

The Lifeline



October, 2008

24 Hour Phone: 651-227-5502

Volume 43, Issue 10

St. Paul Intergroup Board Elections

Tuesday, November 18th at the Group Representatives' Meeting

Intergroup keeps the meeting schedule up-to-date, maintains the A.A. St. Paul website, sets up Twelve-step calls and Temporary Sponsors, plans Intergroup events, and makes sure the hand of A.A. is available by phone twenty-four hours each day. The Board members are the people most responsible for safeguarding these vital services. Please consider serving A.A. through Intergroup, or encourage others who are ready for this kind of service.

Open positions include Alternate Chair (becomes Board Chair), Treasurer, Assistant Treasurer (becomes Treasurer), Secretary, Two At-large Board Members.

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

"It's Me I See!"

By: Angela S., Midway Groups

The Tenth Step has saved my life. It saved me from the worst enemy I could ever face: me!

It depends on honesty, open-mindedness, and willingness. I call this my "keep myself in check" step. I have to do this step on a daily basis, since I have so many outstanding character defects and shortcomings. I'm working on them with help from God. Today it's hard for me to point a finger at anyone who comes into my life in any form or fashion without looking at myself. What I have found out is every situation I have been involved in, no matter how severe, no matter who else was involved or what the outcome came out to be, I played a big part in it. In personal relationships, if my mate was violent, unfaithful, sweet and loving, supportive, discouraged, I had a hand in it. I'm nowhere close to being perfect and would not like to be if I could. For me this would mean I no longer have any work to do on me.

I must continue to look at self within self, where there are things going on only God and myself are aware of such as chaos, unconquered passions, controversy, manipulation, unconditional love, sensitivity, rivalry, pain, serenity, etc. The list goes on. As long as I acknowledge these defects as well as assets, and come to a positive solution admitting my wrong in each situation, then that's a positive step in the right direction. Acceptance is the key, God is still working on me. When I say this aloud to another person it gives me peace and serenity, a form of freedom from the sickness of this disease. Prayer is my guidance.



St. Paul Intergroup Fall Workshop Step 6: A Panel Discussion

Tuesday, October 14
7:00 PM - 9:00 PM

Lutheran Church of the Redeemer



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.

It is said that the Twelve steps were designed to not kill ourselves while the Twelve Traditions were designed to not kill each other! Nowhere is this more applicable than in Tradition Ten.

What is A.A.'s best defense against public controversy? And just what did Bill W. mean by public controversy? Bill defined public controversy as those outside issues that get us fighting mad in our communities, states and nations. Those issues pit person against person and nation against nation- issues in the political and religious realm. Each group says, "we are right and you are wrong! You must do as we say, or else!"

The founding members of A.A. knew that these age old issues, as well as others, would surely divide them. The focus would have to be on staying sober by helping others get sober. That and only that.

The Washingtonians, who fought for an end to slavery as well as temperance in the 19th century were an early model for the founders of A.A. for what not to do. And how often do we hear of the Washingtonians today? We must learn to live and work together or surely die alone early A.A. concluded, and our focus should be defined and focused. While wars may be raging over at city hall or international conference tables, Tradition Ten allows us to keep the peace internally in A.A.

At the same time, Bill W. said, that no individual could expect to remain immune from controversy - personal as well as public. I believe implicit in Bill's comment is the idea that now as responsible recovering alcoholics, we can "take a stand" or "deliver an opinion" or "fight injustice", hopefully though, we won't get drunk over it. The individual A.A. member always has an opinion, the A.A. group doesn't! How engaged an A.A. member will be in public controversy is entirely up to him or her; however, we should refrain from bringing it into A.A.'s rooms, lest we should prejudice newcomers or sensitive old-timers. There should always be a unified front in A.A. meetings. Our common welfare, i.e. recovery, comes first! So the only controversy at an A.A. meeting becomes who gets to sponsor this newcomer!

— Ed M., Main Idea Groups.



