



## **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.**

Practicing step twelve is all about action; it is truly about turning outward towards the fellow alcoholic that is still suffering. It has been my experience that helping others gets me out of my head, reminding me that the "WE" of the program is what helps me stay sober. And I have learned slowly thru the process of recovery that this is where I find god, is thru others like me. The 12 and 12 talks of spiritual experience as result of these steps, and I have come to believe that working with others provides me with those spiritual experiences on a daily basis, when I work the principles of Alcoholics Anonymous in all my affairs. This experience enhances my own personal recovery, helping me to best understand why saying I am an Alcoholic, coincides with my gratitude for this identification, something I did not understand early on.

I recently moved to the St Paul area, after living in the northern part of Minnesota over the last year. Although there are always meetings where ever I am, the recovery community in St Paul has been a unique experience. It is as result of this fellowship that I became aware of volunteering at Intergroup, and find myself in front of this computer sharing my experience, strength, and hope to you. I have been a card carrying member of Alcoholic Anonymous since 2003, but I must admit the opportunity to be of service never presented itself as it has now. Knowing that I will have the opportunity and privilege to help a fellow suffering Alcoholic, gives new meaning to me as others helped this helpless, hopeless Alcoholic early on in his recovery. Thank you God for presenting yourself, thru the office of Intergroup.

— Mike S, Men's Bozo Group, Intergroup Volunteer

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In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

— Bill W., reprinted from *As Bill Sees It*, p. 275, by permission of A.A. World Services, Inc.

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For Dr. Bob, the insatiable craving for alcohol was evidently a physical phenomenon which bedeviled several of his first years in A.A., a time when only days and nights of carrying the message to other alcoholics could cause him to forget about drinking. Although his craving was hard to withstand, it doubtless did account for some part of the intense incentive that went into forming Akron's Group Number One.

Bob's spiritual release did not come easily; it was to be painfully slow. It always entitled the hardest kind of work and the sharpest vigilance.

— Bill W., from *A.A. Comes of Age*, p. 69, by permission of A.A. World Services, Inc.

### **St. Paul Intergroup of Alcoholics Anonymous®**

**TRADITION TWELVE: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.**

*[It is interesting to note how the discussion of a world-wide "communications net" makes this piece just as relevant today as when it was written, in 1960. — Ed.]*

Our chief hope for the future is that these appalling urges of ours [ to break anonymity — Ed. ] will be held in restraint by self-discipline, by love of AA, and by firm group and public opinion. The powerful constructive forces, all working together, have thus far been enough. We pray they may always prevail.

Let's look once more at how immense this temptation really is. A vast communications net now covers the earth, even to its remotest reaches. Granting all its huge public benefits, this limitless world forum is nevertheless a hunting group for all those who would seek money, acclaim, and power at the expense of society in general. Here the forces of good and evil are locked in struggle. All that is shoddy and destructive contest al that is best.

Therefore nothing can matter more to the future welfare of AA than the manner in which we use this colossus of communication. Used unselfishly and well, the results can surpass our present imagination. Should we handle this great instrument badly, we shall be shattered by the ego demands of our own people — often with the best f intention on their part. Against all of this, the sacrificial spirit of AA's anonymity at the top public level is literally our shield and our buckler. Here again we must be confident that love of AA, and of God, will always carry the day.

— Reprinted from *The Language of the Heart: Bill W's Grapevine Writings*, pp. 319-320, by permission of the A.A. Grapevine, Inc.

**CONCEPT TWELVE: General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never become s 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 action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.**

This Concept consists of the General Warranties of the General Service Conference. It is cast in stone; that is, although Bill leaves the door open for alterations and changes in the other Concepts and points out that the rest of the Conference Charter "can be readily amended," these General Warranties — like the Twelve Steps and the Twelve Traditions — be changed only by "written consent of three-quarters of all A.A. groups" in the world!

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

**2010 Steering Board**

<b><u>Chair:</u></b>	<b>Julie M.</b>
<b><u>Alt. Chair:</u></b>	<b>John D.</b>
<b><u>Secretary:</u></b>	<b>Don N.</b>
<b><u>Treasurer:</u></b>	<b>Michael K.</b>
<b><u>Alt. Treasurer</u></b>	<b>Darrell B.</b>
<b><u>Members at Large 2010:</u></b>	<b>Chris S. &amp; Julie K.</b>
<b><u>Members at Large 2011:</u></b>	<b>Jes N. &amp; Charlie S.</b>
<b><u>Advisor to the Board:</u></b>	<b>Tom S.</b>
<b><u>Office Manager:</u></b>	<b>Tom N.</b>

