

The Lifeline



December, 2008

24 Hour Phone: 651-227-5502

Volume 43, Issue 12

STEP TWELVE:

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

This week I found myself sitting at home unemployed and unsure about what to do with the seemingly endless time. I would pace the apartment, organize my bills, leave messages for friends who work 9 to 5, and open the fridge to see if anything new had arrived since the last time I checked five minutes ago. As you probably agree, an alcoholic with lots of time and no structure is a scary proposition. I've been sober for six years and I find the best remedy to boredom or fear is Twelve Step service work. So, I called St. Paul Intergroup to see if they had any shifts available to answer phones and help out around the office. So, here I am, sitting in the Intergroup office writing the *Lifeline* article on the Twelfth Step—how fitting! I love the quote in the big book that talks about step twelve: "Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill" (*Alcoholics Anonymous*, p.89). I always thought I had to have special qualifications to help another alcoholic find sobriety. What if I were to mess up? What if they relapsed? What if I don't have the answers to all of their questions? What if they don't like me?

I just got off the phone with a woman who wasn't sure how to join an AA group in the Woodbury area. She wasn't sure if you could just show up to a meeting or if she had to sign up or be invited to a group. She described herself as a binge drinker on the weekends and has two days sober. I gave her some basic information about meeting formats, gave her times and locations for meetings in her area and arranged contact with a temporary sponsor. Sometimes I forget that as an alcoholic, I have lots of experience, strength and hope that is ordinary and helpful. "Still more wonderful is the feeling that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy. Not many of us can be leaders of prominence, nor do we wish to be. Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, the proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God's scheme of things—these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes" (*Twelve Steps and Twelve Traditions*, p.124).

Ok, I must admit, now that I am out of the apartment doing Twelve Step work, I feel better. I feel connected and useful in the world. And it seems my worries are slipping away helping one alcoholic at a time.

Peace – Julia I., Day by Dei Women's Group, St. Paul.

This New Year's Eve, join St. Paul Intergroup for a speaker meeting, a marathon step-study, live music and dancing with

The Capital City Soul Tones!

Wednesday, December 31st

Lutheran Church of the Redeemer

285 N. Dale St., St. Paul, 55103, 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 Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Dr. Bob was essentially a far more humble person than I. In some ways he was a sort of spiritual “natural,” and this anonymity business came rather easily to him. He could not understand why some people should want so much publicity. In the years before he died, his personal example respecting anonymity did much to help me keep my own lid on. I think of one affecting instance in particular, one that every A.A. ought to know. When it was sure that Dr. Bob was mortally afflicted, some of his friends suggested that there should be a suitable monument or mausoleum erected in honor of him and his wife Anne — something befitting a founder and his lady. Of course this was a natural and moving tribute. The committee went so far as to show him a sketch of the proposed edifice. Telling me about this, Dr. Bob grinned broadly and said, “God bless ‘em. They mean well. But for heaven’s sake, Bill, let’s you and I get buried just like other folks.”

Bill W. in *Alcoholics Anonymous Comes of Age*, p. 136, reprinted with permission from AA World Services Inc.

The Twelve Concepts: Concept Twelve

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of A.A. Tradition, taking great care —

- that it never becomes the seat of perilous wealth or power;
- that sufficient operating funds, plus an ample reserve, be its prudent financial principle;
- that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others;
- that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity;
- that no Conference actions ever be personally punitive or an incitement to public controversy;
- that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government;
- and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

Re-formatted from *Twelve Concepts for World Service*, reprinted with permission from AA World Services Inc.

CONTRIBUTE YOUR EXPERIENCE TO THE *LIFELINE*!!

