



STEP ONE:

We admitted we were powerless over alcohol -
that our lives had become unmanageable.

In the *Twelve Steps and Twelve Traditions* book, Bill W's chapter on Step One is about defeat and humiliation. Step One is us admitting what most of the people in our lives already know, that we are utterly defeated. Being ready to take Step One is a gritty, nasty, awful place, which can be accompanied by jail, hospitalization, physical pain, self-hatred, loneliness (real or imagined), fear, homelessness, poverty, anger, sadness, confusion, or as is many times the case some combination of all of these things and more. Step One feels very bad initially, or at least it felt very bad to me.

What we don't realize at first is that without our acknowledgement of powerlessness we cannot begin our journey toward healing. When I was finally ready for step one, I was broke, sick, lonely, pathetic, jobless, virtually friendless, way too skinny and I hated myself. I was totally defeated and willing to do anything to feel better. It was a very painful place but, only then was I willing to reach out for help and take an honest look at my life.

A few years later I am able to look back on that time as an opportunity for growth and recovery. In this program I have learned that pain isn't just pain, it's a gateway for change. If I'm willing to go through the pain, despite the fact that it hurts, I am given the gift of some inner peace and personal growth. When I was unwilling to acknowledge or deal with my pain, I was missing out on opportunities to become a better more satisfied person. Step One is the first step we take for a reason, without it we cannot truly begin.

Liz N., Fireside Women's Big Book

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. You may submit a brief essay on a Step, Tradition or Concept of the month, or call us to discuss another topic or story.

CALL FOR GROUP HISTORIES

Recent developments in technology give the *Lifeline* editors increased flexibility in what topics we publish from month to month. We would be glad to accept brief histories of A.A. groups in the St. Paul area. Interview your local old-timer, or get together with a few group members and rummage through your memories for those gems! These stories will become part of Intergroup's *Lifeline* archive, and should be available to your sponsee's sponsee, etc.

Call the office or email us to learn more on how to contribute.

(651) 227-5502 or lifeline@aastpaul.org.

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 One: Our common welfare should come first;
personal recovery depends upon A.A. unity.**

What exactly is the common welfare that AA looks for? I believe that it is that drive to be happy, joyous and free. When we come together to look for these things, we are bound by our journey to search for this welfare. This tradition speaks of a common welfare and not that of one or two AA's. Without the unity of our fellow members, we would be left with our own attempts at personal gain that we alcoholics are so good at. The unity implies a responsibility of everyone of us to pull together to aim for our real purpose, helping another alcoholic. How paradoxical it is that one's personal recovery depends on AA's unity. Of course, our own experience has shown us that we can not stay sober on our own. We need other AA's to rely on. A large appeal of AA, and also the most frightening for newcomers, is the solidarity of any meeting we attend. "How," they ask, "can such a crowd of anarchists function at all? . . . What in Heaven's name holds them together?"* When we remember what brought us to Alcoholics Anonymous, the shame and desperation; we should delight in the unity of AA. We can then gladly place this common welfare first that any alcoholic seeking our happiness may discover his own personal recovery.

Thanks to office volunteer Katie A. for this contribution!

**Twelve Steps and Twelve Traditions, p. 130, reprinted with permission of A.A. World Services, Inc.*

Concept One: Final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Until the early 1950s, Bill W. and Dr. Bob made all the major decisions for A.A. as a whole. At the local level, many of the groups relied on Bill and Dr. Bob when questions arose on how to run the group, or about A.A. service activities.

When Dr. Bob became terminally ill, Bill saw that A.A. needed to become self-sufficient to prepare for the inevitable day when the founders would be unable to give their advise. The A.A. General Service Conference was created as the decision-making body for A.A. as a whole. The General Service Conference is made up mostly of Delegates from all of the Areas of the U.S. and Canada, along with the General Service Office staff, the *A.A. Grapevine* staff, the Trustees of the General Service Board, and the Corporate Directors of A.A. World Services and The A.A. Grapevine, Inc.

At the St. Louis International Convention in 1955, world service responsibilities were transferred to the General Service Conference, which today meets annually to express the collective conscience of A.A. as a whole.

