

The Lifeline



October 2005

24 Hour Phone: 651-227-5502

Volume 40 Issue 10

See page 5 for important information about upcoming Intergroup Board Elections. There are many positions open. Nominations will be taken on October 18th, at the Intergroup Reps' Meeting. Elections will take place on November 15th.

St. Paul Intergroup Fall Workshop

October 25th, 7:00 PM

Lutheran Church of the Redeemer
285 North Dale Street



The workshop topic will be Step Three

The speakers will be:

Roger B. from Minneapolis

Josh R. from St Paul

Michelle G. from Eagan

Stephanie T. from Minnetonka.



If you have questions, need directions or want more details,
call the office at 651-227-5502.

St. Paul AA Intergroup Gratitude Night

Saturday, November 19th at 7:30 PM

AA speaker:
Peggy M. of Omaha.

Lutheran Church of the Redeemer
285 North Dale Street



See page 5 for important information about upcoming Intergroup Elections!

St. Paul AA Central Intergroup Minutes from August 16th, 2005 Main Body Meeting

The meeting was called to order at 7:30 p.m. and opened with the Serenity Prayer.

Treasurer's Report:

Jeff and Misha presented the office report. Sales are still down yet have improved from previous months. After meeting with a certified accountant, it was suggested that we move towards eliminated MAP, and be more mindful of general accounting housekeeping such as general ledger entries. MAP has been called to request the assurance that the Attorney General Form and Taxes are filled by August 15th. However, they were not filed by that date. Another call was made to strongly request that the taxes and Attorney General forms be filed by August 19, 2005. We were assured that a second extension had been filed. The finance committee recommend terminating MAP and if necessary, talking to the MAP Executive Director/ Business Chair.

Office Report:

Next month's issue of the *Lifeline* will be on the Tenth Step, Tradition and Concept. Submissions from groups are welcome and can be submitted by mail or emailed to lifeline@aastpaul.org. Melissa is especially looking for someone who called the office when they first got sober to submit their story. Volunteer help is needed in the afternoon to held answer phones in the office. The shift is from 2 - 5:30 pm (3 month sobriety requirement).

District Reports: No district reports were available.

Upcoming Events:

Old-timers Ice cream Social: This event is tentatively planned for September 17th taking place between 1:30 and 4:30 at the Lutheran Church of the Redeemer. Patty M. is the chair and Kristin from Como Park volunteered to co-chair.

Fall Workshop: This event will be held on October 25. Starr has been elected as the chairperson and is forming a committee.

Gratitude Night: This event will be held in November. A committee is being formed.

Old Business:

Website: Jonathan has created a searchable meeting directory for the website and has made a link on the web site so it can be used by the general public. Jonathan is still looking for a Web Developer with PHP and MySQL experience to help him with the searchable directory. You can contact Jonathan through the website. The website was updated to include an online Night Owl sign-up page. Jonathan will also be updating the pricing online. The Lifeline will be put on a separate page with a link on the main page. Board members are encouraged to look at the website in detail and return with suggestions to next months' meeting.

Outreach Program: Volunteers are needed to help complete a group outreach for 2005. Our goal is to visit every meeting in the directory in 2005 and tell them about St. Paul Intergroup. If you are interested please contact Marty at outreach@aastpaul.org.

Night Owl: Volunteers are needed to assist in answering the phones for Night Owl. If any individuals are interested or if a group is interested in committing to a night please fill out volunteer info online or in the office. If anyone has questions please contact Julie at nightowl@aastpaul.org.

New Business:

Group Announcement or Concerns: On October 1st North End Great Reality will have a Speaker and Potluck from 4:00 to 9:00pm at the Como Park Pavilion.

Jeff presented Concept VIII

Dan volunteered to present Concept IX next month.

Kristin presented the August Mock Rep's Report.

Paul volunteered to present the September Mock rep's Report

Closed with the Responsibility Statement and the Lord's Prayer

August Office Calls

Meeting Information:	292
Inventory/Hours:	29
12th Step Calls:	6
Temporary Sponsors:	9
Speaker Requests:	49
Special Events	6
Outside Issues	34
Administrative	40
Other	32
Total Calls	560
Daily average	24.3
Visitors	115

Call tally is for the calls taken during office hours only and does not include calls taken during Night Owl shifts.

2005 Steering Board

<u>Chair:</u>	Renee B.
<u>Alt. Chair:</u>	Marty M.
<u>Secretary:</u>	Melissa H.
<u>Treasurer:</u>	Jeff T.
<u>Members at Large 2005:</u>	
Tom S. and Starr M.	
<u>Members at Large 2004:</u>	
Charlie M. and Pat M.	
<u>Advisor to the Board:</u>	Misha Q.
<u>Office Manager:</u>	Melissa D.

