

Straight Talk

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Now on BOTH sides of the River!

A publication of AA Riverside
@ St. Albert the Great

Meeting Listings Inside

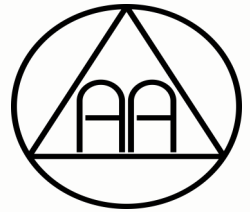
Oct - Dec 2026

Humility

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

From Chapter on Step 7 in "Twelve Steps and Twelve Traditions"

AI may save us or may kill us all. The verdict is still out. Meanwhile ChatGPT has the following thoughts to share with us about the importance of humility in our lives. Let us know if this makes sense to you.



Humility is the quiet freedom of knowing we do not need to be the center of every story. It invites us to listen before speaking, to learn without shame, and to receive both praise and correction without clinging to either. To be humble is not to diminish our worth, but to see ourselves clearly: gifted yet imperfect, significant yet interconnected, capable yet always growing. In that honest place, gratitude replaces pride, curiosity softens certainty, and we become more available to the wisdom, dignity, and needs of others.



"I AM RESPONSIBLE FOR MY OWN SOBRIETY"

Thoughts on Humility from Eudaimonia

<https://eudaimoniahomes.com/humility-definition-aa/>

Humility in AA: Definition and Practice

Humility definition AA: what does “humility” mean?

A common dictionary meaning of humility is freedom from pride or arrogance—the quality of being humble. In plain terms, it points to truth. It is not self-hate, and it is not fake modesty.

In AA language, humility is often described as being “right-sized.” That means seeing yourself clearly without making yourself larger than life or smaller than life. It includes both strengths and limits.

Humility vs. humiliation

Humiliation is usually forced and tied to shame. Humility is usually chosen and tied to reality. AA’s Step Seven reading talks about reaching for it, not just being pushed into it through pain.

When the two ideas get mixed up, the work can feel like punishment. When they are kept apart, the work can feel more like a skill you practice.

Humility in AA: why it matters

This idea runs through AA because the program asks people to admit limits and accept support. Step Seven says: “Humbly asked Him to remove our shortcomings.” In *Twelve Steps and Twelve Traditions*, the Step Seven chapter focuses directly on humility and treats it as a base for staying sober and living with more peace.

For the official 12-step wording (including Step 7), see [AA’s 12 Steps](#).

The point is not that a person becomes perfect. The point is that a person becomes willing to change, even when change is hard.

Step 7 and humility alcoholics anonymous language

People often search “humility alcoholics anonymous” because Step Seven is commonly called the humility step. Step Seven follows Step Six (readiness) and builds on earlier honesty. It is a shift from “I can see my patterns” to “I am willing to ask for help changing them.”

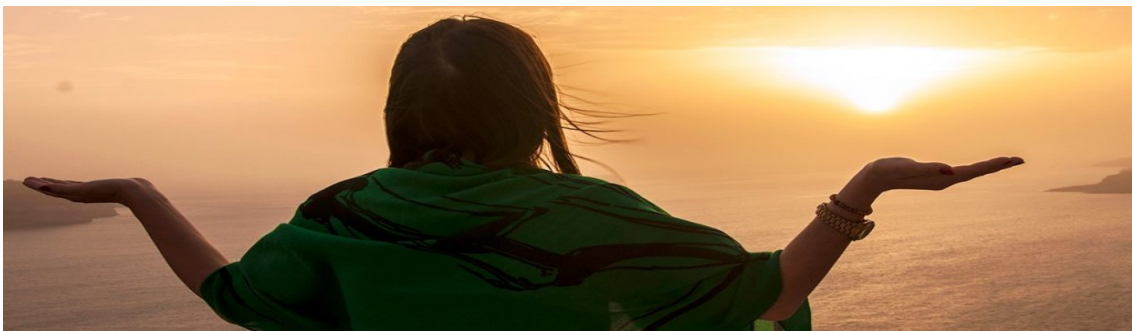
For some people, the word “Him” is religious. For others, it is a reminder that staying sober cannot be powered by self-will alone. Some use “Higher Power,” the AA group, or the principles of the program as their working language. The shared theme is letting help in.

Humility in AA without a religious belief

AA’s texts use spiritual language, but many people take an open approach. Some work the Steps with secular wording. Some use AA along with therapy, medication, or other supports. A neutral way to frame it is simple: being humble makes it easier to accept help from outside your own urges.

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Willing to learn

A simple way to describe humility is willingness to learn. That can look like calling someone before taking the first drink, not after. It can also look like letting a sponsor or trusted peer point out a pattern—resentment, control, avoidance—and sitting with it long enough to learn something.

Service and anonymity

Many AA groups encourage service, such as greeting newcomers or helping with basic tasks. Service can support humility because it keeps sobriety connected to action, not status. Anonymity can also support it by lowering the pressure to “prove” anything. It keeps the focus on shared work rather than personal branding.

How to practice humility in recovery

Humility in recovery can be practiced even when emotions are messy. It is not a feeling that shows up on command. It is a set of actions that can be repeated.

When it feels hard

It can feel risky when it is mixed up with shame. Pride can act like armor, especially for people who have lived through chaos or trauma. Letting go of that armor can feel exposed at first. Step Seven frames humility as a change in attitude that helps a person move outward—toward other people and toward a power greater than the self, however that power is defined.

In practical terms, it often gets easier when it is paired with self-respect, clear boundaries, and steady support.

Humility and self-correction after mistakes

Humility is sometimes talked about as a relapse-prevention tool. It is more accurate to say it supports early self-correction. Also, it can make it easier to admit cravings, name stress, and ask for help while there is still time to change course.

It can also reduce all-or-nothing thinking. If someone believes they must be perfect to stay sober, one mistake can turn into “I’ve ruined everything.” A right-sized view allows a different response: “I made a mistake, and I can repair it.” That response can protect momentum.

I am so perfect..... I only have four flaws.

1) I lack humility. b) I'm inconsistent. Finally, I can't count.

AA Riverside ... please scan



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

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs

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/>

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

We need you! Join AA Riverside
Trustees.

Monthly Treasurer's &
Secretary's
Reports on website

Visit us online
aariverside.net



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 551144

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	5:30 pm	3	O MX ST H	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406	690 284 815	000777	Yes
Tuesday	1:00 pm	57	O MX ST H	Church of Saint Cecilia 2357 Bayless Pl. St. Paul 55114	924 612 379	020287	Yes
Tuesday	7:00 pm	62	C MX ST T	ZOOM Only	824 8357 1864	537242	
Friday	8:00 pm	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	8:00 pm	1	C MX G	ZOOM Only	979 323 653	009361	
Sunday	5:30 pm	47	O MX D H	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406	238 221 601	004638	Yes
Sunday	8:30 pm	2	O MX D	ZOOM Only	330 843 112	013328	
2nd Wednesday	11:00 am	Trustee	Board Meeting	Parish House, St. Albert the Great Church 2834 33 rd Ave S 55406			
O = Open C = Closed S = Speaker D = Discussion T = Tradition BB = Big Book MX = Mixed ST = Step H = Hybrid (In-person & Zoom) Gray Highlight = ZOOM Only							

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.