

Straight Talk



A publication of Fairview Riverside AA
U of M Medical Center

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

November - December 2022

Founder's Day Minnesota 2022 November 26, 2022 Celebrating 82 Years of AA in the Upper Midwest and Honoring AA Members with One Year of Sobriety!

Register Online at [www.FOUNDERSDAYMN.org](http://wwwFOUNDERSDAYMN.org)

Saturday, November 26	
9:30 AM	Registration opens
10:30 AM	*AA Speaker Meeting: Sloan B. (Waukesha, WI)
12:00 PM	- A.A. Call up Meetings (Steps 1,2,3) - Al-Anon Breakout Meeting - YPAA Panel
1:00 PM	History Panel
2:00 PM	- A.A. Call up Meetings (Steps 1,2,3) - Al-Anon Breakout Meeting - YPAA Panel
3:00 PM	*Al-Anon Speaker Meeting: Sarah C. (Phoenix, AZ)
4:30 PM	- A.A. Call up Meetings (Steps 1,2,3) - Al-Anon Breakout Meeting - YPAA Speed Sponsorship
6:00 PM	Banquet
7:30 PM	*AA Speaker Meeting: Harold L. (St. Louis, MO)
9:00 PM	Dance
*These meetings are ASL Interpreted	

Registration \$25.00

Registration required and must be paid to attend Founder's Day Minnesota events.

Registration & Banquet (limited banquet seating) \$75.00

The Banquet begins at 6:00 PM Saturday evening.

Banquet Table (for eight) \$400.00

Celebrate sobriety with great speaker meetings, history panel and A.A., Al-Anon and YPAA activities.

- A.A. Call Up Meetings
- Al-Anon Breakout Meetings
- YPAA Breakout Meetings
- Archives
- History Panel
- Banquet
- Dance

Activities and Accommodations at

DoubleTree by Hilton Bloomington - Minneapolis South

7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733



Peace on
Earth

For AA's 'Tis the Season to be Grateful

Goodwill
to All

- ◆ Thanks for those founders of the program
- ◆ Thanks for those AA's who created the fellowship
- ◆ Thanks for those AA's that carry the message today
- ◆ Thanks for a Higher Power as each AA understands him/she/it
- ◆ Thanks for my sobriety and serenity



"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

The Holidays ...

Avoiding Slippery Places, Persons, & Things

REMINDER: Holidays are tricky times--when many of us slip. The program suggests we **Do** something. Here's what has helped me.

- **Stay mindful** of your thoughts and **talk about** thoughts of drinking or other struggles. (You thus practice Steps 1, 2, 3.)

- **Turn "using" thoughts over** to God with a prayer, The big book says on page 87 of the Fourth Edition, "As we go through the day we:

Pause, when agitated or doubtful, and

Ask for the right thought or action.

We constantly remind ourselves, we are no longer running the show,

humbly saying to ourselves many times each day

"Thy will be done."...

- **But this is not all.** There is action and more action. 'Faith without works is dead.'..."

- **Practice Easy Does It!** Relax.

- **Accept** that as alcoholics, we sometimes think about drinking--which is different than taking a drink.

- **But ALSO - DO** something. Relapse happens when we rest on our laurels.

- **Be of service** to others by making calls or texts. Also do other forms of service, such as going to a meeting, being a sponsor, working at Intergroup, being one of the service reps for your group, greeting others at meetings.

- **Do other caring** actions, such as:

- **Move** the body and the mind will follow...breathe, take walks, dance, do yoga, etc.

- **Eat healthy** - Be kind to your mind and body by eating plenty of healthy, whole foods as much as possible.

- **Sleep** - Enough sleep is a major contributor to positive mental health.

- **Attend** more meetings if obsessing about drinking.

- **Focus** on the step you are on.



