

The Lifeline



June 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 6

Step Six: Were entirely Ready to have God remove all these defects of character.

"Were entirely ready to God remove all these defects of character." So read Step Six. After the guilt and remorse of my last drunk had faded, I didn't think this Step had any application in my life. Now that I was no longer drinking I wasn't a bad person. Character defects? I couldn't see where I had any. My character defects were hidden behind all those hurts and injuries I'd saved up through the years and which I regularly brought out and relived with all the original emotions. Not only that, I accumulated any and every new hurt, real or imagined. In fact I took a kind of perverse pleasure from feeling sad and self-pitying. I was giving power to people who were long gone. Then I realized that these people gave me my favorite excuse for why I did what I did or couldn't do what I should have done. I used them to justify my actions and blamed them for my failures. Every time something went wrong in my life or I failed to live up to some responsibility, I took out the list of abuses I'd suffered and used it as an excuse. I became very adapt at hiding my guilt behind these real or imagined hurts. I was a chronic victim.

The problem with blaming my frustrations and failures on what others did to me is that it kept me small. I stayed a little boy trapped in a man's body – a self-centered, selfish little boy who expected people to live up to his fantasies of them and got hurt when they didn't cater to every want and whim. Although I had made a Third Step decision, I couldn't really turn my life and will over to my Higher Power because it didn't belong to me. Unknowingly, over the years, I'd turned my will over to those people whom I felt injured me in some way.

Fortunately I reached a point where I was choking on all this garbage. With the help of my Higher Power and the AA program, I chose to grow up. It was about time! I opened up that imaginary closet in my mind where I kept these well-nurtured hurts and tossed them into my past, where they belonged. Into this newly cleaned-out space, I started storing my goals and the hopes and dreams of what I wanted to achieve in life. Now instead of looking backwards into the dreariness of my past, I'm looking forward to a bright future because I've finally taken responsibility of my life.

- Ron D.

Reprinted from *Step By Step: Real AAs, Real Recovery*, pp.64-65, with permission of the Grapevine, Inc.

Tradition 6: An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

The sixth of our Twelve Points of AA Tradition is deemed so important that it states at length the relation of the AA movement to money and property....

Of course, we of AA would be the first to say that many a fine enterprise does a lot of good with their money. To these efforts, money is usually primary; it is their lifeblood. But money is *not* the lifeblood of AA. With us, it is very secondary. Even in small quantities, it is scarcely more than a necessary nuisance, something we wish we could do without entirely. Why is that so?

We explain this easily enough; we don't need money. The core of our AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, *our* expenses!

Nowadays, the AA group answers its well-wishers saying: "Our expenses are trifling. As good earners, we can easily pay them. As we neither need nor want money, why risk its hazards? We'd rather stay poor. Thanks just the same!"

Reprinted from *Language Of The Heart*, pp. 83-84, with permission of the Grapevine, Inc.

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

From Your Intergroup Board...

Greetings folks! It's June, and that means it's time for me and the other Board members to host the Annual Intergroup Open House! This year we will be celebrating our recovery and Intergroups's 46th Birthday (which falls on the 27th) on Saturday, June 16th from 11AM -3PM. Please come join us at the Spruce Tree Centre 1600 University Avenue.

This is a great opportunity to fellowship with the Intergroup staff, our Board Members and other AAs; not to mention eat well, hang-out and have fun!! The office too will be open. If you'd not been there in a while, it's a great time to see our new digs (we moved from the 4th fourth floor to the second – suite 214 – last summer).

We will be firing-up the "mother-of-all-grills" out on the parking ramp, and will serving lots of burger, brats, hotdogs and other tasty treats, along with some veggie alternatives. I hope you'll join us there!

Chris S.
Member at Large

Notes From your Central Office...

Another of the ways St. Paul Area Intergroup tries to serve is by providing Temporary Sponsors to AA members who do not have one.

Over 190 women and 260 men from AA in our area have volunteered to serve as Temporary Sponsors to those who call Intergroup needing one. And these calls are not infrequent! Over the last 12 months, Intergroup has connected over 340 callers with temporary sponsors from our lists. That's nearly 30 each month!

Most of these calls originate from someone new to recovery, such as those in a treatment program. But since one alcoholic talking with another is so important to recovery in AA, this is a service we are not hesitant to offer to other callers. When a caller tells us they are already in AA but new to our area, or tells us they have been "away" from the Program a while, we ask if they would like us to set them up with a temporary sponsor. And most of the time, they do.

So, thank you to the hundred of local AAs who give us the opportunity to do this. And if you would like to have this opportunity to "work with others", please sign up in our office or on our website to serve as a Temporary Sponsor.

Thanks, St. Paul Area AA!

