



Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

I have to admit, this is one of the steps that I did not do in order. I learned early in recovery what a great relapse prevention tool this step is, so I apply it to my program by doing it every night. Over 3 years later I still do it every night. This is a maintenance step for people in recovery, and this is why. Before they pick up, Alcoholics and addicts will start patterns in their behavior. If the patterns contain unhealthy behaviors, a relapse is not far behind. So it is not the day you physically pick up that you relapse but some time before. By going over your day you can take a look and see what feelings were the strongest and what led to them. For example if I am having a resentment towards another person for 4 or 5 days in a row, something is not right. This also applies to fear, casting judgment, or any other character defect. For me, this program is recognizing the problem and finding a solution. The solutions lie in steps 3 and 7. If I truly work these steps over the course of my day then step 10 at night is how I learn to grow. I think it is important to also replay the things that worked out well for you that day. By seeing the good you had in that day you can apply it in your days to come. The more you apply the things that work, the better your habits.

Admitting we are wrong promptly is extremely beneficial to our growth. We are human and have to allow ourselves to make mistakes. The key is to learn from them. The only thing that will stop me from admitting my wrongs is my pride, which stems from my ego. Being humble allows me to admit my wrongs and go on learning. Pride is concerned with who is right, humility is concerned with what is right. The golden rule in life for me is, it is in giving that we receive. So it goes without saying that expecting to be forgiven for our wrongs we must let go and forgive when we are wronged. Looking back from when I first did this step until now, and living by the principles of the program, step 10 shows me I have grown and where I still need to learn. The wonderful thing is that my life is a journey and not a race, each day is a new day for learning and growth.

Thanks to Brooklyn (John C., West End Club) for this month's step essay!

2007 Fall Workshop ~ Step 5 Tuesday, October 9th - 7P.M.

Lutheran Church of the Redeemer
285 N. Dale St. (Dale & Iglehart)
Just south of I-94.



St. Paul Intergroup of Alcoholics Anonymous®

Web Site: www.aastpaul.org

E-mail: lifeline@aastpaul.org

Fax: 651-290-0209

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

1600 University Avenue W. Suite 407 St. Paul MN 55104

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

Tradition Ten is an emphatic warning against public controversy. This was perhaps the first AA Tradition ever to take shape. Of course we did reserve that sometimes enjoyable right of quarreling among ourselves about lesser matters! But when it came to the awful issues that rock society about us, such as politics, religion, reform, and the like - well, the early AAs knew all these terrible conflicts were surely not for them.

Later on, a new aspect of this same peril came into view. All sorts of people and organizations begged us to "take stands," "deliver opinions," and "fight evils," all up and down the line. Again we instantly saw that if we ever embarked upon such a course, it would certainly be our finish. Drunks by the thousands would be kept away from AA through sheer prejudice. The same old peril would again menace us. This time it would crash in from the outside.

This was when we AAs knew for sure that we had to be at peace - internally, and with the world around us. No doubt mankind has wrung many a freedom out of violent controversy and bitter war. Yet we AAs have had to learn that the kinds of freedom that we must possess cannot possibly be obtained by violence. As a Fellowship, we cannot fight anybody, anywhere or at any time. This has been proven. When we had directly attacked John Barleycorn, we had lost. Booze fighting had never worked. When we quarrel too much with each other, we get drunk.

Hence, genuine peace will always be a chief ingredient of AA's freedom. But let none suppose that we shrink from major conflict because we are afraid. Nowadays we believe we keep the peace because we love each other.

-Reprinted from the *Grapevine*, November 1960 in *The Language of the Heart*, with permission of the A.A. *Grapevine, Inc.*

Annual Contribution Limit Revised to \$3000 per Year.

At the A.A. General Service Conference meeting this year, the Conference approved a committee recommendation that the annual limit on member contribution be revised from \$2000 to \$3000 per year. The General Service Office in New York accepts contributions from members and groups only, and individual contributions will not be accepted beyond this yearly limit. Most A.A. entities, such as groups, Intergroups and Central Offices, Districts and Areas adopt for themselves the contribution limit set by the Conference for the General Service Office.

Continuing this policy, the St. Paul A.A. Intergroup will now accept up to \$3000 per member per year. This limit does not apply to groups and meetings or other A.A. entities, nor to the "Special Contributions" sometimes received from A.A. events such as round-ups.

The quote below is from Box 4-5-9, the G.S.O. newsletter, summarizing the actions of the 2007 General Service Conference.

Finance—that the annual limit contributed to the General Service Board from individual A.A. members be increased from \$2,000 to \$3,000 and that bequests from A.A. members should be subject to the same limit and continue to be a one-time basis and not in perpetuity.