- **Celebrate** holidays with simplicity, focusing on the people and the meaning--*the reason for the season*.
- **Plan out** the holidays. Include some joyful time--put it on your calendar. Include such fun as listening to music, attending a concert, taking walks, dancing, going to a special event or worship service, driving to see lights on houses or elsewhere, giving simple gifts, and sharing nice meals.
- **Pray** for guidance and strength for ourselves and for the still suffering alcoholic.
- **Practice gratitude** for sobriety and those we love.

Happy holidays, one day at a time!

ADD your own. We are a program of suggestions, so learn what works for you! But remember too that there are some so called **suggestions** (like going to meetings--especially having a home group--and working the steps with a sponsor) we have found are actually **"you darn well ought to's,"**

Lynn S.
AA at Fairview
Riverside



Sober Bike 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



AA at Fairview Riverside & the Digital Age



In 2015, AA at Fairview Riverside established a **website** (see address below). 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 **AA resources**. If you're looking for info about AA or meeting topics, you're sure to find something on this website.

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

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
aabtriverside@gmail.com

*Helping ourselves
by helping others!*

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 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 26 - 28, 2023.

For more information, please email
Fairview Riverside Board of Trustees
at
aabtriverside@gmail.com

Visit us online

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

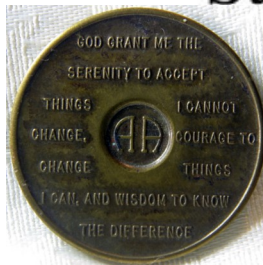
KEEP
IT
GIVE
IT

Have you
written
something?
Would you
like to have
it published in
Straight Talk?



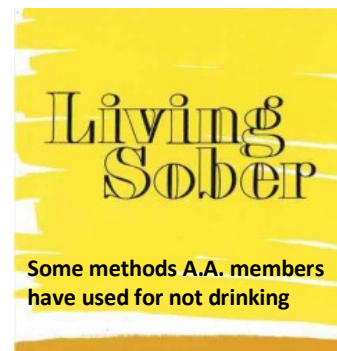
Send to
aabtriverside@gmail.com

Recommended Reading During
the Holidays & A Great AA Gift



A.A.'s
LEGACY OF
SERVICE

BY BILL W.



Trustees

Bruce M. – Sq. 62
Lynn S.
Jeremy K.; Chris P. -
General Meeting
Jim M. – Sq. 70
Kyle W. - Sq. 1 & 2
Jeremy K. - Sq. 3
Karl K. - Sq. 57
Dave P. - Sq. 47
Chris P. – Detox

Monthly Treasurer's
& Secretary's
Reports on website



7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- Online Meetings during Stay At Home
- *Straight Talk* Newsletter
- Meeting Room Fees
- 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
or

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

AA thanks you for your ongoing support!

U of M Medical Center Fairview Riverside Meeting Listings

AA

(Alcoholics Anonymous)

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

Please Respectfully Observe the Following Hospital Covid-19 Safety Precautions

- No in-person programming in the North Building or the Wilf Auditorium at the present time
- All persons are expected to be masked while on campus
- All persons are expected to socially distance 6 feet
- Attendees need to go through the West Building lobby entrance and answer Covid contact questions

AA at Fairview Riverside U of M Health Campus November 15, 2022						
Day	Time	Squad	Type	Location	Zoom Code	Password
Monday	5:30pm	3	O MX H	East Building – 1 st Floor – Dining Room F	690 284 815	000777
Tuesday	1:00pm	57	O MX H	East Building – 1 st Floor – Dining Room F	924 612 379	020287
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 H	East Building – 1 st Floor – Dining Room A	238 221 601	004638
Sunday	7:15pm	General Meeting	O MX S	ZOOM Only until further notice	983 3148 0892	435229
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 Zoom Only until further notice					932 2496 7231	784195
O = Open S = Speaker H = Hybrid – In-person & ZOOM C = Closed D = Discussion Gray Highlight = ZOOM Only W = Women Only ST = Step MX = Mixed T = Tradition						
Please visit our website: aafairviewriverside.org Please visit and join our Facebook page: StraightTalk Society						



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

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 1575 Christie Place, St. Paul



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