In most issues of the *Lifeline* we reprint articles and essays from A.A. and Grapevine literature, and it works pretty well. But we’d really like to have the St. Paul Intergroup newsletter full of the voices of St. Paul A.A. members. Call the office or email us to learn how to contribute. (651) 227-5502 or lifeline@aastpaul.org

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 October

Meeting information	198
Inventory/hours	31
12th step calls	16
Temporary sponsor	35
Speaker request	20
Special events	0
Outside issues	14
Info For Professionals	1
Administrative	109
Other	73
Total Calls	497
Daily average	21.6
Visitors	198

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, October 21, 2008

The meeting was called to order at 7:30 (see attendees below); The Primary Purpose of Intergroup was read by Lesli D September minutes were approved and accepted as is.

Treasurer's Report. Mary Jo. Group Contributions=\$4427, Total Contributions=\$7404, Sales=\$6868 – all above budget. Thanks to the 39 groups who contributed in September. Some of November Gratitude Night event expenses were pre-paid in September.

Office Report -- Tom N. A) New Grapevine book is available: "Beginner's Book—Getting & Staying Sober in AA"; should be available in November at the office. B) Holidays are coming up—there's much literature that would make great sober gifts...stop in the office to see selection. C) There's a new weekly Service opportunity available at a facility in St. Paul—contact Tom N.

Website Report – Jonathan. Detailed report is on the website (aastpaul.org); New Hudson groups added; We now serve 251 groups / 606 regular weekly meetings. Remember to send in new meeting and event info to the office for posting.

Outreach Program – Tom N. reported that Jeff C. could use more volunteers, especially women to visit women's meetings & people to visit daytime meetings. The committee has visited 80 meetings over that last few months. Jonathan will contact Jeff C (chair) to get website data updated.

Night Owl Report – Patti M. A) All regular shifts have been filled! B) Committee members' info has been updated on the website. B) A new Orientation meeting will be scheduled in November—all interested, please contact Patti M.

Intergroup Events.

- Ice Cream Social/Oldtimers' Recognition Sept 20. Over 90 people attended; Was great event!
- Step Workshop-Step 6, October 14th. Speakers were taped—contact Steve B for copy.
- Gratitude Night – Nov 22nd 7 PM. Flyers distributed at meeting.. all are welcome for this Big annual event.
- New Year's Eve – Dec 31st. Speaker is Ed M; we have a band—Capital City Soul Tones; Marathon meetings will be held starting at 9pm: Steps 1-3 (9;-9:45) hosted by Uptown (Jes); Steps 4-6 (9:45-10:30) hosted by Hole In The Doughnut; Steps 7-9 (10:30-11:15) and Steps 10-12 (11:15-11:55) slots are still open – all groups are invited to host.

Old Business.

- By-Laws Committee – Lawyer is reviewing by-laws, and the committee will meet after the review.

New Business.

- Current Board members shared their position descriptions. Tom N. distributed a 'Q&A' on SPIG Service. Nominations were accepted as follows: At-Large: Suzanne (pending); John D; Secretary: Jennifer; Treasurer: Mark K, Joe S; Alternate Chair: Julie M (considering), Jeff Th. All nominees are asked to submit a 'service resume' to Tom N at the office before next month's elections. More nominations are welcome at the November meeting.

Group Announcements- NTLP Anniversary. Celebration 10/27; New deaf meeting; Back-to-basics 11-yr anniversary – see website for details.

Concept Review – Thanks to Jeff Th on his presentation of Concept X! Val volunteered for Concept XI for November.

Mock Report – no report this month; Jes volunteered for next month.

Closed with the Responsibility Statement and Lord's Prayer.

Attendees:

Betsy-Happy, Joyous, Free	Jennifer S-Back to basics	Lesli D-Board Secretary	Steve S-West End
Charlie S-NTPL	Jes N-Uptown	Lisa L-Board At-Large	Tom N.-Office Manager
James L-3rd Edition	Joe B-OMD	Mark K-Board At-Large	Tom S-Board Chair
Ellen H-Mahtomedi 12x12/ Amigos III	Joe S—Happy, Joyous, Free & BL Redeemer	Nancy R-Summit Women's BB	Val L-Back to Basics, Brnsvl
Jeff T-Board Advisor	Jonathan-Web Servant	Patti M-Night Owl Co-coord	Walter-Como BB
JeffTh-FiringLine/Mplwd	Julie M-Basic Txt	Steve S-West End	

Next Meeting: Tuesday, November 18th. Same place, same time (7:30 PM)

**7th Tradition
Suggestions for Groups**

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

The Conference-approved pamphlet: “Self-Support: Where Money and Spirituality mix” offers the following suggestion for the distribution of group funds “after group expenses” have been paid.

