

THE THIRD STEP:

Made a decision to turn out will and our lives over to the care of God as we understood him.

I Wasn't Alone Anymore

(Reprinted from pages 13 - 14 of Came to Believe, with permission of AA World Services, Inc.)

I was in and around the Fellowship for three years, sometimes staying sober, sometimes cheating (myself, of course) a little or a lot. I loved A.A. – shook hands with everyone at every door at all meetings I attended, and they were many. I was a sort of A.A. hostess. Unfortunately, I still had a lot of trouble with *me*.

One member of my group use to say, "If you would just take the Third Step..." He might as well have been talking Dutch! I couldn't understand. Although I had been an honor student at Sunday school, I had gotten far away from anything spiritual.

At one point, I did manage to stay physically sober for six months. Then I lost my job and, at fifty-four was sure I would never get another. Very frightened and depressed, I just couldn't face the future, and my stupid pride wouldn't allow me to ask anyone for help. So I went to the liquor store for my crutch.

In the next three and a half months, I died a hundred times. I still attended a lot of meetings when I could, but didn't tell anyone of my troubles. The other members had learned to leave me alone, because they felt helpless, and I understood how they felt.

One morning, I awoke with a decision to stay in bed all day - that way I couldn't get a drink. I kept that decision and when I got up at six I felt secure, as the liquor store closed at that hour. That night, I was desperately ill; I should have been in the hospital. About seven o'clock, I started to phone everyone I could think of, in and out of AA. But no one could, or would, come to my aid. As a last effort, I phoned a blind man. I had worked and cooked for him several years, and I asked him whether I could take a taxi and come to his apartment. I knew I was going to die, I told him, and I was afraid. He said, "Die and be damned! I don't want you here" (he told me later he his could have cut his tongue out, and thought of calling back. Thank God he didn't!)

I went to bed sure I would never get up again. My thinking had never been clearer. I couldn't really see any way out. By three o'clock in the morning, I still hadn't slept. I was propped-up with pillows, and my heart was pounding almost out of my chest. My limbs started turning numb - first my legs above my knees, then my arms above my elbows.

I thought, "This is it!" I turned to the one source I had been too smart (as I saw it) or too stupid to appeal to earlier. I cried out, "Please, God, don't let me die like this!" My tormented heart and soul were in those few words. Almost instantly, the numbness started going away. I felt a presence in the room. I wasn't alone any more.

God be praised, I have never felt alone since. I have never had another drink and, better still, have never needed one. It was a long way back to health, and it was quite a while before people had confidence in me. But that didn't really matter. I knew I was sober, and somehow I knew that, as long as I lived the way God wanted me to live, I never need feel fear again.

Recently, I was told that I had a malignant tumor. Instead of being afraid or depressed, I thank God for the past sixteen years of borrowed time He had given me. The tumor was removed; I feel fine and am enjoying every minute of every day. There will be many more days, I believe. As long as God has work for me to do, I will remain here.

St. Paul Intergroup of Alcoholics Anonymous®

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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

The Twelve Concepts: Concept Three

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision".

"The right A.A. solution for this problem is to be found, however, in the latter part of Tradition Two, which provides for "trusted servants." This really means that we ought to trust our responsible leaders to decide, within the understood framework of their duties, how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises. This sort of leadership discretion should be the essence of "The Right of Decision," and I am certain that we need not have the slightest fear of granting this indispensable privilege at nearly every level of world service.

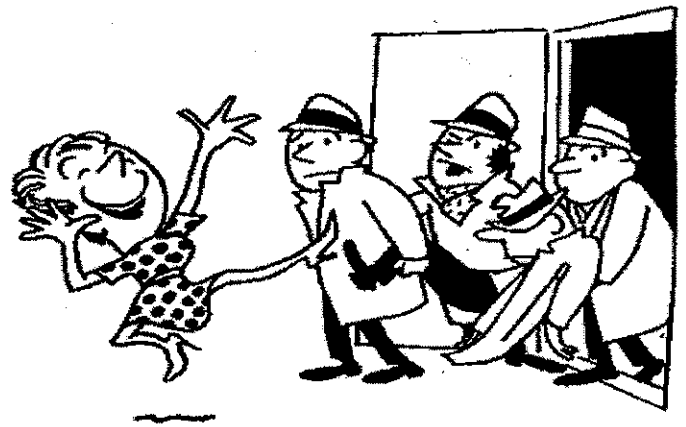
There will always be plenty of ultimate authority to correct inefficiency, ineffectiveness, or abuse. If the Conference does not function well, the groups can send in better Delegates. If the Trustees get badly out of line, the Conference can censure them, or even reorganize them. If the Headquarters' services go sour, the Trustees can elect better directors and hire better help. These remedies are ample and direct. But for so long as our world services function reasonably well—and there should always be charity for occasional mistakes—then "trust" must be our watchword, otherwise we shall wind up leaderless.

Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A., and we trust each other. Therefore we cannot do less than trust our leaders in service. The "Right of Decision" that we offer them is not only the practical means by which they may act and lead effectively, but it is also the symbol of our implicit confidence."

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



"Your husband slipped . . .



. . . on the ice!"

Cartoon reprinted with permission of the AA Grapevine, January 1963.

2008 Steering Board

Chair:	Tom S.
Alt. Chair:	Mary Jo N.
Secretary:	Lesli D.
Treasurer:	Diane E.
Members at Large 2008:	Steve B. & Jeff H.
Members at Large 2007:	Lee B. & Lisa L.
Advisor to the Board:	Jeff T.
Office Manager:	Tom N.

Office Calls in January*

Meeting information	223
Inventory hours	38
12th step calls	24
Temporary sponsor	34
Speaker request	14
Special events	1
Outside issues	5
Info For Professionals	0
Administrative	25
Other	13
Total Calls	547
Daily average	24.9
Visitors	42

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, January 15, 2008

- I. The meeting was called to order at 7:30 (see attendees below)
- II. The Primary Purpose of Intergroup was read by Lesli D.
- III. December minutes were approved & accepted.
- IV. Treasurer's Report. (Mary Jo) December Contributions (Group and Faithful Fivers) \$5477 – 52.9% of Income. Contributions for December were above the budgeted amount which makes up for sales which were slightly below budget. December Sales \$4880– 47.1% of Income. Group contributions \$3,873– 37 of 571 meetings listed on website contributed 571 meetings 160 Groups contributed in 2007 this is up from 155 groups in 2006. Thank You to All. Contributions for 2007 are only about \$2000 less than 2006 even though we had a \$12,000 special contribution in 2006. Group contributions and faith fiver contributions made up this difference. The same is true with our Net Income for 2007. Had it not been for the \$12,000 special contribution in 2006 we would actually have an increase of about \$5,000. Expenses are also up a little in comparison to 2006. We've increased our Yellow Page advertising, one of the ways an alcoholic in need will find us. Our free website hosting period has elapsed and we upgraded our Internet in the office to DSL. We have increased the budget for events with hopes of getting more groups and members involved. We have incurred an Unemployment bill and have included ASL interpretation to events and Rep meetings and will continue to monitor that need.
- V. Office Report –Tom N. A) Office is starting 2 email lists: Intergroup News (2-3 emails/month of service opportunities, events, etc.) and Lifeline newsletter mailings. To subscribe, send an email to lifeline@aastpaul.org with subject line "IG email list" or "LL email list" respectively.
- VI. Website Report – Jonathan. A) New Outreach page built that shows groups by group names; members encouraged to notify Outreach of any MIA's. B) Jonathan has had contact from a fellow AA 'computer person' to help on the website. C) The full website report is available on the website.
- VII. Outreach Program – (Lee absent) Please visit the new Outreach page on the website.
- VIII. Night Owl Report – Patty S. A) List of open shifts (only 2) were handed out. B) Volunteers interested in Night Owl shifts are reminded that the orientation is on the 3rd Sat of the month—RSVP's should be emailed (nightowl@aastpaul.org) 1 week in advance. If unable to attend, please contact night owl for 1-on-1 orientation training.
- IX. Intergroup Events.
 - a. New Year's Eve December 31st—Jeff T. Great turnout! Great speaker! (Thanks, Lisa L); Great band, music. Went very well! THANKS to all who attended!
 - b. Upcoming Events: we have 7 events over the next year and are confirming the dates. These events are: March - Tradition Workshop; April - Spring Fling; June - Open House; Sept - Ice Cream Social/Old-timers Recognition; October - Step Workshop; November - Gratitude Night; December - New Year's Eve. More details to be available at February meeting.
- X. Old Business:
 - a. By-Laws Committee: Lisa L reported that Marty M. has given the proposed by-laws to a lawyer for review; It will be some time before we get the final report.
- XI. New Business (none)
- XII. Group Announcements or Concerns.
 - a. Many announcements of new meetings/events: Main Idea moving 1/31; District workshops coming up, etc. These will be posted on the website.
- XIII. Concept Review (I) –Thanks, Donald! Nice job! Joe, OMD volunteered for February, Concept II.
- XIV. Mock Rep Report. Thanks, Suzanne, for tonight's report! Bill S. volunteered for February.
- XV. Closed with the Responsibility Statement and Lord's Prayer.