Thanks to all the terrific volunteers who helped in the Central Office during August!
Frank D., Bill G., Jack R., Ethan W., Peg N., Tom S., Tony C., Kevin H., Rd B., Greg S., Erik N., Rodney P., Kelly, Diane, and Gil.
 Thanks to all the groups and individuals who took the Night Owl Shifts as well.

<u>Recovery</u>	<u>Unity</u>	<u>Service</u>
<p><u>Step Ten</u> <i>“Continued to take personal inventory and when we were wrong promptly admitted it.”</i> For some reason, I gave little thought to Step Ten in my sometimes painful journey toward emotional sobriety. Perhaps it was because not many AA meetings seemed to be on this Step, and when it was the topic, I had cotton in my ears. I was always careful to thank God each day for my sobriety and to ask for his guidance in helping me meet each day’s situations in a manner which reflected his will. But my failure in continuing to take a frequent personal inventory, admitting my wrongs, and treating Step Ten as a viable, stabilizing entity had left a gaping hole in my program. By asking a lot of questions, listening closely at meetings, and expanding my AA reading program, I developed a clearer understanding of what this Step can do for me today if I let it.</p>	<p>15th Annual National/ International Native American Indian AA Convention <i>All members are welcome!</i> AA meetings/workshops, Al-Anon, Native cultural sessions. WHERE: Radisson City Center Hotel, Saint Paul WHEN: Oct 27 — 30th How To Register: Phone: 507-820-1650 Web: www.nai-aa.com</p> <p><u>42nd International Alcoholics Anonymous Women’s Conference</u> February 9th - 12th, 2006 Minneapolis Marriott City Center Minneapolis Minnesota For more information: 42nd IAAWC P.O. Box 4262 St. Paul, MN 55104-0262 iaawc2006@yahoo.com</p>	<p>AA In Motion Are you unable to attend AA due to illness, disability, etc.? We will bring a meeting to you! Call Dennis W. @ 651-451-0470</p> <p>12th Step Opportunity Women’s Workhouse AA meeting Volunteers of America Dale and Larpenteur, St. Paul Saturday, 11:00 AM, Tuesday 4 - 5 PM You will need a background check (paid for). Women only, please.</p> <p><u>Are you looking for a service commitment?</u> <u>Become an Outreach Volunteer!</u> Outreach volunteers visit meetings in St. Paul and the surrounding suburbs. We are trying to visit all of the meetings in the area to tell them about Intergroup. There is no sobriety requirement to serve, and it is a fun way to visit new meetings. Come to a committee meeting for more details. You can email the committee chair at outreach@aastpaul.org.</p>
<p>First of all, the Step allows me to be exactly what I am--a fallible, error-prone, less-than-perfect human being. In using Step Seven and asking God to remove my shortcomings (as I was able to define them in Step Six), I immediately started building new defects by not following through with Step Ten’s suggestions. In addition, the identifiable defects which I asked to be removed were repeated within an alarmingly short period of time. Just as my alcoholic ego is never dead and buried, my defects have a remarkable capacity for rebirth, and new ones appear as unwanted guests. If I’m not alert, they’ll make themselves comfortably at home, often without my immediate knowledge.</p>	<p>Burnsville Back To Basics Big Book Study Group 8th Anniversary Meeting Thursday October 27th - 7:00 PM Open Circle Church 2400 Highland Drive, Burnsville, MN Featured Speaker: Laura S. from Tradition 5 Meeting Desserts and Coffee immediately following the Speaker EVERYONE Welcome!!! Call Mary J. 612-807-6343 for more info.</p>	<p>Concept Checklist Concept X <i>“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.</i></p> <ul style="list-style-type: none"> • Do we understand ‘authority’ and responsibility’ as they relate to group conscience decisions by G.S.R.’s, D.C.M.’s and our area delegates? • Why is delegation of ‘authority’ so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of authority?” <p>--Reprinted with permission from AA World Services Inc.</p>
<p>Steps One through Nine helped me reach a point where I felt pretty good about myself. I wasn’t such a bad person after all. It was time for me to start working the program and Step Ten has become solid bedrock for letting it take place. My failure to activate the Step at frequent intervals during my early months of sobriety inhibited my growth in the program. As someone once said, "When God seems far away, who moved?" Invariably, I was, and am, the one out of sync. --Continued on page 5.</p>	<p><u>Traditions Checklist from the AA Grapevine Tradition Ten</u> <i>“Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.</i></p> <ol style="list-style-type: none"> 1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen? 2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”? 3. What in AA history gave rise to our Tenth Tradition? 4. Have I had a similar experience in my own AA life? 5. What would AA be without this Tradition? Where would I be? 6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways? 7. How can I manifest the spirit of this Tradition in my personal live outside AA? Inside AA? <p>--Copyright © The AA Grapevine, Inc. Reprinted with permission.</p>	

7th Tradition: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

4th Tradition

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

7th Tradition

"Every group ought to be fully self-supporting, declining outside contributions."