**Office Calls in September\***

Meeting information	145
Inventory/hours	25
12th Step calls	10
Temporary sponsor	15
Speaker request	13
Special events	3
Outside issues	38
Info for professionals	1
Administrative	184
Other	116
<b>Total Calls</b>	<b>540.13</b>
<b>Daily average</b>	<b>25.5</b>
Visitors	240

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

## **St. Paul Area Intergroup Representatives' Meeting Minutes, October , 2010**

- I. Opened with Serenity Prayer and Introductions. Frank read the Primary Purpose of Intergroup.
- II. Last month's Minutes approved.
- III. Treasurer's Report – Michael K. reported the budget is healthy; the written report is available. Questions can be sent to treasurer@aastpaul.org.
- IV. The Office Report – Service opportunities are available; contact the Office for details.
- V. The Website Report – Groups are encouraged to contact Jonathan (servant) or the Office for AA-related events so they can be added to the website.
- VI. Outreach Program – Contact the Office or Roxie (chairperson) from West End if interested.
- VII. Night Owl Report – Anyone interested in this important service opportunity should contact Leslie (coordinator) or the Office.
- VIII. Intergroup Events:
  - Gratitude Night – November 20<sup>th</sup> – John D, chair.
  - Founders Day Hospitality Suite – November 26-27<sup>th</sup> – Michael K/Jes, chairs. Groups need to let Michael know if they want to sign up for a shift in the Hospitality Suite.
  - New Years Eve – December 31<sup>st</sup> – Julie M, chair.
- IX. Old Business:
 

Elections will be held next month for following Board vacancies: alternate chairperson, alternate treasurer, secretary, and two members at large.
- X. New Business
 

Frank nominated Chris for a member at large position and he accepted the nomination.
- XI. Grapevine Report presented by Trisha. Next month's volunteer: Diana.
- XII. Concept Review (Concept X): Tom N. Anyone interested in presenting Concept XI next month should contact Julie M. or Tom.
- XIII. Mock Report – Jennifer. Volunteer for November: Trisha.
- XIV. Closed with the Responsibility Statement.

### Attendance:

Diane, Summit Hill	Bruce, Uptown	Rhonda, Basic Text	Mike, Live & Let Live	Don N, Secretary
Trisha, Fireside Women's	Jennifer, Back to Basics in Burnsville	Beth Ann, Midway	Christine, Firing Line	Adrienne, Maplewood
Craig, Happy Hour 12&12	Jeff, Downtown Alano	Grayson, Como Park BB	Terry, Rosemount	Jennifer, Back to Basics Burnsville
Doug M, Hole in the Donut	Joe, Happy Joyous & Free	Judy, No Time Like the Present	Charlie S, Board at large	Julie M, Chair
Jes N, Board-at-Large	Chris S, Board At-Large	Tom, Office Manager	John D, Alt Chair	Tom S, Board advisor