2012 Steering Board

<u>Chair:</u>	Denise A.
<u>Alt. Chair:</u>	Jean O.
<u>Secretary:</u>	Cedar H.
<u>Treasurer:</u>	Jeff M.
<u>Alt. Treasurer</u>	Jim G.
<u>Members at Large 2012:</u>	Chris S. & Wanda B.
<u>Members at Large 2013:</u>	Tim B. & Eva P.
<u>Advisor to the Board:</u>	John D.

Office Calls in April

Meeting information	127
Inventory/hours	33
12th Step calls	12
Temporary sponsor	24
Speaker request	20
Special events	02
Outside issues	25
Info for professionals	0
Administrative	101
Other	89
Total Calls	433
Daily average	20.6
Visitors	274

UPCOMING A.A. EVENTS!!

<p><i>Twin Cities Roundup</i> <i>Speakers, Workshops,</i> <i>Fellowship, & Meetings</i> Double Tree Park Place Hotel, St. Louis Park, MN June 8, 9, 10 www.twincitiesroundup.com</p>	<p>Akron Founders' Day 77th Anniversary of Alcoholics Anonymous Akron, Ohio - Birthplace of A.A. June 8, 9 & 10, 2012 www.akronaa.org</p>
<p>St. Paul Area Intergroup OPEN HOUSE Spruce Tree Center - 1600 University Ave W. (corner University & Snelling - top of Parking Ramp) June 16th - 11:00AM - 3:00PM www.aastpaul.org</p>	<p>12th Annual Midwest Motorcycle A.A. Convention Emerald Acres Campground, Pearl City, IL June 22nd - June 24th Hosted by the Freedom, Faith & Fellowship Group www.MMAAC.org</p>
<p>4th Annual Northeast Wisconsin Tri-State Roundup Our Design for Living is Not a One Way Street Radisson Hotel and Conference Center 2040 Airport Drive, Green Bay, WI June 22nd - June 24th</p>	<p>Southern Minnesota Area Assembly St. John's Lutheran Church, Northfield, MN Saturday, June 23rd, 9:00 AM - 5:00 PM www.area36.org</p>
<p><u>Group and Area News</u></p> <p>The Senior AA group has moved from the Recovery Church to a new location at 200 E. Plato Boulevard, St Paul, MN 55107.</p> <p>The Fresh Air AA Group normally meets on Thursday evenings at 8 p.m. at Unity Church-Unitarian (732 Holly Avenue, St. Paul). Because of construction at Unity, Fresh Air Group beginning on Thursday, May 24, will meet a few blocks away at St. Paul Reformation Lutheran Church, 100 N. Oxford Street, St. Paul. They hope to get back to their old digs in early October.</p> <p>In June, the Look To This Day group will be moving from the St. Paul Reformation Lutheran Church to Nina's Café, 165 Western Ave. (at Selby), St. Paul, MN 55102.</p>	<p><u>Fourth Step & Big Book Workshops</u></p> <p>By The Book 4th Step Workshop ~ 6 Wednesdays~ June 6th - July 11th 6:30PM - 7:45PM 2218 1st Ave, Minneapolis, MN 55404 for more information: www.aabythebook.org</p> <p><u>Your Group News?</u></p> <p>We invite your group to share its news here! Please send your items to <i>lifeline@aastpaul.org</i>. We look forward to hearing from you.</p>



Our thanks to Hilary Price (rhymeswithorange.com) for her kind permission to reprint this cartoon.