Your group can make an informed decision regarding contributions with information from A.A. World Services. The following information is a suggestion taken from the pamphlet: "Self-Support: Where money and spirituality mix."

50% St. Paul Intergroup

Spruce Tree Center
1600 University Ave. #407
St. Paul, MN 55104

30 % G S O

P.O. Box 459
Grand Central Station
New York, NY 10163

10% Southern MN

Area Assembly
P.O. Box 2812
Mpls., MN 55402



10% District Committee

Ramsey County:

District 8, P.O. Box 2267
St. Paul, MN 55102

Dakota County:

District 19, P.O. Box 1466
Burnsville, MN 55337

Washington County:

District 15, P.O. Box 181
Lake Elmo, MN 55042

SE Ramsey County:

District 26, P.O. Box 75980
St. Paul, MN 55175

**Intergroup Income
August 2005**

Total Group Contributions
\$2928.30
Number of Groups
Contributing
24
Total from Faithful Fivers
\$185.00
Number of Faithful Fivers
Contributing
15

District Meetings

District 8 (Ramsey Co.)

Fairview Community Center
1910 Cty. B, Room 203
Roseville
3rd Wed., 7:30 PM

District 15 (Wash. Co.)

Christ Lutheran Church
11194 N. 36th St., Lake Elmo
4th Mon., 7:00 PM

District 19 (Dakota Co.)

Rosemount Community Center
13885 South Robert Trail
2nd Wed., 7:00 PM

District 26 (SE Ramsey Co.)

1099 Payne Ave. St. Paul
2nd Fri., 6:00 PM
www.district26-area36.org

A Night Owl shift is a once-a-month commitment to answer phones during the hours that Intergroup is closed. Some shifts can be done in the office; all can be done from home. The commitment can be filled by an individual or a group. Taking on a Night Owl commitment means that when still suffering alcoholics call AA for help, they find another alcoholic at the other end of the line. When you or your group sign up to take a shift, you are trained in how to respond to calls and given all of the materials that are needed. **Please call the office or go to our website at www.aastpaul.org if you can help. There are still a few open shifts in August.**

Thank you, to all of the groups that contributed in the month of August: Apple Valley Big Book, Back To Basics Big Book Study, Book of Hope AA, City Center AA, Como Area 12 x 12, Dakota Alano Monday 6 PM BB, Eastside AA, Highland Park AA, Live & Let Live AA, Maplewood AA, North Hamline AA, Observing Recovery Victoriously AA, Outright Mental Defectives, Rivertown AA, Roseville Centennial AA, Seniors AA, Serenity/Peace AA, St. Paul Open Speakers Mtg., Stillwater West End AA, Uptown AA, WBL Redeemer AA, Weekend Jumpstart II, White Bear Women's Wed. AM AA, Women's 12 by 12 Study Group

Contributing money is only one way that a group can serve St. Paul Intergroup. Contributing time also helps to keep our doors open. The Intergroup Office could not function without support from the groups it serves. Without volunteers to do the life-saving Twelfth Step work that comes to the office, the hand of AA might not be there when someone reaches out for it. Taking a Night Owl shift as a group contributes in both ways. It means that someone calling AA for help speaks with an AA member instead of an answering service. It also helps the office financially; any shift taken by a group or individual is a shift that the office doesn't have to pay an answering service to do on our behalf. To check open Night Owl shifts, you can contact the Night Owl Coordinator at nightowl@aastpaul.org.

The Lifeline: Purpose Statement

The Lifeline is a monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article imply endorsement by either A.A. or Intergroup. (Exception: Quotations from A.A. books or pamphlets are reprinted with permission from A.A. World Services, Inc.; The A.A. Preamble is reprinted with permission of A.A. Grapevine, Inc.) We welcome articles of opinion or descriptions of personal experience (no poetry, please), which should be sent to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #407, St. Paul MN 55104. Materials or articles cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length and contents that may violate A.A.'s Traditions, etc. The deadline is the 2nd of the preceding month. Thank you.

