

The Lifeline



October, 2011

24 Hour Phone: 651-227-5502

Volume 47, Issue 10

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

“Wet, Lather, Rinse, Repeat.”

For this alcoholic, Step Ten is the daily action of practicing Steps 3 – 9 that are so vital in my continuing quest for emotional sobriety (Steps 11 & 12). I need Step Ten because not every one of my character defects is removed through Step Seven; no matter how willing I am to let go of them immediately (Step Six).

My character defects pop-up again because some person, place or thing (some event – think Column I & II, Step Four inventory), triggers some disagreeable or uncomfortable emotion (my “reaction” – Column III, Step Four), which rather than process (complete a Step Four inventory) and discard (take Steps Five - Nine), I opt to relive the memory again and again; I brood over it and nurse it; and lo and behold up pops a new resentment, fear or harmful behavior. Thus, I opt to “wet, lather, rinse and repeat.”

I get caught in this repetitious cycle because instead of processing and discarding the experience, I take the story that I manufactured about the event and how it affects me as the truth. Unfortunately, It is a story that is essentially incomplete and therefore not entirely true because it is missing the exact nature of my behavior.

By harboring, massaging, and feeding my story (here comes the old “brainstorm,” which is another way of saying that my “insane thinking” kicks into high gear), the offense grows, my indignation rises, and I boil-over with contempt or loathing – not to mention, a good old case of self-righteousness to boot!! And what do I get from my brainstorming? A nice new shot of being once again “restless, irritable and discontented.” This can be fatal for me, because it is the quickest route back to a drink for this alcoholic.

Unless I find some way to release myself from the bondage of this self-absorption, this nursing of my emotional wounds, I will keep reliving the feeling and keep retelling the story, until I am convinced that the story is the truth and I am justified in my feelings (or I as I like to call it, I get a case of the “Drama Drunks”).

What I need is an immediate “processing” system to free me from this self-imposed bondage. I need Step Ten! When the event occurs, that makes me agitated or doubtful, I ask God for “the right thought or action,” reminding myself that I am “no longer running the show (Step 3).” Inventorying the situation (Step 4), I talk with someone immediately to test the validity of my story (Step 5).

When my ill feelings crop up, I must become willing to “ask God at once to remove them” (Steps 6 – “be willing” & Step 7 – “ask”). Then I make amends quickly (Steps 8 & 9) whenever appropriate, so that I can step back into emotional sobriety (Steps 11 & 12). End of “Wet, lather, rinse, repeat.”

- Anonymous, Saint Paul



Saint Paul Intergroup Fall Workshop

Anonymity and A.A.®


How Do We Stay Anonymous in the New Media World?

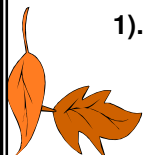
Panel Discussion Topics:

1). Social Media - Kate G. 2). Tradition 11 - Jeff T. 3). Web Servant Does and Don'ts—Brandon W.

SATURDAY, OCTOBER 8TH 1:00PM - 3:00PM

The Recovery Church 253 State Street, St. Paul, MN 55107

For More Information, Call: 651-227-5502  ASL Available Upon Request



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 214, St. Paul MN 55104

TRADITION TEN: Alcoholics Anonymous has opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Opinions are like, well, belly buttons. Everybody has one. In fact, unlike belly buttons, most of us have a few opinions. I'm no different. I have opinions on politics, religion, world affairs, the Vikings and original recipe versus extra crispy. But as an A.A. member, Tradition Ten suggests that there should be limits to my opinions, or at least to their expression. There are times and places where it may be best for me to keep my opinions to myself. The spiritual principle of the Tradition seems to me to be based on the idea that my opinions can be harmful, to others or to me.

For one thing, no matter how sure I feel about something, I may still be dead wrong. There may be facts and information I don't know, but that doesn't always prevent me from "spouting off". Or, I may be unaware or simply unmindful of the impact my words on a topic may have, either at the time I say them or later, if they are repeated. In short, my actions may have consequences beyond any that I anticipate or desire.

The wisdom and experience of the A.A. Fellowship on this, as it is expressed in this Tradition, protects Alcoholics Anonymous from itself. Outside of the program of recovery itself, A.A. has no opinions. For recovery from alcoholism, Alcoholics Anonymous has a program, proven and time-tested. For all other matters, A.A., as a whole, offers no advice, suggestions, hints, innuendos or, heaven forbid, opinions. This idea too is time-tested, and has preserved our Fellowship through many controversies that have swirled about in the field of alcoholism and in the world at large over the last 70 some years.

In my life outside the meeting rooms of Alcoholics Anonymous, I am free to express my beliefs, so long as I don't suggest that the Fellowship shares them. But the wisdom of restraint, as exemplified in Tradition Ten, can provide me with some helpful guidance and caution when I do. This principle from Tradition Ten can serve me in my practice of Steps Six and Seven, especially at those times when my passions or pride cloud the God-consciousness I seek.