<p><b>7th Tradition Suggestions for Groups</b></p> <p>“Every group ought to be fully self-supporting, declining outside contributions.”</p> <p>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:</p>	<p><b>BE A NIGHT OWL !!</b></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. <b>If you can help, call the office or go to our website: <a href="http://www.aastpaul.org">www.aastpaul.org</a></b></p>	<p><b>OCTOBER CONTRIBUTIONS</b></p> <p>Number of Group Contributors: 43                  Total Group Contributions: \$4195                  Number of Faithful Fivers: 11                  Total from Faithful Fivers: \$76</p>
<p><b>50% <u>St. Paul Intergroup</u></b>                  Spruce Tree Center                  1600 University Ave. #407                  St. Paul, MN 55104</p> <p><b>30% <u>General Service Office</u></b>                  P.O. Box 459                  Grand Central Station                  New York, NY 10163</p> <p><b>10% <u>Southern MN Area 36</u></b>                  Area Assembly                  P.O. Box 2812                  Mpls., MN 55402</p>	<p><b><u>District Meetings</u></b></p> <p><b>District 8 (Ramsey Co.)</b>                  Fairview Community Center                  1910 Co. Rd B, Rm 203, Roseville                  3rd Wed., 7:30 PM</p> <p><b>District 15 (Wash. Co.)</b>                  Christ Lutheran Church                  11194 N. 36th St., Lake Elmo                  4th Mon., 7:00 PM</p> <p><b>District 19 (Dakota Co.)</b>                  Rosemount Community Center                  13885 South Robert Trail                  2nd Wed., 7:00 PM</p> <p><b>District 26 (SE Ramsey Co.)</b>                  1099 Payne Ave. St. Paul                  2nd Fri., 6:00 PM  <a href="http://www.district26-area36.org">www.district26-area36.org</a></p>	<p><b><i>Thanks to the groups that contributed in October!</i></b></p> <p>Apple Valley Monday AM Women's Mtg.                  Apple Valley Monday BB                  Basic Text                  Burnsville -- Back to Basics                  Cliffhangers I Thursday PM                  Cliffhangers III                  Como Park BB                  Cottage Grove                  Dakota Alano Friday 8 PM                  Dakota Alano Monday 6 PM BB                  Dakota Alano Wed AM Roosters                  Day by Day Women's Group                  Downtown Alano Club                  Eagan Burnsville Savage -- Sat Speaker                  Farmington Monday Night                  Fireside Women's BB Group                  Forest Lake Alano                  Gratitude In Action                  Happy Hour 12 &amp; 12                  Happy Joyous and Free                  Hastings Rivertown BB                  Highland Park Groups                  Hole in the Donut Group                  Hugo Group                  Lakeville Mon. Night Hope Group                  Live and Let Live                  Maplewood Groups                  Mendota St. Peter's Sat. 9 AM                  Midway Club                  North Branch Thursday Night                  North Dale Group                  Rosemount AA                  Roseville Wed Night                  St. Stephen's Tuesday Group                  Stillwater Morning Groups                  Stillwater Wednesday Step Group                  Students of Life                  Summit Women's Group                  TGIF Macalester                  Unity, Service &amp; Recovery in Eagan                  White Bear Lake                  White Bear Lake Redeemer                  White Bear Wed AM Women's                  Woodbury Primary Purpose                  Worthwhile Women's Group</p>
<p><b>10% <u>District Committee</u></b></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><b><u>The Lifeline: Purpose Statement</u></b></p> <p><i>The Lifeline</i> 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).</p>	<p><b>Thanks to all the super volunteers who helped in the Office during October!</b></p> <p>Jules, Vance, Evan, Mike R, Frank, Jordan M, Danny, Ty, Richard M, Robin, Andy H, Eric S, Greg B, Willie M, Kim, Henry, Rachel, Andy B, Charlie S, Sue, Burt, Bob B, Julie, Pete, Scot F, Nick B, Viola, Greg C, James, Matthew, Jacob, Scottie O, Kris, John, Mike G, Brian P, Mark, Austin, Paul &amp; Rick B!</p> <p><i>Thanks to all the Night Owl volunteers and groups as well!</i></p> 	

# UPCOMING A.A. EVENTS!!

Southern Minnesota - Area 36  
**Area 36 Committee Meetings**  
 Best Western, North Mankato, MN  
 December 4, 2010

**Senior Recovery Holiday Party**  
 Speaker - Dinner - Dance  
 Jimmy's Conference Center  
 Vadnais Heights  
 Sunday, 12 December 2010, 11 AM - 2 PM

30th Annual Area 36  
**Recovery, Unity & Service Conference**  
 Best Western, 1111 Range Street  
 North Mankato, MN  
 January 21—23

Trudging the Road to Happy Destiny  
**2011 MEN'S RETREAT**  
 January 28 to 30  
 Horseshoe Bay Resort on Leech Lake  
[www.trhdretreat.org](http://www.trhdretreat.org)

Ninth Annual  
**Wild Rice Round-up**  
**January 21 - 23, 2011**  
 Shooting Star Hotel & Casino, Mahnommen, MN  
[www.wildriceroundup.com](http://www.wildriceroundup.com)

47th Annual International Women's Conference  
 "The Language of the Heart Will be Spoken Here"  
 Anchorage, Alaska  
 February 10 - 14, 2011  
<http://www.internationalwomensconference.org/>

## Dear Bill W,

I got sober in my twenties, and that was twenty years ago. I still enjoy A.A. people, but I'm not really sure I feel that alcoholic — my life has been working pretty well for a while. AA has taught me how to handle stress, and how to get along with people. Maybe that was my problem, rather than alcoholism.

I haven't told my sponsor or anyone in my groups, but I've been thinking of conducting a little experiment.

—An Anonymous Drunk

We have seen the truth demonstrated again and again: "Once an alcoholic, always an alcoholic." Commencing to drink after a period of sobriety, we are in a short time as bad as ever. If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.

Reprinted from *Alcoholics Anonymous*, p. 33, reprinted by permission of A.A. World Services, Inc.



"... and you didn't see how one little glass of eggnog could hurt?"

## Is your meeting represented at Intergroup?

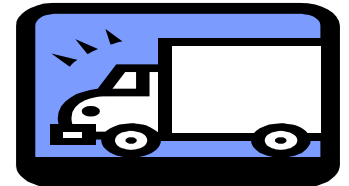
The December Representatives' meeting will be held Tuesday the 21st at 7:30 pm, at the Bethlehem Lutheran Church, 436 Roy St. N, St. Paul, 55104. The church is just south of the Spruce Tree Centre, across the street from the Intergroup office.

St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 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 \$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) \_\_\_\_\_