St. Paul Intergroup Elections

St Paul Intergroup will be holding elections on November 15th.

Positions open include:

2 Member-at-Large positions

Each is a two-year position.

Duties include regular attendance at Intergroup meetings and helping with Intergroup Events.

Secretary

A one-year position

Duties include regular attendance at Intergroup meetings and Intergroup Events, taking minutes and creating a monthly Agenda.

Treasurer

A one-year position as Treasurer, one year as advisor to the Treasurer.

Duties include regular attendance at Intergroup meetings and Intergroup Events, oversight of Intergroup's finances, giving financial report to the Intergroup Steering Committee, and attendance at the Financial committee meetings.

Alternate Chair

Alternate Chair makes a three-year commitment: Alt Chair the first year, Chair the second and Advisor to the Board the third year. Duties include regular attendance at Intergroup meetings and Intergroup Events, Chairing meetings when the Chair is not present.

Nominations will be accepted on October 18th and November 15th.

All Intergroup Representatives are encouraged to come and vote!!!

Nominations and elections will take place at the regular Representatives' Meeting. The meetings are held at 1600 University Ave, in a conference room on the first floor. Look for signs in the lobby. The meetings begin at 7:30 PM.

(If your group does not have one,
you can elect or appoint someone!)

If you have questions or want more information, call the office at 651-227-5502

--Continued from page 3.

A most gracious lady put it very aptly at a meeting when she summed up the meaning of the AA program by saying, "The program lets me rest." There's great beauty in those five short words. Proper program maintenance, using Step Ten, keeps this beauty flowing in its proper perspective as I prepare to complete my third year of sobriety, a day at a time. It permits me to be gentle with myself.

For me today, the Tenth Step is truly remarkable. When I keep it up front, it helps me to more easily use the entire Twelve Steps, thereby providing me with the reasonable assurance that progress can be maintained at an acceptable level, provided I use the suggestions contained in this miraculous program.

Bert M. Madison, Wisconsin.

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Become an Intergroup Representative!

Does your group send a Representative to the Intergroup meeting? If not, elect one! Or volunteer to fill the position! It is a very important service opportunity. As an Intergroup Representative, you are responsible for the communication between St. Paul Intergroup and your group. Your job is to attend the Reps' meetings and report back to your group everything that is happening at Intergroup. The time commitment is very small (about an hour every month) but it makes all the difference to St. Paul Intergroup. The Intergroup office cannot function without the efforts of our volunteers.

Every group in the St. Paul and surrounding suburban area has the right to have a Representative attend the meetings to give input and feedback to the board and office staff. So elect an Intergroup Rep to attend the next meeting!

The meetings take place every month, on the third Tuesday at 7:30PM. The meetings are held at the Spruce Tree Centre, on the first floor -- be sure to follow the signs.

You don't have to be an Intergroup member to attend!

The following meetings sent a Representative to the August Intergroup Reps' meeting: *Back to Basics, Como Park Big Book, Mendota 9:00 AM, Roseville Wednesday PM, Main Idea, Midway, OMD, Shoreview 12&12, Summit & Lexington, Uptown Candlelight, Highland Women's Meeting, Profound Alteration, Summit Women's Meeting, Third Edition, and Tuesday Vadnais Heights.*

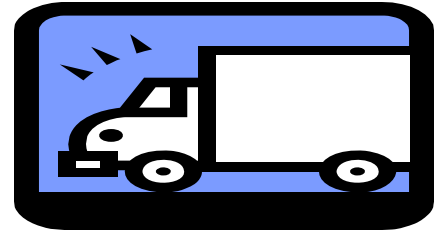
**The next Intergroup Reps' meeting will be held on
Tuesday, October 18th at 7:30.**

St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W., Suite #407
St. Paul, MN 55104

Change Service Requested

Non-Profit
Organization
U.S. Postage
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St. Paul, MN
Permit No. 7451

Please let us know if your address changes one month ahead of time. It saves us the cost of return postage and enables you to get each issue of the Lifeline. Our mailing permit does not provide for mail forwarding.
Thank you!



St. Paul Intergroup Faithful Fiver Form

Contribute five dollars to St. Paul Intergroup every month so we can continue to carry our life-saving message of hope. Your contribution entitles you to a one-year subscription to the Lifeline.

Name _____

Street, City, State, Zip _____

Please send this form and a check to:

St. Paul Intergroup - 1600 University Avenue W. #407 St. Paul MN 55104