Summarized from The A.A. Service Manual, Twelve Concepts for World Service,

2009 Steering Board

<u>Chair:</u>	Mary Jo N.
<u>Alt. Chair:</u>	Julie M.
<u>Secretary:</u>	Jeff T.
<u>Treasurer:</u>	Michael K.
<u>Members at Large 2009:</u>	John D. & Jeff C.
<u>Members at Large 2008:</u>	Lisa L. & Mark K.
<u>Advisor to the Board:</u>	Tom S.
<u>Office Manager:</u>	Tom N.

Office Calls in November

Meeting information	206
Inventory/hours	26
12th step calls	15
Temporary sponsor	19
Speaker request	20
Special events	3
Outside issues	13
Info For Professionals	2
Administrative	106
Other	77
Total Calls	483
Daily average	25.4
Visitors	160

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, November 18, 2008

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

October minutes were approved and accepted as is.

Treasurer's Report. Diane E. Group Contributions=\$4166, Total Contributions=\$4590, Sales=\$9370 – all above budget for the year. Thanks to all the groups who contributed in October. We serve 253 groups & 608 regular weekly meetings.

Office Report -- Tom N. A) Need more 12-step volunteers, especially women; our busiest time (the holidays) are approaching and we anticipate more calls. B) Night Owls need "night-time" 12-step volunteers and ask that current volunteers keep cell phones on at night or offer an alternate phone# for the listing. There is a letter in this month's Lifeline w/more details.

Website Report – Jonathan. Proposed a new search by 'neighborhoods' instead of 'zip codes'; asked groups to get feedback and can vote next month on the proposed change. Remember to send in new meeting and event info to the office for posting.

Outreach Program – Jeff C. Visited 80+ meetings to-date; We need women volunteers to visit women's meetings and daytime meetings.

Night Owl Report – Patti M. A) 3 open shifts (note passed & posted on website). B) 12-step lists are updated & available on website or office. C) Would like more committee volunteers. D) Next Orientation meeting will be 11/22 10a-noon at SPIG office.

Intergroup Events.

- Gratitude Night – Nov 22nd 7 PM. Need volunteers (greeters, tear-down ...); signup sheet passed. All are welcome for this Big annual event.

- New Year's Eve – December 31st. Speaker is Ed M; Band (Capital City Soul Tones) is lined up; Free dance lessons by a professional 'Swing Dance' teacher. Marathon AA meetings will be held starting at 9p: 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 – interested groups are invited to host.

Old Business.

- By-Laws Committee – Committee meeting set for 12/2/08.

New Business.

- Nominations & Elections for Board led by Keith & Bruce. **Congratulations to newly elected officers:**

Alternate Chair - Julie M; Secretary – Jeff Th; Treasurer – Michael K; At-Large – Jeff C & John D. (runner-up: Joe B)

Group Announcements- none

Concept Review & Mock Report – no reports this month; will do at next month's meeting.

Closed with the Responsibility Statement and Lord's Prayer.

Attendees:

Angela S-Midway	Garth M-Defogged Mens	JesN-Uptown	Lesli D-BoardSecretary	Steve B-Board At-Large
Barb H-Highland #11	James L-3rd Edition	Joe B-OMD	Lisa L-Board At-Large	Steve S-West End
Bruce M-ElectionHelper	Jeff C-Summit Hill/Outreach	Joe S-HJF, BTB 12x12	Mark K-Board At-Large	Tom C-Shrw 12x12
Charlie S-NTPL	Jeff H-Board At-Large	John D. - Defogged	Mary Jo N-Board Alt Chair	Tom N.-Office Manager
Ed M-Main Idea Sat am	Jeff T-Board Advisor	Jonathan-Web Servant	Walter-Como BB	Tom S-Board Chair
Diane E-Treasurer	Keith-Election Chair	Julie M - Basic Txt	Patti M-Night Owl Coord	Jeff Th-FiringLine/Mplwd
Dave N - Hole in the Doughnut	Jennifer S - Back to Basics	Michael K - Defogged Mens	Nancy R - Summit Women's BB	Val L-Back to Basics, Burnsville

Next Meeting: Tuesday, December 16th. 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 November!

Andrew C, Andy, Angie, Brent L., Dan S., Doug, Emily, Jack, Jack R., Jaclyn, Jeannie, Jeff, John D., Jon W., Julie I., Julie L., Lee C., Matt, Max, Mia, Michael P., Mike, Mike A., Mike P., Pam, Roy, Sean B., Shane, Stephanie R., Steve C., Susan D., Tammy, Zak.