- Anonymous, St. Paul

CONCEPT TEN: Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charter and bylaws.

Our service structure cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corresponding authority to discharge it. This requires that authority must be *delegated* at every level - and that the responsibility and authority of every entity are well defined and clearly understood.

As we have seen (Concept I) "final responsibility and ultimate authority" reside with the A.A. groups, and they *delegate* this authority to the Conference (Concept II). The Conference, in turn, *delegates* to the General Service Board the authority to manage A.A.'s affairs (Concept III) in its behalf. The board is in authority over its subsidiary operating conditions - A.A. World Services, Inc. and The A.A. Grapevine, Inc. - but it *delegates* to the directors of those corporations the authority necessary to run these service entities. The directors are in authority over the executives of the corporations, but *delegate* to these officers the authority needed to carry out their administrative responsibilities. And finally, the executives *delegate* to the G.S.O. and Grapevine staff members and other employees the *authority* necessary to carry out their important service jobs.

..."To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities."

-Reprinted from the pamphlet, *The Twelve Concepts for World Service Illustrated*, with permission of AA World Services, Inc.

2011 Steering Board

<u>Chair:</u>	John D.
<u>Alt. Chair:</u>	Denise A.
<u>Secretary:</u>	Don N.
<u>Treasurer:</u>	Darrell B.
<u>Alt. Treasurer</u>	Cedar H.
<u>Members at Large 2012:</u>	Chris S. & Wanda B.
<u>Members at Large 2011:</u>	Jes N. & Charlie S.
<u>Advisor to the Board:</u>	Julie M.

Office Calls in August*

Meeting information	162
Inventory/hours	18
12th Step calls	8
Temporary sponsor	44
Speaker request	19
Special events	1
Outside issues	28
Info for professionals	3
Administrative	74
Other	101
Total Calls	458
Daily average	19.91
Visitors	194

St. Paul Area Intergroup Representatives' Meeting Minutes, August 16, 2011

- I. Opened with the Serenity Prayer and Introductions. John presented Intergroup's Primary Purpose.
- II. Last month's Minutes approved (motion by John, seconded by Tom M) with the amendment of XI reflecting Cedar presented both Concept 6 and Concept 7.
- III. Treasurer's Report – Darrell B discussed his written report which reflects an increase in contributions and expenses under budget. Contact Darrell with questions or concerns at treasurer@aastpaul.org.
- IV. The Office Report – Call the Office to learn more about becoming an Office Volunteer and other service opportunities available.
- V. The Website Report – Groups are encouraged to contact Jonathan (webservant@aastpaul.org) or the Office for AA-related events which can be added. Guidelines are available on the site.
- VI. Outreach Program – Chris (coordinator) reports very little interest in this important service; he will bring updated information packets next month. Please contact him or the Office for information.
- VII. Night Owl Program – Contact Jeff T. (new coordinator) or the Office for current openings.
- VIII. Upcoming Intergroup Events:
 - a) Fall Workshop – Electronic Media and Anonymity in AA – Sat., Oct. 8th – Charlie, Chair
 - b) Gratitude Night – Sat., November 19th – Denise, Chair
- IX. Old Business:
 - a. Ice Cream Social – Wanda, Chair - Approximately 80-90 in attendance; good feedback.
 - b. Report from Reps regarding issue of Intergroups phone listings with Dex, The Yellow Book and City Pages – many reports of groups' desire to eliminate this expense; Reps requested to bring this matter to their business meetings and report back next month.
- X. The Concept Review (Concept 8) was presented by Jenni; Jeff volunteered to present Concept 9 next month. Tom presented by Grapevine Report; Jason volunteered to present it next month.
- XI. Paul presented by Mock Rep Report; Julie volunteered to present it next month.
- XII. Closed with the Responsibility Statement.

OCTOBER MEETING: TUESDAY 18TH, 2011 (7:30 PM) BETHLEHEM CHURCH

Attendance:

John, Board Chair	Denise, Alt Chair	Darrell, Treasurer	Cedar, Alt Treasurer	Tom, Office Manager	Don N, Secretary
Wanda, Member at Large	Charlie, Member at Large	Chris, Member at Large	Jes, Member at Large	Julia Advisor	Leslie NightOwl
Ryan, Students of Life	Scott, NW Alano Sq. 1	Paul, Uptown AA	Adrienne B, Maplewood AA	John, Happy, Joyous, Free	Travis, St. Paul, Speakr Mtg
Mitchell, Probs/ Solutions	Don D, 3 rd Ed. BB	Harry, Main Idea	Jeff, Downtown Alano	Terry, Rosemount Gps	Tom S, Senior Recovery
Kevin, Summit Hill Group	Doug M, Hole in the Donut	Chuck, Rosemount	Jenni, New Brighton BB	Jeff, New Brighton BB	Denise No Time Like Pres
Adam The Firing Line	John, Highland BB Sun Night				