Groups & Officers in Attendance:

Andy L - Uptown	Jeff T - Board Advisor	Peggy B - District 19/Dakota Co.
Angela S - Midway	Joe B - OMD	Rey H - Defogged Men's
Brooklyn John C - West End	Jon C - 3rd Edition	Steve B - Board At-Large
Claire G - Women's Basic Text	Jonathan - Web Servant	Suzanne - Mendota 10:30 AA
David K - Wesley United Methodist	Lesli D - Board Secretary	Tom L - Shoreview/Hazelwood
Diane E - Board Treasurer	Lisa L - Board At-Large	Tom N. - Office Manager
Donald B - Main Idea Tues 8pm	Mary Jo N - Board Alt Chair	Val L - Back to Basics, Burnsville
Ellen H -Mahtomedi 12x12/Amigos III	Matt H - OMD	Patty S - Night Owl Coordinator
Jan B - McAlester/Plymouth	Mike M-Sun St.Paul Speakr Mtg	Jason H - Rosemount AA

Next Meeting: 7:30 PM on Tuesday, February 19th

<p>7th Tradition Suggestions for Groups</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>BE A NIGHT OWL !!</p> <p>Night Owls are often the first A.A. 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</p>	<p>INTERGROUP INCOME FOR JANUARY</p> <p>Number Group Contributions: 43 Total Group Contributions: \$4778 Number of Faithful Fivers: 18 Total from Faithful Fivers: \$290.00</p>
<p>50% <u>St. Paul Intergroup</u> Spruce Tree Center 1600 University Ave. #407 St. Paul, MN 55104</p> <p>30% <u>General Service Office</u> P.O. Box 459 Grand Central Station New York, NY 10163</p> <p>10% <u>Southern MN Area 36</u> Area Assembly P.O. Box 2812 Mpls., MN 55402</p>	<p><u>District Meetings</u></p> <p>District 8 (Ramsey Co.) Fairview Community Center 1910 Co. Rd B, Rm 203, Roseville 3rd Wed., 7:30 PM</p> <p>District 15 (Wash. Co.) Christ Lutheran Church 11194 N. 36th St., Lake Elmo 4th Mon., 7:00 PM</p> <p>District 19 (Dakota Co.) Rosemount Community Center 13885 South Robert Trail 2nd Wed., 7:00 PM</p> <p>District 26 (SE Ramsey Co.) 1099 Payne Ave. St. Paul 2nd Fri., 6:00 PM www.district26-area36.org</p>	<p>“Thanks!” to the groups that contributed in January:</p>
<p>10% <u>District Committee</u></p> <p>Ramsey County: District 8, P.O. Box 2267 St. Paul, MN 55102</p> <p>Dakota County: District 19, P.O. Box 1466 Burnsville, MN 55337</p> <p>Washington County: District 15, P.O. Box 181 Lake Elmo, MN 55042</p> <p>SE Ramsey County: District 26, P.O. Box 75980 St. Paul, MN 55175</p>	<p>Thanks to all the terrific volunteers who helped in the office during January!</p> <p>Bill, Jack, Schell, Mike, Ron, Rob, Frank, Andy, Kristin, Eliot, Taylor, Bob, Ryan, Tracy, Vickie, Mark, and Donald.</p>  <p>Thanks to all the Night Owl volunteers and groups as well!</p>	<p>Amigo's III As Bill W. Sees It Bayport Saturday Serenity Burnsville Eagan Savage Sun PM City Center Group Cliffhangers III Daily Reflections Women's Group Day By Dei East Side Groups Grover's Group Happy Joyous & Free Group Highland Park Groups Live & Let Live Group Maplewood Groups Meeting of the Waters Midway Groups Mon. AM Apple Valley Women's Group New Brighton Groups Observing Recovery Victoriously Group Park Rapids Roundup Peace & Serenity Group Primary Purpose Burnsville Primary Purpose Woodbury Ridge Runners II Group Sat AM Men's Problems & Solutions Sat AM Women's group Shalom Group Shoreview Big Book Plus Spiritual Traditions Group St. Anthony Park Group St. Luke Sat. Men's Group St. Paul Open Speakers Mtg. Stillwater Sunday PM Stillwater Wed. Step Group TGIF Macalester Third Edition Group Third Tradition Northfeld Thurs. Night Lake Elmo AA Uptown Groups Valley Step Group Weekend Jumpstart II West End Groups White Bear Groups</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 Wednesday before the third Tuesday of the month.