-- Reprinted from *Box 4-5-9, June/July 2007*

2007 Steering Board

Chair:	Jeff T.
Alt. Chair:	Tom S.
Secretary:	Lesli D.
Treasurer:	Mary Jo N.
Members at Large 2007:	Alfred K. and Roxi S.
Member at Large 2008:	Jeff H. and Steve B.
Advisor to the Board:	Marty M.
Office Manager:	Tom N.

Office Calls in August

Meeting information	214
Inventory hours	32
12th step calls	16
Temporary sponsor	20
Speaker request	6
Special events	2
Outside issues	44
Info for Professionals	8
Administrative	129
Other	40
Total Calls	511
Daily average	22.2
Visitors	175

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

Saint Paul AA Intergroup Representatives' Meeting Minutes, August 21, 2007

- I. The meeting was called to order at 7:30 (see attendees below)
- II. The Primary Purpose of Intergroup was read by Alfred K.
- III. July minutes were approved.
- IV. **Office Report** – Tom N. A) The 12-step volunteer list is dwindling and needs your help. You can sign up for the volunteer list online at www.aastpaul.org or fill out the paper form (pink sheet) and return it to the office. B) Charlie M. has taken over as the ASL Fund Coordinator for District 8. Please see his article on page two of the September Lifeline.
- V. **Treasurer's Report** – Contributions were up overall. This is due in part to some groups making contributions for previous months. July contributions (Group, Faithful Fivers, Special) \$6,298 – 63.2% of Income. July Sales \$3,664– 36.8% of Income. Group contributions \$5,949 – 564 meetings listed on website (43 Groups contributed in July).
- VI. **Website Report** – Jonathan L. A) Tracking the pages loaded will be added at the end of the month. B) Jonathan will be participating in a meeting with Area 35, Area 36, Minneapolis Intergroup and other interested parties about creating a statewide directory.
- VII. **Outreach Program** – Alfred K. A) Alfred hit meetings in Forest Lake and Burnsville; Lee hit Spanish-speaking meetings in St. Paul. Tip to members—if you find an MIA, please let Intergroup know so we can follow up with them. Email Alfred at outreach@aastpaul.org.
- VIII. **Night Owl Report** – Diane. Open Shift's are the 1st, 3rd and 4th Saturday of September from 9am til 2 pm. There will be a Night Owl Workshop on October 27th, 10 am - 12pm at The Lutheran Ch of the Redeemer.
- IX. **Upcoming Events.**
- Ice Cream Social Sept. 15th. 1pm to 4pm Tom S. passed around volunteer sign-up sheets. Come one, come all, to help Intergroup recognize our local AA Old-Timers, those folks with 25+ Years of sobriety.
 - Fall Workshop – Tuesday October 9th at 7:00 pm at The Lutheran Church of the Redeemer.
- X. **Old Business.**
- By-Laws Committee: Marty M. A) Draft is complete and being legally reviewed. B) Current by-laws state that, to be nominated for Intergroup Steering Committee, a rep must have attended 6 Rep meetings in the prior calendar year to be eligible. C) Open Positions for November elections: 2 At-Large Delegates, Secretary, Treasurer, and Alternate Chair.
- XI. **New Business.** None.
- XII. **Group Announcements or Concerns.** No Time Like the Present is moving on Labor Day – Flyer on website; Uptown will host its annual picnic on September 16th. Flyer on website; Stillwater-St. Croix Alano hosting a speaker and pig roast September 8th. Flyer on website.
- XIII. **Concept Review** (VIII) – Thanks to Suzanne, (Mendota) for a great presentation! Mark K. volunteered for September. Concept IX.
- XIV. **Mock Rep Report.** Thanks, , Mark K. for tonight's report! Lisa L. volunteered for August.
- XV. Closed with the Responsibility Statement and Lord's Prayer.

Groups & Officers in Attendance:

Tom N – IG Office/Board	Steve B-Board	Alfred K-Board	Roxi S., Jeff H -Board
Mary Jo N-Treasurer	Ken D. - SOS Groups	Kyle S. - West End	Jon C., 3 rd Edition
Rey H. - Defogged Men	Jonathan L - Webservant	Richard U. - Midway	Matt Z. - Roseville Wed.
Cookie J. - Mac/Plym	Jimbo - By the Book	Kim T. - Amigos III	Mark K & Bill L - Uptown
Claire G-WomensBasicTxt	Greg M - OMD	Lisa L-No Time like Present	John F. - Highland Sat.
Tom L-Shoreview/Hzlwd	Suzanne-Mendota Sat 10am	Layne D & Dan B-Uptown	David C -Students of Life
Donald B-Main Idea T 8:30	Pat C - Fireside Women's	Kristin Y – Basic Text	Tom S-Board
Peggy B. - District 19	Val L – Back to Basics	Jeff T – Board	Marty M-Board

Suggestions for Groups

Below are some suggestions for groups... (The text is mostly illegible due to heavy noise in the original image.)

