

## STEP TEN: Continued to take personal inventory and when we were wrong promptly admitted it.

Step 10 reminds us that this program is a continual process of growth one day at a time. In previous steps, we sifted through the wreckage of our past to discover how self-will corrupted our spiritual condition. Our pride kept us from true fellowship, and fear was our greatest motivation. The harsh ego deflation of the first nine steps brings us to a point where, guided by a Higher Power, we can live in love instead of fear.

For me, Step 10 is about spiritual upkeep. When I keep my ego in check and focus on God's will, I am a useful and peaceful person. If I ignore this step, I allow self-seeking to creep back in, putting me in conflict with people and situations. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." (Alcoholics Anonymous, 85) When I maintain my spiritual condition, I can accept where I am today in recovery. When I am no longer in that state of conflict, I lose the desire to drink.

When I look back at the day's events, I reflect on where I have been selfish, self-centered, or dishonest. Have I been of service to others when given the opportunity, or have I tried to avoid being helpful? Have I treated others badly because of my fear and insecurities? If I find that I have some new baggage, I need to take the next opportunity to admit where I was wrong. The goal is not for shame or humiliation, but to maintain a proper perspective and gain a sense of humility.

Step 10 is a daily reminder of my humanity and allows for my imperfections. In its practice, I reaffirm my commitment to God's will for me and stay focused on the twenty-four hours ahead.

— Matt Z.

Manager's note: I would like to introduce Matt Z. as a new Intergroup staff member. Matt's home group is the Wednesday Night Step Meeting in Roseville. He grew up in Falcon Heights and has been active in St. Paul AA for almost three years.

— Tom N.

**Tuesday October 3, 7:00 PM**  
 St. Paul AA Intergroup  
**FALL WORKSHOP: STEP FOUR**  
 Lutheran Church of the Redeemer  
 285 N. Dale St. (Dale & Iglehart)  
 1 1/2 blocks South of I-94.

Resentful at	The cause	Affects my	My part
Mr. Brown	Attention to my wife, interferes	Sex relations Self-esteem (fear)	Jealousy
Mrs. Jones	Snubbed me, She's a gossip	Personal relationship; (fear)	
My boss	Overbearing, Threatens me...		
Neighbor			

**St. Paul Intergroup of Alcoholics Anonymous®**

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Fax: 651-290-0209

Office Hours: Monday, Wednesday, Thursday, Friday — 9 AM to 6 PM; Tuesday: 9 AM to 8 PM

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## The Twelve Concepts: Concept X

**Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, resolution, by specific job description or by appropriate charters and bylaws.**

An outstanding characteristic of every good operational structure is that it guarantees harmonious and effective function by relating its several parts and people in such a way that none can doubt what their respective responsibilities and corresponding authorities actually are. Unless these attributes are well defined; unless those holding the final authority are able and willing properly to delegate and maintain a suitable operational authority; unless those holding such delegated authority feel able and willing to use their delegated authority freely as trusted servants; and unless there exists some definite means of interpreting and deciding doubtful situations — then personal clashes, confusion, and ineffectiveness will be inevitable.

— Reprinted from *Twelve Concepts for World Service*, with permission from AA World Services Inc.

### **Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never to be drawn into public controversy.**

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

. . . Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that's quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does.

— *Twelve Steps and Twelve Traditions* pp. 176-177, reprinted with permission from AA World Services Inc.

#### 2006 Steering Board

<b><u>Chair:</u></b>	<b>Marty M.</b>
<b><u>Alt. Chair:</u></b>	<b>Jeff T.</b>
<b><u>Secretary:</u></b>	<b>Eric H.</b>
<b><u>Treasurer:</u></b>	<b>Mary Jo N.</b>
<b><u>Members at Large 2006:</u></b>	<b>Alfred K. and Roxi S.</b>
<b><u>Members at Large 2005:</u></b>	<b>Tom S. and Patty M.</b>
<b><u>Advisor to the Board:</u></b>	<b>Renee B.</b>
<b><u>Office Manager:</u></b>	<b>Tom N.</b>

#### Office Calls in August\*

Meeting information	210
Inventory hours	20
12th step calls	14
Temporary sponsor	16
Speaker request	27
Special events	6
Outside issues	62
Administrative	87
Other	95
<b>Total Calls</b>	<b>537</b>
<b>Daily average</b>	<b>17.3</b>
Visitors	105

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

## ST PAUL AA INTERGROUP: Minutes from August 15, 2006 Main Body Meeting

The meeting was called to order at 7:30.

The primary purpose of Intergroup was read.