UPCOMING A.A. EVENTS!!

<p>St. Paul Intergroup SPRING WORKSHOP: TRADITION THREE Saturday, March 1st, 10 - 11am Lutheran Church of the Redeemer 285 N. Dale St., St. Paul, 55103</p>	<p>District 14 Workshop on the 12 Concepts Saturday, March 8th, 9am to 3pm United Methodist Church 609 9th St. NW, Buffalo, MN <i>Lunch Provided - Seventh Tradition</i></p>
<p>March 15, 2008 Area 36 Assembly Holiday Inn Burnsville, MN 9:00am - 5:00pm</p>	<p>25th Annual Minneapolis Gratitude Night Saturday, April 5th, 7:30pm Minneapolis Convention Center Rooms 200 A - J</p>
<p>Reflections 2008 The General Service Office: Past, Present & Future Sunday, April 6th, 1:30 to 4:30pm Valley of Peace Church, 4735 Bassett Creek Dr. Golden Valley, MN 55422</p>	<p>Fourteenth Annual Sunlight of the Spirit Weekend April 18 to 20th Holiday Inn, Fairmont MN</p>
<p>Aim for Ames Roundup <i>"Follow the Path"</i> Friday, March 28 – Sunday, 30 March 2008 Quality Inn & Suites, Ames, IA</p>	<p>May 23 - 25, 2008 Gopher State Round-up Sheraton Bloomington Hotel Bloomington, MN www.gopherstateroundup.org</p>

The Third Tradition: The only requirement for A.A. membership is a desire to stop drinking.

[The Third Tradition] does state one requirement for membership. Let's read it again, and ask another question: Who determines whether or not newcomers qualify, whether they do want to stop drinking? Obviously, nobody except the newcomers themselves; everybody else simply has to take their word for it. In fact, they don't even have to say it aloud. And that's fortunate for many of us who arrived at A.A. with only a halfhearted desire to stay sober. We are alive because the A.A. road stayed open to us.

The problem faced by this Tradition isn't just past A.A. history. It keeps coming up--for instance, when a group debates whether to exclude alcoholics who have problems other than alcohol or have differing lifestyles. The Tradition mentions no such additional requirements, no demand that prospective members must *not* have a history of drug abuse, a certain lifestyle, or an institutional background. All alcoholics are welcome.

Reprinted from the pamphlet, "The Twelve Traditions Illustrated" with permission of A.A. World Services, Inc.

Is your meeting represented at Intergroup?

The March Representatives' meeting will be held March 18, 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.

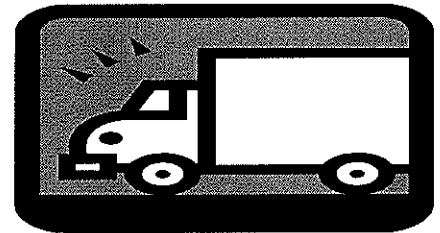
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Please let us know if your address changes one month ahead of time. It saves us the cost of return postage and enables you to get each issue of the Lifeline. Our mailing permit does not provide for mail forwarding. Thank you!



St. Paul Intergroup Faithful Fiver Form

Faithful Fivers contribute five dollars to St. Paul Intergroup each month to enable us to continue to carry 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

I would like to receive *The Lifeline* every month by email, not postal mail.

My email address is:

(please print clearly) _____