

The Lifeline



March, 2010

24 Hour Phone: 651-227-5502

Volume 45, Issue 3

STEP THREE: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step Three says we have to turn our will and our lives over to the care of God, but that presents a problem for me, because I'm a "show-me" kind of guy: before I believe in something I want to see it with my own two eyes. The reason that's a problem is because being able to manage the invisibility thing is a basic requirement I have for a God.

Luckily, it's very possible to see things indirectly. Like throwing a light switch and noticing the light bulb go on. Didn't see any actual electricity, but did see the light go on, therefore: electricity. You could say, yeah, but it could be anything. And I'd say, You're right, but electricity is the name I give to that "anything," whatever it is.

So I've seen God not because he walked up to me one day and said, Hi, I'm God and I'm an Alcoholic.... And BTW you know he *is* one of us – have you seen the state of the world lately?

I've "seen" God indirectly, by seeing certain effects in the real world, and grouping them under the name of God. You can call it Fred if you like. Or Matilda.

With that out of the way, I had to become convinced to turn over my will and my life, but that presents a problem for me, because I'm a "what's-in-it-for-me" kind of guy as well. I'd like to tell you I'm motivated by unconditional love, and would do things because "it's the right thing to do." Sadly, I find that I'm just the teensiest bit selfish and self-centered.

Luckily, it turns out I can have my cake and eat it too. It turns out that turning it over is all about what's best for yours truly. How do I know? I got tricked/pressured into trying it out by my sponsor, and what do you know – it worked. I applied for my dream job. They didn't call me back the next day to tell me how ecstatic they were I had applied. I obsessed. My sponsor told me to turn it over. I obsessed some more. My sponsor told me to turn it over and apply for another job. "But but but . . ." I obsessed some more – a lot more. Finally, though, out of desperation and a need for sleep, some part of me became willing. I turned it over and moved on. Never got the job, but many other good things came out of the process, things I hadn't even considered might happen.

One of the things I love about the program of Alcoholics Anonymous is that it's NOT based on theory or a set of moral dictates. It's based on what works. So I've learned to turn things over – not because it's the right thing to do, but because experience keeps showing me that it works.

One of the spiritual insights I've gained into my life came a couple of summers ago. I was walking along wrestling with the "God problem" (starts with "Does God exist?" and goes on from there) The full God Committee was in session. All of a sudden I had this image of my entire life stretched out like a ribbon. I could see that for most of my life (colored blue) I was indifferent or agnostic. But for certain periods (colored green), I really lived like I believed in a loving, personal God. What was new was noticing that during the blue periods, my life was neutral to bad, and during the green periods, my life was good. The insight: Hey, God Committee, what else do you need to know??

So I wake up every morning now and pray a Third Step prayer: "God, I offer myself to you – to build with me and to do with me as Thou will. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them will bear witness to those I would help of Thy power, Thy love and Thy way of life. May I do Thy will always!" (*Alcoholics Anonymous*, p. 63)

And during the day, when I find myself thinking I know best what's good for me, I recall the words of C. S. Lewis:

There are two kinds of people in the world. People who say to God "Your will be done." And people to whom God says, "Fine. Have it your way."

— Michael K., Defogged Men's Group

St. Paul AA Intergroup

Spring Workshop: Tradition Five

Saturday, March 13th, 2pm

Lutheran Church of the Redeemer

285 N. Dale St., one block 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 through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

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

Tradition Three

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

“Tradition Three defines the personal liberty of the AA member. It says, in effect, that any alcoholic can be an AA member the moment he says so. Neither can any of us deprive him of that membership, no matter what his behavior. Perhaps no other society has ever staked out such a broad expanse of liberty for the individual as this. Every AA newcomer feels at once that he is wanted and trusted and loved. How well we understand his needs; certainly we have had them ourselves. Seldom has any alcoholic taken unfair advantage of that unlimited charter for freedom. We took this direction for individual freedom years ago. We are glad that we did; there has never been any cause for regret.”

Bill W., reprinted from *The Language of the Heart*, p. 317, with the permission of the A.A. Grapevine, Inc.

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.”

“...knowing that theirs is the final authority, the groups are sometimes tempted to instruct their Delegates exactly how to vote upon certain matters in the Conference. Because they hold the ultimate authority, there is no doubt that the A.A. groups have the right to do this. If they insist, they can give directives to their Delegates on any and all A.A. matters.