**In attendance:** Marty M, Brandon F, Ken D, Paul T, Anne L, Judy H, Alfred K, Tom N, Suzanne B, Noah N, Patti M, Jonathan, Jon C, Tom S, Judith F, Renee B, Karen V, David A, Charlie S, Jeff H, John F, Jim L, Bonnie R, Kim T, Cathy B, Ethan W, Mary Jo N, Dianne E, Patrick S, Eric H.

The July minutes were approved.

**Treasurer's Report:** Mary Jo presented the treasurer's report for August. Contributions for July were 30% below budget. Overall expenses were over budget due to \$1500 payment to Accountants and an increase in Salaries due to training of new staff and paying full time wages vs. part-time wages during interim. Yellow page advertising is up. Was being paid by MPLS Intergroup so we now have not only current billing but are also paying \$100/month in prior. Dividend Income is high because it is showing a 6 month payment. It is usually a quarterly payment that was missed last quarter. Contributions (Group, Faithful Fivers, and Special) \$2,631, 39.4% of Income and Sales are \$3,894, 56.9% of Income. Even if we exclude the special contribution we continue to move in the right direction in regard to the annual budget.

**The Office Report:** Tom delivered the office report for August. Employee hours are down to normal now that the new staffer is trained. As always, more office volunteers are needed.

**Website Report:** Jonathan presented the August website report. Since July, the site has seen a new all-time-high of visitors. The meeting guide has been updated to include communities with multiple zip codes such as Burnsville, Eagan and Maplewood. We now list 546 weekly meetings in the area.

**Outreach:** Alfred presented the August Outreach report. They have been focusing their efforts on speaking at large group meetings, i.e. speaker meetings and medallion ceremonies for Alano clubs rather than the smaller business meetings and steering committees.

**Night Owl Report:** Dianne presented the August Night Owl report.

### Upcoming Events:

**Old Timers' Recognition & Ice Cream Social – Tom S.** Saturday September 16 2 PM—We will add a count-up to highlight the old-timers present. More speakers are certainly welcome.

**Fall Workshop – Renee B.** Tuesday, Oct 3 7PM—The fourth step is the topic. 4 people will speak.

**Gratitude Night – Jeff T** Saturday Nov 18, 7:30 PM—A male speaker with one year is still needed

**New Year's Eve – Marty M.** December 31—We are looking for a DJ for the event.

### Old Business:

**Non Conference Literature.** The discussion was opened with the 3<sup>rd</sup> step prayer. The vote will be held at the September 19 Intergroup Council. It will be a yes/no issue. If voted in, then a committee will be appointed to select which materials do and don't enter our office. Many concerns were voiced, among which were the inclusion of denominational literature, our need for stewardship as we are spending other people's money, and the upholding of specific principles. The situation of the late 1980's was discussed, a time when the Intergroup office had no filter on what merchandise was carried. As a result, much of the office's money was tied up in unsold merchandise which gathered dust in the office.

### New Business:

#### Group Announcements

Rosemount is holding its annual campout at Welsh Village.


Barb B. presented concept VIII.

Judy H. volunteered to present concept IX in September.

David presented the August 15 mock rep report.

Jeff H. volunteered to present the September mock rep report.

Closed with the Responsibility Statement and the Lord's Prayer.

