

Straight Talk

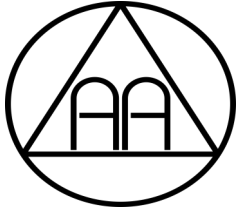
A publication of AA Riverside
@ St. Albert the Great

Meeting
Listings
Inside

Visit us online
<http://www.aariverside.net>

Now on BOTH sides of the River!

November - December 2025



AA Riverside

Church of St. Albert the Great
2834 33rd Ave S, Mpls 55406

& Squad 57
@

Church of St. Cecilia's
2357 Bayless Pl, St. Paul 55114
In-person & Online

Sunday - **Squad 47** @ 5:30pm in-person & online

Sunday - **Squad 2** @ 8:30pm online

Monday - **Squad 3** @ 5:30pm in-person & online

Tuesday - **Squad 57** @ 1:00pm in-person at
Church of St. Cecilia's 2357 Bayless Pl., St. Paul 55114 & online

Tuesday - **Squad 62** @ 7:00pm online

Friday - **Squad 70** @ 8:00pm in-person & online

Saturday - **Squad 1** @ 8:00pm online

If you are interested in an in-person Saturday evening AA Meeting contact aabtriverside@gmail.com

Complete listing & locations on back - Page 4

Keep Coming Back!

Additional Meetings @ St. Albert the Great

- ♦ Sunday @ 7:30pm - A Way Out (men's group) - Parish House
- ♦ Friday @ 8:00pm - Friday Friends - Church Cafeteria



The AA Riverside Trustees are planning a Holiday Fellowship Gathering
for January 2026 - Let us know if you and your guest (s) would like to attend!
aabtriverside@gmail.com

"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Recovery & Gratitude

What is gratitude?

*Copyright 1990 The Language of Letting Go.
Melody Beattie. p. 18 Hazelden*

Sometimes in life, things happen too fast. We barely solve one problem when two problems surface. We're feeling great in the morning, but we're submerged in misery by nightfall. Every day we face interruptions, delays, changes, and challenges. We face personality conflicts and disappointments. Often when we are feeling overwhelmed, we can't see the lessons in these experiences.

One simple concept can get us through the most stressful of times. It's call gratitude. We learn to say, thank you, for these problems and feelings. Thank you for the way things are. I don't like this experience, but thank you anyway. Force gratitude until it becomes habitual. Gratitude helps us stop trying to control outcomes. It is the key that unlocks positive energy in our life. It is the alchemy that turns problems into blessings, and the unexpected into gifts.

Today, I will be grateful. I will start the process of turning today's pain into tomorrow's joy.

Becoming Grateful

Whether you are a newcomer, or have been in recovery for years, I believe gratitude lists are a fundamental tool for happiness in sobriety. The gratitude list truly adjusts one's attitude. Self-centeredness is the cornerstone of addiction. Recovery for me has meant letting go of my self-centeredness and becoming of service to others. Besides working the steps, and doing service work, one of the best ways that I found to become less self-centered, is to develop an "attitude of gratitude" through writing gratitude lists.

I challenge you now to take a moment to think of five things in your life that you are grateful for today. For example, your recovery, your friends, your family, your sense of smell, touch, sight, and sound. The list can go on and on. Imagine what your life would be like without these things. Write them down on a piece of paper and really think about the things you are grateful for. You will be amazed at how great you will feel!

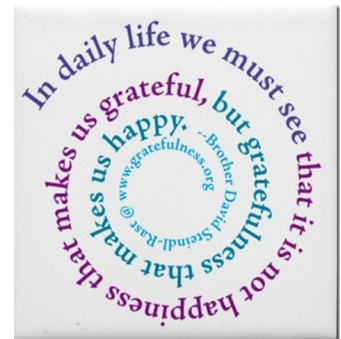
Recovery & Me (<http://www.recoveryandme.org/inspiration-gratitude-reading-pa.html>)

12 Tips for Sober Holidays

1. Line up extra AA activities (help on the phones, speak, empty the ashtrays).
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep your AA telephone list with you at all times.
4. Find out about holiday meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an AA friend--or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance).
8. Go to church. Any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letters.
10. Don't project about holiday temptations: remember "One day at a time."
11. Even if you cannot give material gifts, enjoy the beauty of holiday love.
12. Carry the message. Give the joy away, and it will be yours to keep.