But good management seldom means the full exercise of a stated set of ultimate rights. For example, were the groups to carry their instruction of Delegates to extremes, then we would be proceeding on the false theory that group opinion in most world service matters would somehow be much superior to Conference opinion. Practically speaking, this could almost never be the case. There would be very few questions indeed that “instructed” Delegates could better settle than a Conference acting on the spot with full facts and debate to guide it. Of course it is understood that complete reporting of Conference actions is always desirable. So is full consultation with Committee Members and Group Representatives. Nevertheless the “instructed” Delegate who cannot act on his own conscience in a final Conference vote is not a “trusted servant” at all; he is just a messenger.”

Reprinted from, *Twelve Concepts for World Service* by Bill W., p. 13–14, with permission from A.A. World Services, Inc.

2010 Steering Board

<u>Chair:</u>	Julie M.
<u>Alt. Chair:</u>	John D.
<u>Secretary:</u>	Don N.
<u>Treasurer:</u>	Michael K.
<u>Members at Large 2009:</u>	Katie R. & Julie K.
<u>Members at Large 2010:</u>	Jess N. & Charlie S.
<u>Advisor to the Board:</u>	Tom S.
<u>Office Manager:</u>	Tom N.

Office Calls in January

Meeting information	223
Inventory/hours	35
12th Step calls	9
Temporary sponsor	24
Speaker request	12
Special events	10
Outside issues	20
Info for professionals	5
Administrative	150
Other	40
Total Calls	538
Daily average	26.9
Visitors	194

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

St. Paul A.A. Intergroup Representatives' Meeting Minutes, January 16, 2010

- I. Opened with Serenity Prayer and Introductions.
- II. Adrienne read the Primary Purpose of Intergroup.
- III. Last month's minutes approved.
- IV. Treasurer's Report – Michael K. submitted December and 2009 final Treasurer's report. Indicated that negative for month due to salary adjustment expense for the year, but that final for the year is over four thousand positive net income. Announced that the budget was approved by the board. Please report any questions/concerns to him at Treasurer@aastpaul.org or 651-493-4159.
- V. Office report – Tom N. explained the importance of each group having only one vote on important issues and for that reason distributed forms for all reps to complete for group names and contact person. This information can be updated at any subsequent meeting.
- VI. Website Report – Jonathan explained meetings are now sorted by meeting, then city and zip code. Anyone with questions or suggestions should email at webservant@aastpaul.org or call the Office.
- VII. Outreach Program – Tim asked anyone interested to raise awareness about Intergroup to give him their phone/email and meeting time and location.
- VIII. Night Owl Report – Patti M. reported there's one opening, the 4th Monday of the month over-night 10PM-6AM. Updated instructions/phone #s are available on the Intergroup website.
- XI. Intergroup events:
 - * Spring Traditions Workshop - March 13 @ 2PM, Jes N. Chair.
 - * TGIS dinner/dance – April 17.
 - * Intergroup Open House – tentative June 19.
 - * Ice Cream Social tentative August 21.
 - * Gratitude Night – November 20 (Clancy I, speaker).
 - * Founders Day Hospitality Suite – November 26 & 27.
 - * New Years Eve – December 31.
- X. Old Business – Reps should find out if their groups are willing to host/provide food for an Intergroup Hospitality Room at Gopher State Roundup. Shifts of 3-4 hours so a minimum of 9 or 10 groups will be needed. Intergroup has funds to pay for the room.
- XI. New Business – Funds were approved in the new budget for a St. Paul Intergroup banner and signage for display at events as well as additional money approved for events such as Founders Day and Gopher State Roundup.
- XII. Group AA announcements: Frank N. suggested the Ramsey County Adult Detention Center for groups looking for service commitments. They should contact him @ 952-681-9974.
- XIII. Concept Review (I) – Chris. Volunteer for Concept II next month: Matt.
Mock Rep Report: Rhonda. Volunteer for Feb Report: Kristin.
- XIV. Closed with the Responsibility Statement.

Attendance:

Donald B - Main Idea	Mark O - Como BB	Julie K - Board At-large	Adrienne - Maplewood	Rhonda - Basic Text
Charlie S - Board at large	Julie M - Chair	Bruce P - Uptown	David A - Rosemount	Tom S - Advisor
Michael K - Treasurer	Chris S - West End	Frank N - 3rd Edition	Jes N - Board At-Large	
Jonathan - web servant	Matt H - OMD	Don N - Secretary	- Cover to Cover	Jill J - Mendota
Doug M - Hole in the Donut	Jennifer - Back to Basics Brnsvill	Mike H - St. Joe's Monday Night	Mark S - Thurs AM Meditation	Kristen Y - St. Paul Speaker Meeting
Katie R - Board at Large	Craig B - Happy Hour 12 & 12	Joe S - Happy Joyous Free	Jeff C - Monday BB Rosemount	Elaine M / Diana T - Summit Hill