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



NOVEMBER CONTRIBUTIONS

Number of Group Contributors: 34
Total Group Contributions: \$4095
Number of Faithful Fivers: 20
Total from Faithful Fivers: \$640
Memorial Contributions \$20

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

- 12 & 12 By The Book Fri.
- Amigo's Ill
- As Bill W. Sees It
- Back to Basics in Burnsville
- Basic Text Group
- Complete Defeat Group
- Apple Valley Daily Reflections
- Women's Group
- Dakota Alano Mon 6PM BB
- Dakota Alano Thursday AM
- Dakota Alano Wed. Roosters
- Farmington Groups
- Great Tidings Group
- Hastings Groups
- Highland Park Groups
- Hole in the Donut Group
- Main Idea Groups
- Maplewood Groups
- Midway Groups
- Northfield Third Tradition
- No Time Like the Present
- Oasis Group
- Rosemount Groups
- Shalom Group
- Shoreview Big Book Plus
- Sisters of Serenity
- St. Anthony Park Group
- St. John's AA Little Canada
- St. Paul Speakers Mtg.
- Third Edition Group
- This Simple Concept
- Uptown Groups
- Valley Creek Monday Group
- White Bear Lake 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!!

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

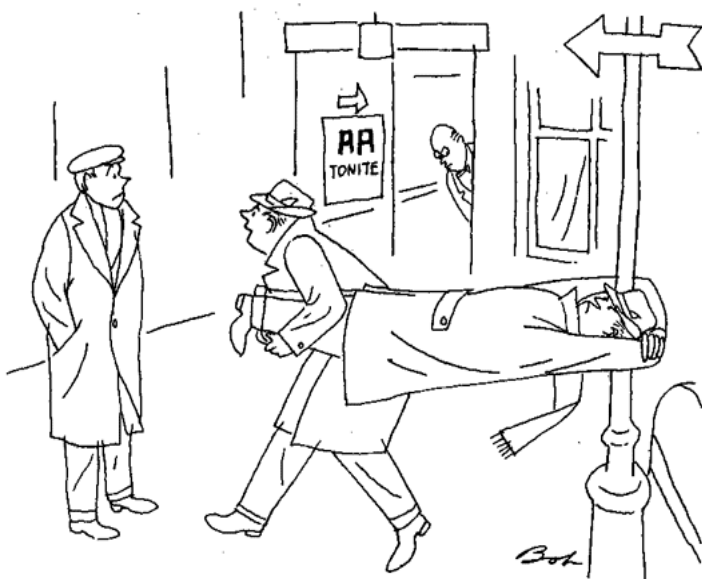
**Southern Minnesota Area 36
 Recovery, Unity & Service Conference**
January 9 - 11, 2009
 Jackpot Junction Hotel & Casino - Morton, MN
 Room Reservations 1-800-946-2274, ext. 2

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

Southern Minnesota Area 36
Trusted Servant Leadership Training
 Saturday, February 21, 2009
 St. John's Lutheran, 500 3rd St W
 Northfield, Minnesota

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



"I don't think he's quite hit his bottom!"

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

Dear Bill W.,

In meetings I hear people say that the Steps are the answer to all of their problems today. I get it that I have to put sobriety first. But does this mean I should use the Big Book instead of seeking professional help for mental illness, medical problems, or diagnosing car engine trouble? Sometimes at meetings it sounds that way.

— An Anonymous Drunk

"God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons. Most of them give freely of themselves, that their fellows may enjoy sound minds and bodies. Try to remember that though God has wrought miracles among us, we should never belittle a good doctor or psychiatrist."

From *Alcoholics Anonymous*, p. 132, reprinted with permission of AA World Services, Inc.

Is your meeting represented at Intergroup?

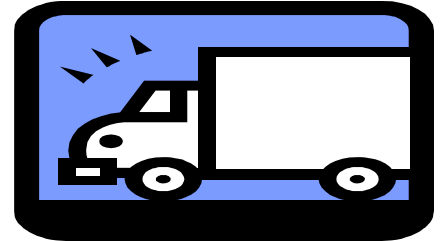
The January Representatives' meeting will be held January 20th, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94; from Dale turn west on Iglehart to park.

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) _____