

# The Lifeline



January, 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 1

## **Step One: We Admitted we were powerless over alcohol—that our lives had become unmanageable.**

In Step I, we are asked to admit that we are powerless over alcohol and that our lives have become unmanageable. It means just that. There are no half measures. We must make a complete surrender to the simple fact that using the tools we possess, we cannot manage our lives if we continue the use of alcohol in any form. Everyone who admits and accepts the fact that he is powerless over alcohol must understand that once a person has passed from normal to abnormal drinking, he can never control his drinking again.

When well-meaning people spoke of a lifetime without alcohol, it seemed like an impossible accomplishment to me because I had tried desperately and I did stay sober a few months—even two and a half years—this all in the last twenty years. Then, a year ago, the door was somehow opened for me, and I got a good look at myself. I removed the reasons for my drinking from my subconscious mind, and I am now able to live with myself and find joy doing so.

All of us had been burning life's candle at both ends. It wasn't until we blew out one end of the candle and set it upright that we realized the normal person does just that. With both ends lit, the wax and drippings were fouling up the place and getting into other people's hair. With the candle upright, we could control where the drippings went. We realized then that we had been living as though we expected to live a thousand years. Now, in our sanity, we can look forward with confidence to finishing a normal span of years. We realize that we haven't spread much happiness around during the years of our eclipse: however, we also realize with joy that we still have quite a few years of normal living ahead which will enable us to make a lot of people happy and, in so doing, we will experience a happiness and peace of mind we never expected to have on this earth.

There are many compensations in our lives that we can look forward to when we realize we are, at last, free from John Barleycorn. Just knowing that we are free of this curse lightens our load immeasurably. The main thing the non-alcoholic notices at a meeting of A.A. members is their sense of freedom. It is wonderful to be able to go to a ball game, a prize fight or a show and come home and discuss it intelligently. It is a great feeling to go to a church and feel that all the remarks of the priest or minister are not directed at you alone. It is soul-satisfying to sit down with the boss and work out a schedule months in advance, knowing that you will be on the job every day to carry out your end of it. If you have children, you will notice a gradual change in their attitude toward you. All kids need someone older and stronger than they are to lean on. They need love and affection. When they are robbed of it, their lives get warped, and the result is delinquent kids.

Compensations? There is no end to them. Would you swap all that for a lousy glass of beer or booze knowing it would set off a chain reaction which would most certainly foul up the whole thing?

R.J.S., East Side Group, Saint Paul

(Reprinted from *The Lifeline*, April 1968)

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

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto: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 One: Our common welfare should come first; personal recovery depends upon A.A. Unity.**

Probably no society places a higher value on the personal welfare of the individual member than does A.A. But long ago we found that the common welfare had to come first; without it there could be might little personal welfare...[W]e found that there were forces among us that could threaten us... [T]here were the desires for power, for domination, for glory and for money. They were all the more dangerous because they were invariably powered by self-righteousness, self-justification and the destructive power of anger, usually masquerading as righteous indignation.

Pride and fear and anger—these are the prime enemies of our common welfare. True brotherhood, harmony and love, fortified by clear insights, and right practices are the only answers. And the purpose of A.A.'s traditional principles is to bring these forces to the top and keep them there. Only then can our common welfare be served; only then can A.A.'s unity become permanent.

*(Adapted from Alcoholics Anonymous Comes of Age, pp. 97-98, with permission of A.A. World Services, Inc.)*

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

Early in A.A.'s history, a need was identified to create a trusteeship to provide services the various A.A. groups could not perform for themselves. The Alcoholic Foundation (later renamed the General Service Board) was formed to provide books and literature, public information about A.A., publish a national magazine, help new groups get started, answer calls for help and so forth.

Concept One was adopted to make clear that those trusted with these responsibilities on the General Service Board would understand that the true collective conscience of A.A. is found in it's groups, and that these groups are themselves guided by the wisdom of Tradition Two, which states:

“For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

In this way, and through Concept One, this “ultimate authority” directs our groups, who then pool their collective consciousness through A.A. District and Area organizations to advise the trustees through the General Service conferences. By doing so, A. A. has created what Bill W. called “a spiritual society characterized by enough enlightenment, enough responsibility, and enough love of man and God to insure that our democracy of world service will work...”

*(Adapted from the pamphlet The Twelve Concepts for World Services Illustrated, with permission of A.A. World Services, Inc.)*

**There is Willingness, and then there is....**

In December, a St. Paul Intergroup office volunteer was placing calls to find a woman to make a Twelve Step call to another woman who had contacted us for help. The volunteer reached an A.A. member in St. Paul who said she had just gone into labor, but added, yes, she had time to call the other woman!

