditorium		
Sunday	8:30pm	2	O MX D	ZOOM Only until further notice	330 843 112	013328
Trustees Meeting – 2 nd Sunday each month – 5:45pm Wilf Auditorium Board Room						
O = Open C = Closed W = Women Only		S = Speaker D = Discussion MX = Mixed		H = Hybrid – In-person & ZOOM Gray Highlight = ZOOM Only ST = Step T = Tradition		
<p>Please visit our website: aafairviewriverside.org</p> <p>Please visit and join our Facebook page: StraightTalk Society</p>						



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



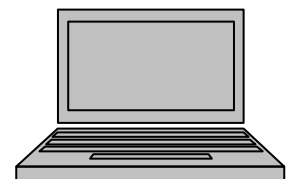
Contribute directly with a Venmo account to: [@Aa-fairviewriverside](#) or
Send your contribution by mail to AA Treasurer at 1575 Christie Place, St. Paul MN 55106

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
website: 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 outreach platform for members of the recovering community.