I say that we stop going around our problems.
Let's try to solve them.



AA Grapevine: The International Journal of Alcoholics Anonymous (December 1989)



AA Riverside's ***Straight Talk*** newsletter will be providing AA Riverside Meeting updates to help in "attracting" those looking for AA meetings.

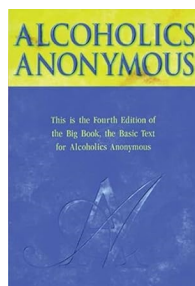
We also encourage our Trusted Servants/Squad Leaders to feel free to copy ***Straight Talk*** for their members and attendees.

Visit us online ... <http://www.aariverside.net/>

AA Riverside ... please scan



www.aariverside.net



Please check out the 12-step opportunities below.
To keep the program, we must give it away!

12-step Opportunities



Check website - aariverside.net

Become an AA Riverside Trustee

Contact Greater Mpls Intergroup - AA
952-922-0880

Write something for *Straight Talk*

Annual Gopher State Round Up –
AA Hospitality Suite 115 - Memorial Day
Weekend - May 23 - 25, 2025

Keep going to A.A. meetings

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

Visit us online

<http://www.aariverside.net/>

Have you written something?

Would you like to have it published in **Straight Talk**?



Send to

aabtriverside@gmail.com

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

AA Declaration of Unity

This we owe to A.A.'s future:

*To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives,
And the lives of those to come.*

Trustees

Bruce M. – Sq. 62
Lynn S. - Sq. 1, 2
Jim M. – Sq. 70
Lynn S. - Detox Sunday
Dave M.; Jeremy K.- Sq. 3
Jeff R.- Sq. 47 & Sq. 57

Monthly Treasurer's &
Secretary's
Reports on website

Visit us online
aariverside.net



We need you! Join AA Riverside Trustees.

www.aariverside.net

7th Tradition

Every AA Group Ought To Be Fully Self-Supporting

Your contributions support:

- Online Meetings
- Meeting Rental Fees
- *Straight Talk* Newsletter - e-edition
- 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-riverside](https://venmo.com/aa-riverside)
or

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



AA Riverside Meeting Listings

(Alcoholics Anonymous)



In-person AA Riverside Meetings are *NOW* on both sides of the River
Church of St. Albert the Great & Squad 57 - Church of St. Cecilia
2834 33rd Avenue So. 2357 Bayless Pl.
Minneapolis, MN 55406 St. Paul, MN 55114

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	Hybrid
Monday	5:30pm	3	O MX ST H	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406	690 284 815	000777	Yes
Tuesday	1:00pm	57	O MX ST H	Church of Saint Cecilia 2357 Bayless Pl., St. Paul 55114	924 612 379	020287	Yes
Tuesday	7:00pm	62	C MX ST T	ZOOM Only	824 8357 1864	537242	
Friday	8:00pm	70	O MX ST T H	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406	982 0212 3715	823676	Yes
Saturday	8:00pm	1	C MX G	ZOOM Only	979 323 653	009361	
Sunday	5:30pm	47	O MX D H	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406	238 221 601	004638	Yes
Sunday	8:30pm	2	O MX D	ZOOM Only	330 843 112	013328	
2nd Sunday	4:00pm	Trustees	Board Meeting	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406			
<div> <div>O = Open C = Closed MX = Mixed</div> <div>S = Speaker D = Discussion ST = Step</div> <div>T = Tradition BB = Big Book H = Hybrid (In-person & Zoom) Gray Highlight = ZOOM Only</div> </div>							

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: aariverside.net



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.