<b><u>2012 Steering Board</u></b>		<b><u>Office Calls in November</u></b>	
<b><u>Chair:</u></b>	<b>Denise A.</b>	Meeting information	123
<b><u>Alt. Chair:</u></b>	<b>Jean O.</b>	Inventory/hours	17
<b><u>Secretary:</u></b>	<b>Cedar H.</b>	12th Step calls	31
<b><u>Treasurer:</u></b>	<b>Jeff M.</b>	Temporary sponsor	32
<b><u>Alt. Treasurer</u></b>	<b>Nate R.</b>	Speaker request	20
<b><u>Members at Large 2012:</u></b>	<b>Chris S. &amp; Wanda B.</b>	Special events	3
<b><u>Members at Large 2013:</u></b>	<b>Tim B. &amp; Eva P.</b>	Outside issues	19
<b><u>Advisor to the Board:</u></b>	<b>John D.</b>	Info for professionals	3
<b><u>Office Manager:</u></b>	<b>Frank N.</b>	Administrative	90
		Other	54
		<b>Total Calls</b>	<b>392</b>
		<b>Daily average</b>	<b>18.7</b>
		Visitors	256
		<i>*Call tally is for calls taken during office hours only and does not include calls taken during Night Owl shifts.*</i>	

**St. Paul Area Intergroup Representatives' Meeting Minutes, November, 2011**

I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.

II. Last month's Minutes were approved.

III. Treasurer's Report – Jeff M. briefly discussed the Treasurer's written report. Gopher State proceeds, outstanding A/R resolutions, and higher than average contributions and sales resulted in a decrease in the year-to-date loss. Questions/concerns can be sent to Darrell at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org) or he can be reached at 651-247-5490. Denise, Alternate Chair, introduced the proposed 2012 budget which is based upon actual figures from 2011. Upon review of the consensus of the represented groups, Intergroup will discontinue the oversized Yellow Pages ads, eliminating that expense starting in April (when the current contracts expire). The Board asks that the Representatives review the budget (which was handed out and will be available online) and bring comments next month, at which time the Reps will vote to amend and/or approve the budget.

IV. Elections.

- Nominations for Alternate Chair: Tim B., Scott E., Jean O., and Nate R. ELECTED: Jean O.
  - Nominations for Secretary: Cedar H. ELECTED: Cedar H.
  - Nominations for Alternate Treasurer: Nate R. ELECTED: Nate R.
  - Nominations for Member at Large: Tim B., Paul K., Eva P., and Charlie H. ELECTED: Tim B.
- Nominations for Member at Large: Eva P., Scott E., and Paul K. ELECTED: Eva P.

V. All other business was suspended for the month due to elections. Suggestions for next month's agenda were solicited but there were none from the Representatives.

VI. Group Announcements:

Nov. 5, 11:30 a.m., in Lake Elmo, a workshop on carrying the message to the professionals in your life. Flyers available and more information on the website.

Founders' Day, celebrating 71 years of AA in the Upper Midwest, will be held the weekend of Thanksgiving. Tickets are available, and volunteers are welcome. Contact Sheila or pick up flyers and sign up sheets in the Office (for tickets). Contact Cedar to help with Intergroup's Suite.

West End is hosting a Halloween party 10/29, between 2-7, followed by a candlelight meeting. Information available on the Intergroup website.

Downtown Alano is hosting a Halloween party with karaoke, costume prizes, and dinner, starting at 6:30. Flyers available in the Office.

VII. Closed with the Responsibility Statement.

**ATTENDANCE:**

Jeff M., Alt. Treasurer	Jeff T., Night Owl	Darrell, Treasurer	John D., Chair	Frank N., Office Manager	Charlie, Member at Large
Wanda, Member at Large	Cedar, Secretary	Charlie M., Basic Text	Jes, Member at Large	Sue M, Como Park BB	John, Happy, Joyous/Free
Jason B., OMD	Toni, Stillwater Morning	Don D, 3 <sup>rd</sup> Ed. BB	Harry T., Main Idea Groups	Judy, No Time Like the Present	Mona B., Como Park BB
Jeff R., Downtown Club	Kevin C., Summit Hill	Mitch W., Prob. & Solutions	Jeni S., New Brighton BB	Roxi, West End	Sharon O., Pocketing Our Pride
Doug M., Hole in Donut	Ryan, Students of Life	Tom, Shoreview 12x12	Keith S., St. Joe's (Houlton)	Chris, Member at Large	Terri O., Back to Basics
Scott, NW Alano Sq. 1	Kate, Sunday Women's House of Hope				

**JANUARY MEETING: Tuesday the 17TH, 2012 (7:30 PM)**  
**BETHLEHEM LUTHERAN CHURCH**  
**436 Roy Street North, St. Paul, MN 55103**