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 October!

Andrew C., Andy B., Brent L., Cameron, Chris, Cody, Dan, Dan S., Emily, Jack R., Jackie, Jaclyn, Jason W., Jeff, John D., Jonathan, Julie L., Karri, Mark, Maya, Mike, Mike B., Mollie, Neal, Racquel L., Raquel, Steph, Steve, Steve C., Steve O., Susan D., Susanne D., Thad, Tim, Tony R, Zak

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



INTERGROUP INCOME FOR OCTOBER

Number of Group Contributions: 42
Total Group Contributions: \$4166
Number of Faithful Fivers: 15
Total from Faithful Fivers: \$342.00
Memorial Contributions \$20.00

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

- 11 West Bernard AA
- Back To Basics BB Burnsville
- Basic Text Women's Group
- City Center Group
- Day By Dei
- Eagan Burnsville Savage Tues. BB
- East Side Squad 6
- Farmington Groups
- Freedom from Bondage
- Happy Joyous & Free AA
- Highland Park AA
- Hillside Buck Hill AA
- Hole in the Donut Group
- Hugo AA
- Live & Let Live AA
- Maplewood AA
- Meeting of the Waters
- Midway AA
- New Brighton Squad 15
- North Dale Group
- Pages of Wisdom BB
- Pine City Thursday Night
- Primary Purpose Woodbury
- Problem & Solution Meeting
- Ridge Runners II
- Rivertown BB Hastings
- Rosemount AA
- Roseville Wednesday Night Group
- Senior Group
- Shoreview Big Book Plus
- St. John's Little Canada
- St. Paul Speakers Mtg.
- St. Thomas Becket Group
- Summit Hill Group
- Third Tradition Northfield
- This Simple Concept
- Thurs. Night Lake Elmo AA
- Uptown Groups
- Wednesday Stillwater Step
- Weekend Jumpstart II
- West End AA
- 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.)

A Letter to Our Current and Future Twelve-Step Volunteers.

Dear Friends in the Fellowship,

Note: Although this letter covers several points on being a Twelve-Step volunteer, the main issue is one raised by our Night Owl volunteers—they are having a hard time reaching Twelve-Step volunteers for calls they get during the night. If you are a Twelve-Step volunteer, please keep your cell phone on during the night, or call the Intergroup office and give us a home number that's good when your cell phone is turned off.

At the St. Paul A.A. Intergroup, the Twelve-Step volunteer is the A.A. member who is willing to meet with the “alcoholic who still suffers” whenever they call, in fulfillment of our Responsibility Statement:

I am responsible.
When anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there.
And for that, I am responsible.

The call may come from the Intergroup office, from the Night Owl volunteer covering the phones when the office is closed, or through a friend, family member or co-worker.

At the Intergroup office we like to say that if you want not only to stay sober, but also to enjoy life sober, you should find a regular service commitment. Service work with newcomers is not just a part of A.A. history – it's something done on a regular basis by A.A. members all over the Twin Cities, and all over the world.

If you're not already a Twelve-Step volunteer through Intergroup, you can sign up at our website, drop into the office and fill out the form, or just call during business hours. You have to be sober over one year to be on the list. **We often receive calls for help during the night, so it's important that either you give us your home phone number, or keep your cell phone on at night so that we can reach you.**

How does it work? Once we have your name on our list of volunteers, we wait until a newcomer (or a distressed A.A. member) calls us for help. We take the newcomer's info and tell them we can usually get them a call-back within the hour. Then we call the volunteers who live nearby. When we reach a volunteer we give you their name, number, and any relevant details.