**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 suggestions 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 January!
 Adam C, Adam N, Analisa, Andy, Ben, Bob, Brian, Bruce, Chris, Conrad, Crysil, Dan, Daniella, Derek, Frank, Jack, Jan, Jeff, Julia I, Julia M, Johnny, Kevin, Maureen, Mike, Nick, Paul, Peter, Ratta, Richard, Rick B, Rick G, Roneka, Scott, Simmons, Sonya, Steve, and Tierney.
Thanks to all the Night Owl volunteers and groups as well!



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).

JANUARY CONTRIBUTIONS
 Number of Group Contributors: 47
 Total Group Contributions: \$5813
 Number of Faithful Fivers: 16
 Total from Faithful Fivers: \$387

“Thanks!” to the groups that contributed in December!
 11th Step Meditation Meeting
 Apple Valley Monday Women’s
 Back to Basics in Burnsville
 Cedar Cliff Group
 Cliffhangers III
 Como Park 12 & 12
 Dakota Alano Thurs 1145AM
 Day by Dei Saturday
 Defogged Men’s Group
 Eagan Tuesday Nighters
 Fireside Women’s BB Group
 The Firing Line
 Forest Lake Alano
 Fourth Dimension
 Great Tidings Group
 Happy Hour 12 & 12
 Highland Park Groups
 Hole in the Donut Group
 The Hugo Group
 Lake Elmo Thursday Night
 Live and Let Live
 Maplewood Groups
 Mendota St. Peter’s Sat AM
 The Midway Groups
 No Time Like the Present
 Oakdale Monday
 Peace & Serenity Group
 Ridgerunners I
 Ridgerunners II
 River Rats
 Rivertown BB Group
 Rosemount Groups
 Roseville Wednesday Night
 Shoreview 12 & 12
 South Suburban Group
 Stillwater Wednesday Step Group
 Summit Women’s Group
 TGIF Macalester
 Third Tradition Northfield
 Uptown Groups
 White Bear Groups
 White Bear Wed Women’s
 Women’s 12 & 12 Monday
 Women’s Daily Reflections
 Woodbury ‘I Am Responsible’
 Woodbury Primary Purpose Group
 Woodbury Wednesday Noon Group



UPCOMING A.A. EVENTS!!

Embers in the Fire
 Women's A.A. Retreat
 March 5 - 7, Park Rapids, MN
 email: nancy216@q.com

31st Annual Winter Rap-Up
March 19 to 21
 Virginia, MN
 Coates Plaza Hotel, 502 Chestnut Street.

Minneapolis Gratitude Night
Saturday, March 20, 6:30pm
 Minneapolis Convention Center
www.aaminneapolis.org

District 15—Washington County
Spring Fellowship Celebration
 11:30am Buffet Lunch
 12:30pm Area 36 Archives Speaker
 Christ Lutheran Church, Lake Elmo

Aim for Aimes Roundup
March 26 — 28
 Quality Inn, Aimes, Iowa
www.aimforaimes.org

Alcoholics Anonymous
2010 International Convention
July 1 — 4, San Antonio, Texas
www.aa.org

Oliver Slipp



"So this guy says to me: No true son o' the ol' sod would refuse to drink with me on St. Pat's own day. . ."

(Reprinted from the A.A. Grapevine, March, 1962, with permission.)

Dear Bill W,

At the end of the Step Three essay in Twelve Steps and Twelve Traditions, you offered to the fellowship what we now call "The Serenity Prayer." Did you write that prayer? Where did it come from?

— An Anonymous Drunk

In 1941, a news clipping was called to our attention by a New York member. In an obituary notice from a local paper, there appeared these words: "God grant us the serenity to accept the things we cannot change, the courage to change we can, and the wisdom to know the difference."

Never had we seen so much A.A. in so few words. With amazing speed the Serenity Prayer came into general use.

From *As Bill Sees It: The A.A. Way of Life*, p. 108, reprinted by permission of A.A. World Services, Inc.

Is your meeting represented at Intergroup?

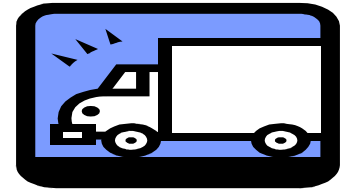
The March Representatives' meeting will be held Tuesday the 16th at 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 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 \$5.00 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., Ste. 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) _____