# UPCOMING A.A. EVENTS!!

<p><b>WACYPAA 15</b>  <b>Western Area Conference of Young People in A.A.</b>          Alexis Park Resort, Las Vegas, NV  <b>January 26th - 29th, 2012</b>  <a href="http://www.WACYPAA.15.org">www.WACYPAA.15.org</a></p>	<p><b>Trudging the Road to Happy Destiny</b>  <b>2012 Men's Retreat</b>          Horseshoe Bay Resort, Leech Lake, MN  <b>January 27th - 29th</b>  <a href="http://www.trhdretreat.org">www.trhdretreat.org</a></p>
<p><b>Southern Minnesota Area 36</b>          Trusted Servant Leadership Training          Wooddale Church, Eden Prairie  <b>Saturday, January 28th</b>  <a href="http://www.area36.org">www.area36.org</a></p>	<p><b>Southern Minnesota Area 36</b>          Area Inventory          St. John's Lutheran Church, Northfield, MN  <b>Saturday, February 25th</b></p>
<p><b>48th Annual</b>  <b>International Women's Conference</b>          Washington Marriott Wardman Park          Washington, DC  <b>February 16th - 19th, 2012</b>  <a href="http://www.internationalwomensconference.org">www.internationalwomensconference.org</a></p>	<p><b>West Central Regional</b>  <b>Service Conference</b>          Holiday Inn, Billings, MT  <b>March 2nd - 4th</b>          Service Conference for IA, MN, MT, NE, ND, SD, and WY  <a href="http://www.area36.org">www.area36.org</a></p>

## ***Group News***

With sadness, we have learned that Merriam Park AA has closed after 30 years of carrying our message. Thanks, Merriam Park!  
***New meetings-***

Cottage Grove AA has added a step meeting on Tuesday mornings at 10:00am.

Maplewood AA has a Tuesday evening meeting that is using the book, *Living Sober*, as its basis for study. This group meets at 7:10pm.

A Promises group has formed and will be meeting at the Quixotic Coffee shop at 769 Cleveland Ave., in St. Paul at Noon Tuesdays beginning in January.

Not a new meeting, but not previously in our directory, is the Tuesday Morning group at the St. Croix Alano in Stillwater. They meet at 9:30 am.

## **"Spirit Of Rotation"**

St Paul Intergroup wishes to thank our outgoing Board members: Julie M., Darrell B., Charlie S. and Jes N. for their service.

We also welcome our new Board members for 2012: Alt. Chair Jean O., Alt. Treasurer Nate R., and At-large members Tim B. and Eva. P.

## **Your Group News?**

We invite your group to share its news here!  
 Please send your items to [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org).  
 We look forward to hearing from you.

## **Is your meeting represented at Intergroup?**

The August Representatives' meeting will be held Tuesday the 16th 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.

**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

**NOVEMBER CONTRIBUTIONS**

Number of Group Contributors: 38  
Total Group Contributions: \$4006  
Number of Faithful Fivers: 18  
Total from Faithful Fivers: \$3952



**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](http://www.district26-area36.org)

**Thanks to all the super  
volunteers who helped in the  
Office during November!**

Amy A, Barbara, Dave D,  
Gabriella, Greg B, Hal,  
Henry O, Jess W, Joe V,  
John S, Kyle R, Kartik,  
Mark S, Matt I., Mike B,  
Mike F, Nicholas S, Phil B,  
Ricky F, Sam P, Sara C,  
Ty K, Wyatt D.

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



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

- Baffled Lot - Lake Elmo
- Bayport Saturday Serenity 8AM
- Burnsville - Primary Purpose
- Coon Rapids - Day by Day
- CRC Alumni Group
- Dakota AA Sat. AM
- Dakota Alano Thurs 730 PM
- Dakota Alano Wed 8 PM
- Dakota Alano Wed AM Roosters
- Eagan Burnsville Savage - Sat Speaker
- Forest Lake Alano
- Friday 12x12 By the Book
- Grind, The
- Happy Hour Men's Meeting
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Hole in the Donut Group
- Hugo Group
- Inver Grove Heights Club 84
- Island Lake Group
- Little Canada Happy Hour
- Main Idea
- Maplewood Groups
- Midway Club
- Rahn Runners 530 Thurs
- Ridge Runners II Sat 830 AM
- Shoreview 12 x 12
- Squad 5
- SSP Serious Sober People
- Stillwater Morning Groups
- Summit Hill
- Sunnyside AA Group
- This Simple Program
- Twelve Steppers - Arlington Hills
- Uptown Club
- Valley Step Group
- White Bear Lake
- Worthwhile Women's Group

**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).

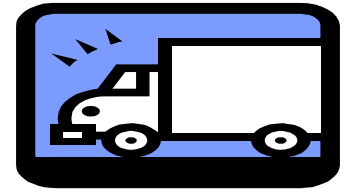


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

Change Service Requested

Non-Profit  
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St. Paul, MN  
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) \_\_\_\_\_