What do you do? Call the newcomer right away, even if you can't meet with them until later in the day. Set up a meeting as soon as possible – immediately, that evening, or the next day. Plan to bring a sober friend, your sponsor or a sponsee, and consider meeting in a restaurant or café – some place safe and public.

How do you handle the meeting? Use our manual! You can find that in the Big Book, Chapter 7, “Working with Others.” If you don't have much experience in Twelve-Step calls, or you haven't read Chapter 7 in a while, it might be worthwhile to sit down and re-read it before you meet the newcomer. For further instruction, read the second story in the Big Book, “Alcoholic Anonymous Number Three,” which describes how Bill and Bob did it.

Remember: Bill W. stayed sober doing Twelve-step calls before he had even met Doctor Bob or written out the steps. Ask any of our current volunteers: Face to face Twelve-Step work keeps us in the “sunlight of the spirit” -- happy, joyous and free!

In Gratitude,
Tom N., Office Manager

UPCOMING A.A. EVENTS!!

**St. Paul Intergroup
New Year's Meeting & Dance!**
December 31st, 2008
Lutheran Church of the Redeemer
285 North Dale Street (just south of I-94)

District 1 Big Book Study
January 3rd and 4th
Mayo Center, Rochester MN
www.aadistrict1.org

**Southern Minnesota Area 36
Recovery, Unity & Service Conference**
January 9 - 11, 2009
Jackpot Junction Hotel & Casino - Morton, MN
Room Reservations 1-800-946-2274, ext. 2

Wild Rice Round-Up
January 23 - 25, 2009
Shooting Star Hotel, Mahanomen, MN
More Info, Fred 208-935-5007
Or email drgrain@arvig.net

45th International Women's Conference
February 12 - 15, 2009
Salt Lake City, Utah
www.internationalwomensconference.org

**Embers in the Fire
Women's AA Retreat**
Northern Pines Assembly Grounds
Park Rapids, MN
March 6th — 8th



Cartoon reprinted with permission from the A.A. Grapevine, July 1946.

Dear Bill W.,

Don't these people know who I think I am? I find myself struggling with humility and being right-sized more often than I would admit. How would you suggest I become more humble?

— An Anonymous Drunk

For myself, I try to seek out the truest definition of humility that I can. This will not be the perfect definition, because I shall always be imperfect.

At this writing, I would choose one like this: "Absolute humility would consist of a state of complete freedom from myself, freedom from all the claims that my defects of character now lay so heavily upon me. Perfect humility would be a full willingness, in all times and places, to find and to do the will of God."

From *As Bill Sees It*, p. 106, reprinted with permission of AA World Services, Inc.

Is your meeting represented at Intergroup?

The January Representatives' meeting will be held January 20th, 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.

Join St. Paul Intergroup

In a Sober Celebration!!

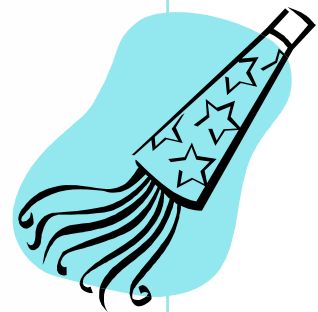
New Year's Eve 2008

Wednesday December 31

7:00 PM Open Speaker Meeting

Speaker: Ed M.

Central Pacific Group



9:00 PM Dance

The Capitol City Soul Tones

(\$5.00* Contribution Requested)

9:00 PM—Midnight:

Marathon
Step Meetings



Lutheran Church of the Redeemer

285 North Dale Street (Dale & Iglehart—off I-94 & Dale)

For more Information call the Intergroup office: 651-227-5502

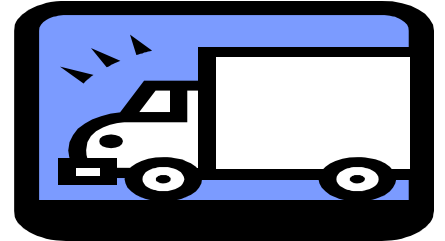
*No one turned away for lack of funds - ASL available on request.

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 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) _____