"There's an election?"

Cartoon reprinted by permission from the July, 2003 A.A. Grapevine.

Dear Bill W.,

I understand that I ought to forgive my family and friends — the people I care about; but what about the junior high bully, that creepy uncle, the genocidal dictator or the hit-and-run driver who killed my friend?

— An Anonymous Drunk

"Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stems all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically."

From *Alcoholics Anonymous*, p. 64, reprinted with permission of AA World Services, Inc.

2008 Steering Board

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

Office Calls in August

Meeting information	223
Inventory/hours	33
12th step calls	11
Temporary sponsor	33
Speaker request	15
Special events	5
Outside issues	32
Info For Professionals	9
Administrative	126
Other	86
Total Calls	573
Daily average	27.3
Visitors	155

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 19, 2008

The meeting was called to order at 7:30 (see attendees below); The Primary Purpose of Intergroup was read by Mark K.

July minutes were approved and accepted as is.

Treasurer's Report. Diane. Contributions for July were above the budgeted amount for the month and year to date. Sales for July were above budget for the month and the year Expenses were above budget. July Sales \$6,237– 44.4% of Income. Group contributions (33 groups) \$7,340.

Office Report -- Tom N. A) We're in need of more volunteers, especially for NightOwl 12-step list. Forms are available at the office AND on-line at aastpaul.org. B) The Final 2008 General Service Conference Report is available for \$1.

Website Report – Jonathan. Usage in July hit an all-time high; Look for changes soon as we integrate Google maps with the meeting addresses; Still working on some 'behind-the-scenes' database updates. Remember to keep us up to date by sending new meeting and event info to the office .

Outreach Program – Jeff C. (absent). Suzanne stated that the committee is moving along and Jeff has 50 new packets.

Night Owl Report – Patti M. A) We're scheduling 2 volunteers (5:30-10p) in the office during RNC Sept 1-4 to cover phones. B) Following up with the 12-step list updating. C) Discussion on 12-step volunteer responsibilities/etiquette – Tom will update the pamphlet guidelines and Patti will emphasize 12-stepper's duties more during orientation. Other suggestions: have 2 people for a shift—1 on-call for 12-stepping, the other answering the phone.

Intergroup Events.

- Ice Cream Social/Old-timers' Recognition Sept 20. Lesli D/Tom S – flyers are posted, speakers are getting lined up by MJ Dunn. Signup sheet was passed around for volunteers.

Old Business.

- By-Laws Committee – Committee will be meeting next Tuesday; lining up another lawyer to review by-laws.

New Business. none

Group Announcements- 'Lit Up' literature meeting starts 8/23 10am, spruce tree center; Firing Line hosting a sponsor workshop; new Tuesday speaker meeting 'Hole in Doughnut'; OMD Picnic 8/20 at Hidden Falls; Recovery Church office opening celebration late Sept. Keep checking aastpaul.org Unity events for details.

Concept Review – Thanks, Suzanne for presenting Concept VIII; David volunteered for Concept IX.

Mock Report – Great job, Julie! Val volunteered for next month.

Closed with the Responsibility Statement and Lord's Prayer.

Attendees:

Angela S Midway Groups	Jeff T- Board Advisor	Lisa L Board At-Large	Mary M Back to Basics	Tom S Board Chair
Bill S Intergroup Volunteer	Jon C 3rd Edition	Mark Lake Elmo	Patti M Night Owl Co-coord	Walter Como BB
Diane E Treasurer	Jonathan Web Servant	Mark K Uptown squad	Steve B Board At-Large	
Jeff H Board At-Large	Julie M Basic Txt	Marty M By-Law Committee	Suzanne Mendota 10:30	Val L Back to Basics, Burnsville
Jan B—McAlester/ Plymouth	Lesli D Board Secretary	Mary Jo N Alt Chair	Tom N Office Manager	

Next Meeting: Tuesday, September 16th. Same place, same time (7:30 PM)

**7th Tradition
Suggestions for Groups**

“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 information below is a suggestion taken from the Conference-approved pamphlet: “Self-Support: Where Money and Spirituality mix.”