<p><b>7th Tradition Suggestions for Groups</b></p> <p>“Every group ought to be fully self-supporting, declining outside contributions.”</p> <p>Your group can make an informed decision regarding contributions with information from A.A. World Services. The information below is a suggestion taken from the pamphlet: “Self-Support: Where money and spirituality mix.”</p> <p><b>50% <u>St. Paul Intergroup</u></b>                  Spruce Tree Center                  1600 University Ave. #407                  St. Paul, MN 55104</p> <p><b>30 % <u>General Service Office</u></b>                  P.O. Box 459                  Grand Central Station                  New York, NY 10163</p> <p><b>10% <u>Southern MN Area 36</u></b>                  Area Assembly                  P.O. Box 2812                  Mpls., MN 55402</p> <p><b>10% <u>District Committee</u></b>                  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</p>	<p><b>INTERGROUP INCOME FOR AUGUST</b></p> <p>Number Groups Contributing: 33                  Total Group Contributions: \$2377.72                  Number of Faithful Fivers: 17                  Total from Faithful Fivers: \$379.00</p>	<p><b>“Thanks!” to the groups that contributed in August:</b></p> <p>Club 84 AA, Como Area 12 x 12, Downtown AA, East Side Squad 6, Eastside AA, Erstwhile Erratic Alcoholics, Fireside Women's Groups, Four Seasons AA, Grover's AA, Highland Park AA, Hour of Power, Just for Today Women's group, Lindstrom AA, Maplewood AA, Mendota AA Groups, Merriam Park AA, Midway AA, Mon. AM Apple Valley Women's AA, New Brighton AA, No Time Like the Present, North Branch Community Groups, Oakdale - Woodbury AA, Observing Recovery Victoriously AA, Outright Mental Defectives, Shalom AA, Shoreview Big Book Plus, St. Anthony Park AA, Third Tradition Group, Unity Service Recovery Eagan AA, Uptown AA, White Bear Lake Area AA, White Bear Women's Wed. AM AA, Women's 12 by 12 Monday</p>
	<p><b><u>District Meetings</u></b></p> <p><b>District 8 (Ramsey Co.)</b>                  Fairview Community Center                  1910 Co. Rd B, Rm 203, Roseville                  3rd Wed., 7:30 PM</p> <p><b>District 15 (Wash. Co.)</b>                  Christ Lutheran Church                  11194 N. 36th St., Lake Elmo                  4th Mon., 7:00 PM</p> <p><b>District 19 (Dakota Co.)</b>                  Rosemount Community Center                  13885 South Robert Trail                  2nd Wed., 7:00 PM</p> <p><b>District 26 (SE Ramsey Co.)</b>                  1099 Payne Ave. St. Paul                  2nd Fri., 6:00 PM                  www.district26-area36.org</p>	<p><b>BE A NIGHT OWL !!</b></p> <p>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 needed materials. <b>If you can help, please call Matt at the office or you can go to our website at <a href="http://www.aastpaul.org">www.aastpaul.org</a> .</b></p>
	<p><b>Thanks to all the terrific volunteers who helped in the Intergroup Office during August!</b></p> <p>Jack R., Rosemary, Brigham, A.J., Kevin, Val, Stephanie, David, Eliot, Donald, Christen, Missy, Matt, Kelly, Sara, Robb, Charisma, Larry, Jim H., Ed, Miranda, T.J., Josh, Emily, Paul, Mike, Cara.</p>  <p>Thanks to all the Night Owl volunteers and groups as well!</p>	

***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, 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.

# ST. PAUL AA

## UPCOMING EVENTS!!

<p style="text-align: center;"><b>St. Paul AA Intergroup</b>  <b>FALL WORKSHOP: STEP FOUR</b>            Tuesday October 3, 7:00 PM            Lutheran Church of the Redeemer            285 N. Dale St. (Dale &amp; Iglehart)</p>	<p style="text-align: center;">The 18th Annual  <b>Hiawathaland Get-Together</b>            October 20, 21, &amp; 22, 2006            Holiday Inn, Austin, MN            Registration forms at Intergroup office.</p>
<p style="text-align: center;"><b>Southern Minnesota Area 36</b>  <b>GSR &amp; Trusted Servant Leadership School</b>            Saturday, November 4th, 2006            St. John's Lutheran Church, 500 3rd St. West            Northfield, Minnesota 55057</p>	<p style="text-align: center;"><b>St. Paul AA Intergroup</b>  <b>Gratitude Night</b>            Saturday, November 18th, 7:30 PM            Lutheran Church of the Redeemer            285 N. Dale St. (Dale &amp; Iglehart)</p>
<p style="text-align: center;">61st Annual  <b>"Pass It On"</b>  <b>Duluth Roundup</b>            September 22nd—24th            Duluth Entertainment Convention Center</p>	<p style="text-align: center;"><b>24th Annual</b>  <b>St. Cloud Roundup</b>            October 27-29, 2006            St. Cloud Civic Center, 10 Fourth Ave. S.</p>
<p style="text-align: center;"><b>Founder's Day Weekend, 2006</b>            November 24 – 26            Doubletree Park Place Hotel            St. Louis Park, MN  <a href="http://wwwFOUNDERSDAYMN.net">www.FoundersDayMN.net</a></p>	<p style="text-align: center;"><b>St. Paul AA</b>  <b>New Year's Eve Celebration!</b>            December 31st, 2006            Lutheran Church of the Redeemer            285 N. Dale St. (Dale &amp; Iglehart)</p>

### Is your meeting represented at Intergroup?

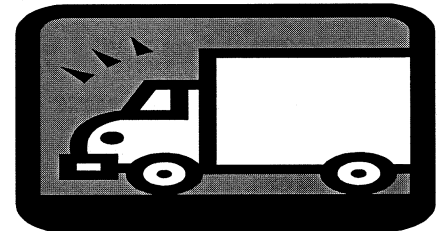
The October Representatives' meeting will be held October 17, 7:30 pm,  
 at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.

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

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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

Faithful Fivers contribute five dollars to St. Paul Intergroup each month to enable us to continue to carry the life-saving message of AA. Your contribution entitles you to a one-year subscription to the *Lifeline*. You may also contribute annually, quarterly, etc.

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