**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. #214
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

AUGUST CONTRIBUTIONS

Number of Group Contributors: 37
Total Group Contributions: \$3807
Number of Faithful Fivers: 12
Total from Faithful Fivers: \$238



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 super
volunteers who helped in the
Office during August**

Tammy, Mike S., Travis, Mike F.,
Henry O., Sara C., Frank, Jack R.,
Darius, Violet, Dean, Wendy,
Xavier, Devon, Rich, Jessie, Caia,
Brira, Greg B., Seth, John R., Dax,
Freya, Matt I., Ty, Gabreilla

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



**Thanks to the groups that
contributed in August!!**

- Apple Valley Monday BB
- A Baffled Lot - Lake Elmo
- Burnsville - Back to Basics
- Burnsville - Primary Purpose
- Cliffhangers III
- Complete Defeat Group
- CRC Friends of Bill W.
- Dakota Alano Thurs. 11:45AM
- Dakota Alano Thurs 7:30PM
- Dakota Alano Sat. AM
- Dakota Alano Wed AM Roosters
- Day by Day Women’s Group
- Downtown Alano
- Fellowship Friday Group
- The Firing Line
- Forest Lake Alano
- Hasting Club
- Highland Park Groups
- Jumpstart 12 & 12
- Maplewood Groups
- Midway Groups
- OMD
- Problems & Solutions Group
- River Rats
- Rivertown BB Group
- Roseville Centennial Group
- Roseville Sun 6PM Group
- Sisters of Serenity
- St. Luke’s Sat Men’s Group
- Stillwater Morning Group
- TGIF Macalester
- This Simple Program
- Twelve Steppers - Arlington Hills
- White Bear Lake
- White Bear Wed AM Women’s
Group
- Women’s Daily Reflections

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!!

By the Book 4th Step Workshop

Every Wednesday 6:30PM - 7:45PM
September 28th thru November 2nd
2218 First Avenue, Minneapolis

MNYPAA State Conference

Minnesota Young People in A.A.
October 21 - 23
Double Tree Hotel, 1500 Park Place Blvd, MPLS
www.mnypaa.org

29th Annual St. Cloud Roundup

October 28 - 30
St. Cloud Civic Center
Info: 320.398.6118

District 18

Fall Workshop

“What am I part of?...and where is this Fourth Dimension anyway?”

Saturday, November 12th 9:00AM - 2:00PM
Plymouth Congregational Church, 1900 Nicollet AveS, MPLS

District 18 Fall Workshop

“Carrying the Message...of Recovery in A.A. to Your Professional Providers”

Saturday, November 5 11:30AM - 3:00PM
Fellowship Hall, Christ Lutheran Church

71st Annual

Founder's Day Weekend

Friday Nov .25th - Sunday Nov. 27th
Doubletree Park Place Hotel - Saint Louis Park, MN
<http://www.foundersdaymn.org/>

Dear Bill W.,

Everybody seems to talk about the “Ninth Step Promises” as the be-all, end-all. But, I’ve heard told that there are promises throughout the Big Book - are there “Tenth Step Promises” and what are they?

- An Anonymous Drunk

Dear Anonymous Drunk,

Yes indeed there are “Tenth Step Promises:”

“And we have ceased fighting anything or anyone—even alcohol. For by this time sanity has returned. We can act react sanely and normally, and find this happens almost automatically. We see that this new attitude towards liquor is really a gift of God.

That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We have not even sworn it off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor afraid.

That is how we react-so long as we keep in fit spiritual condition.”

- Alcoholics Anonymous, pgs. 84-85

Looking for an opportunity to be of service to Saint Paul Intergroup?

Please consider joining our Board of Directors

Elections will be held Tuesday, November 15th, 2011 - 7:30PM Reps Meeting

Nominations will be taken at the Tuesday, October 18th - 7:30PM Reps Meeting

LOCATION

Bethlehem Lutheran In-The-Midway Church
436 Roy Street, Saint Paul, MN 55104

Five Positions available: Alternate-Chair (3yr commitment), Alt. Treasurer (2yr), Secretary (1yr), and two At-Large Members (2yr).

Please visit www.aastpaul.org, or call the Intergroup office (651) 227-5502 to learn more about these service opportunities. Applicants are asked to furnish a Service Resume - email: manager@aastpaul.org

Is your meeting represented at Intergroup?

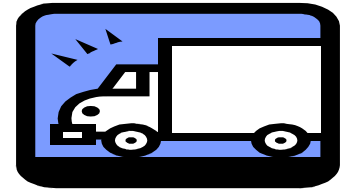
The September Representatives’ meeting will be held Tuesday the 20th at 7:30 pm, at the Bethlehem Lutheran Church, 436 Roy St. N, St. Paul, 55104. The church is just south of the Spruce Tree Centre, across the street from the Intergroup office.

St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

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Permit No. 7451

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. 214, 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) _____