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

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

BE A NIGHT OWL !!

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 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!

Andrew, Andy B, Brian M, Chris C, Dan, Doug, Frank D, Graham G, Gretchen A, Hiram, Jack, Jaclyn B, Jeff H, John D, Julie Y, Kari, Mary Kay, Matt C, Maureen, Maya, Mike, Mike B, Mike R, Neal, Neil L, Patrick O, Randy, Rich R, Victoria.

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



INTERGROUP INCOME FOR AUGUST

Number of Group Contributions: 36
Total Group Contributions: \$3635
Number of Faithful Fivers: 16
Total from Faithful Fivers: \$211

“Thanks!” to the groups that contributed in August:

- As Bill W. Sees It
- Back To Basics BB Burnsville
- Club 84 Groups
- Complete Defeat Group
- Dakota Alano Thursday Group
- Dakota Alano Wed. Roosters
- Eagan Burnsville Savage Sun PM
- East Side Groups
- Forest Lake Alano
- Happy Hour 12 & 12
- Happy Hour Little Canada
- Highland Park Groups
- Hugo Groups
- Lakeland AA
- Lindstrom Group
- Maplewood Groups
- Mendota Sat. 10:30 Group
- Mendota Sat. 9 AM
- Midway Groups
- North Dale Group
- River Rats
- Rivertown BB Hastings
- Roseville Centennial Group
- Sisters of Serenity
- St. Paul Speakers Mtg.
- St. Stephen's Tuesday Group
- Steps to Freedom
- Students of Life
- Summit Women's Group
- TGIF Macalester
- Third Tradition Northfeld
- Twin Cities Roundup
- Unity Service Recovery in Eagan
- Uptown Groups
- Weekend Jumpstart II
- White Bear Groups

The Lifeline: Purpose Statement

The Lifeline is the 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.) 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 content that might violate A.A.'s Traditions, etc. The deadline is the 13th of the preceding month (i.e., submit a Tenth Step essay by the ninth month, September.)

UPCOMING A.A. EVENTS!!

Southern Minnesota Area 36 Assembly

Saturday, October 4th, 9:00 AM - 5:00 PM
Holiday Inn - Owatonna
<http://www.area36.org/>

Maplewood Alano Club Annual Founders' Day Dinner

Saturday, October 4th, 5:30pm
Speaker: Larry B.
St. Peter's Church Fellowship Hall
15th & Margaret, North St. Paul

St. Paul Intergroup Fall Workshop: Step 6

Tuesday, October 14th 2008
Lutheran Church of the Redeemer
285 Dale Street North

26th Annual St. Cloud Roundup

October 24th - 26th
St. Cloud Civic Center
Info (320) 309 - 8715

Districts 8 & 18 Workshop A.A.'s Legacy in Service

November 8, 9am to 1:30pm
Lutheran Church of the Redeemer
285 North Dale Street (just south of I-94)

Founder's Day Weekend

Friday, November 28th – Sunday, November 30th
Doubletree Park Place Hotel - Saint Louis Park, MN
<http://www.foundersdaymn.org/>

The Twelve Concepts: Concept Ten

Every service responsibility should be matched by an equal 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.

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* p.43, by permission of AA World Services, Inc.

Is your meeting represented at Intergroup?

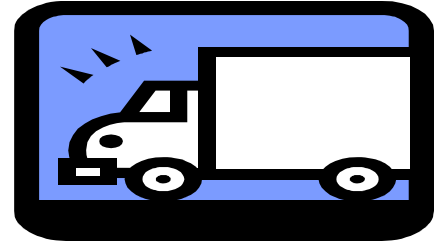
The October Representatives' meeting will be held October 21st, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94; from Dale turn west on Iglehart to park.

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

Change Service Requested

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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) _____