50% St. Paul Intergroup
Spruce Tree Center
1600 University Ave. #407
St. Paul, MN 55104

30% General Service Office
P.O. Box 459
Grand Central Station
New York, NY 10163

10% Southern MN Area 36
Area Assembly
P.O. Box 2812
Mpls., MN 55402

10% District Committee
Ramsley 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

BE A NIGHT OWL !!
Night Owls are often the first AA contact for the newcomer! A Night Owl shift is a once-a-month commitment to answer Intergroup phones after hours. 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. **If you can help, call Matt at the office or go to our website: www.aastpaul.org**

District Meetings
District 8 (Ramsey Co.)
Fairview Community Center
1910 Co. Rd B, Rm 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

Thanks to all the terrific volunteers who helped in the Office during August!
Andy, Donald B., Eliot, Frank D., Hope, Jack R., Jack R., Jerry, John F., Kevin G., Kristin, Lynette, Mark W., Mary, Michelle M., Rhonda, Russ, Ryan B.

Thanks to all the Night Owl volunteers and groups as well!

INTERGROUP CONTRIBUTIONS FOR AUGUST
Number Group Contributions: 28
Total Group Contributions: \$5,037.82
Number of Faithful Fivers: 16
Total from Faithful Fivers: \$365.00

"Thanks!" to the groups that contributed in August:

- Back To Basics Big Book Study
- Basic Text AA
- Dakota Alano Thursday AM
- East Side AA
- Forest Lake Tues Men's
- Fourth Dimension
- Friends In Recovery
- Highland Park AA
- Hugo AA
- Maplewood AA
- Midway AA
- North Dale AA
- Northwestern Squad 18
- Observing Recovery Victoriously AA
- Rivertown Big Book AA
- Roseville Centennial AA
- Senior Chemical Dependency
- Sisters of Serenity
- St. Paul Open Speakers Mtg.
- Stillwater Sunday PM
- Summit Women's AA
- Traditions and History Group
- Uptown AA
- Valley Creek Monday AA
- Valley Creek Thurs Nite AA
- White Bear Groups
- White Bear Women's Sat. AM
- White Bear Women's Wed. AM

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 INTERGROUP UPCOMING EVENTS!!

OMD 20th Anniversary

Saturday, 13 October 2007

6:00 PM - 10:00 PM

Open Speaker meeting and celebration
Lutheran Church of the Redeemer

Maplewood Alano Club

Founders' Day Banquet

Saturday October 6th 2007

Moose Lodge (NE) Corner of English and Frost
Micky @ (651)307-8165

District 26 Fall Workshop

Saturday October 6th 2007

12:00pm - 3:30pm

Eastside Community Lutheran Church
1212 Earl St. (Corner of Earl & Maryland)

SOUTHERN MINNESOTA AREA ASSEMBLY

October 13, 2007

Holiday Inn—Austin, MN
9:00am—5:00pm

19th Annual

Hiawathaland Get-Together

October 19 - 21, 2007

Austin, MN — Holiday Inn
POB 5792, Rochester, MN 55903

St. Cloud Roundup

"25 Years Of Carrying This Message"

St. Cloud Civic Center—10 Fourth Ave S
Info: 320-309-8715 or 320-237-3452

Oct 26-28, 2007

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, by resolution, by specific job description or by appropriate charters and bylaws.

Our service structure cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corresponding authority to discharge it. This requires that authority must be *delegated* at every level - and that the responsibility and authority of every entity are well defined and clearly understood.

As we have seen (Concept I) "final responsibility and ultimate authority" reside with the A.A. groups, and they *delegate* this authority to the Conference (Concept II). The Conference, in turn, *delegates* to the General Service Board the authority to manage A.A.'s affairs (Concept III) in its behalf. The board is in authority over its subsidiary operating conditions - A.A. World Services, Inc. and The A.A. Grapevine, Inc. - but it *delegates* to the directors of those corporations the authority necessary to run these service entities. The directors are in authority over the executives of the corporations, but *delegate* to these officers the authority needed to carry out their administrative responsibilities. And finally, the executives *delegate* to the G.S.O. and Grapevine staff members and other employees the *authority* necessary to carry out their important service jobs.

..."To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities."

-Reprinted from the pamphlet, *The Twelve Concepts for World Service Illustrated*,
with permission of AA World Services, Inc.

Is your meeting represented at Intergroup?

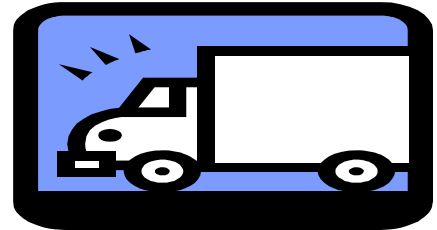
The October Representatives' meeting will be held October 16, 7:30 pm,
at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.
The church is located just south of I-94; from Dale turn west on Iglehart to park.

St. Paul Area 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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Permit No. 7451

Please let us know one month ahead of time if your address changes. 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 our life-saving message. 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