St. Paul Area Intergroup Representatives' Meeting Minutes, April 17, 2011

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were approved (motion by Don, seconded by Berta).
- III. Treasurer's Report - Jeff M. discussed his written report which reflects sales and contributions in line with budget. Because expenses remain below budget, net income for the month was \$900, and Intergroup posts a year-to-date net income. Questions/concerns can be sent to Jeff M. at treasurer@aastpaul.org.
- IV. The Office Report - Frank N. reminds us that the Office continues to seek submissions of writing, cartoon, and/or jokes from individuals for inclusion in the *Lifeline*. The printed meeting directory (for sale in the Office) has been completely overhauled, with new useful information and an expanded directory. St. Paul Intergroup recently attended Minneapolis Intergroup's Gratitude night and appreciated the opportunity to have a presence at this event.
- V. The Website Report - Jonathan will be adding a new search feature to the meeting search page. Visitors will be able to search within a specified time period (i.e., I want a meeting between 4 and 7 p.m. on Mondays). The full usage report is available on the website. 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. Remember to submit your flyers (with AA-related content) for inclusion on the website.
- VI. Outreach Program - Female volunteers needed to visit womens' meetings, and Spanish speakers are needed to visit Spanish-language meetings! Contact Chris (320-444-4780 or outreach@aastpaul.org) or the Office if you can help with this important service opportunity.
- VII. Night Owl Report - Night Owl Orientation is held every third Saturday at 10 a.m. in the Office. There is one open recurring Night Owl shift on the 2nd Sunday of the month between 2 and 7 p.m. Visit the website or call the office.
- VIII. Liaison Reports - District 8 reported a continued healthy balance sheet. A new hearing impaired meeting will be held on Tuesdays at 12:05 at the Main Idea group in downtown St. Paul, starting in June. Toni was not in attendance to deliver the District 15 report.
- IX. Upcoming Intergroup Events:
 TGIS (4/21/2012). The event will be at the Recovery Church and will feature AA and Alanon speakers, dinner, and a dance. Volunteers for all phases will be needed. (Chairs: Cedar & Eva.)
 Gopher State (5/25-27). Cedar is coordinating groups to co-host Intergroup's suite. Contact her at cedar.holmgren@gmail.com if your group is interested in this opportunity.
- X. Old Business:
 Spring Traditions Workshop (3/31) had a good turnout. Tim B. expressed his appreciation for assistance from the groups.
- XII. New Business:
 Kate G. suggested identifying women to facilitate group inventory at womens' meetings. Although the provision of facilitators is not something Intergroup formally does, Intergroup may provide suggestions and welcomes recommendations.
- XIII. Group Announcements:
 MNYPAA is hosting a badminton tournament, potluck and speaker meeting between 12-5 p.m. on Sunday May 6th at Lake Harriet.
 Third Edition Big Book group has a potluck on May 11. Food at 6:30, speaker at 7:30.
- XIV. No suggestions for next month's agenda.
- XV. Devin delivered Jason B.'s Grapevine Report. Mona volunteered for May.
- XVI. Paul presented the Concept Review (Concepts III & IV). Don volunteered for May (Concept V).
- XVII. Paulie presented the Mock Rep Report and Cedar volunteered for May.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Denise A., Chair	Jeff M., Treasurer	John D., Advisor to the Board	Cedar H., Secretary	Frank N., Office Manager	Wanda B, Member at Large
Chris S., Member at Large	Eva P., Member at Large	Tim B., Member at Large	Jonathan L, Web Servant	Terrie O, Back to Basics	Charlie M., Basic Text
Kate P., Basic Text Womens Group	Lynne S., Happy, Joyous & Free	Mark L, Hole In The Donut	Harry T., Main Idea	Jenni S, New Brighton BB	Tom S., Senior AA
Tom C.. Shoreview 12x12	Berta D., St. Paul Speaker Meeting	Don D., Third Edition BB	Andrew F., Uptown Groups		

JUNE MEETING: Tuesday the 19th, 2012 (7:30 PM)
 BETHLEHEM LUTHERAN CHURCH
 436 Roy Street North, St. Paul, MN 55104

**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

APRIL CONTRIBUTIONS

Number of Group Contributors: 44
Total Group Contributions: \$4923
Number of Faithful Fivers: 11
Total from Faithful Fivers: \$200

Thank You!

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.)

Grace Lutheran Church
1730 Old Hudson Rd, St. Paul
2nd Sun., 7:00PM
www.district26-area36.org

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

Aaron G., Andrew B., Barb M.,
Beth H., Bill A., Bob P.,
Burt K., Courtney E., Devin R.,
Gage WB., Greg B., Henry O.,
Jason P., Jim C., Julie S.,
Kaitlan G., Kyle E., Kyle S.,
Lauren S., Liz D., Luke D.,
Mark S., Matt I., Mike R.,
Pedro S., Phil B., Robin C.,
Rochelle S., Rosey C., Sam C.,
Suzanne B., Tom R., Ty K.

*Thanks to all
the NightOwl
volunteers and
groups as well!*



**Thanks to the groups that
contributed in April**

- 11th Step Meditation
- Anoka Day By Day
- Children of Chaos Plus
- Cliffhangers I Thursday PM
- Dakota AA Sat. AM
- Dakota Alano Wed AM Roosters
- Day by Day Women's Group
- Eagan Burnsville Savage - Sat Speaker
- Eagan Burnsville Savage Groups
- Forest Lake Alano
- Friday 12x12 By the Book
- Happy Hour 12 & 12
- Happy Joyous and Free
- Hazelwood AA
- Highland Park Groups
- Hugo Group
- Lake Elmo Thurs Night Group
- Live and Let Live
- Maplewood Groups
- Midway Club
- New Brighton Big Book A.M.
- North Branch Thursday Night
- North Dale Group
- North Hamline
- Oasis Group - Apple Valley
- Pocketing Our Pride
- Ringmaster's Group
- River Rats
- Rivertown BB Group
- Rosemount AA
- Saturday Morning Serenity Group
- Shoreview 12 x 12
- Short Stories
- SSP Serious Sober People
- St. Croix Alano
- Stillwater Morning Groups
- Twelve Steppers - Arlington Hills
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- Valley Step Group
- Weekend Jumpstart II
- White Bear Lake
- Woodbury Primary Purpose

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 groups and 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. We welcome articles on a Step, Tradition or Concept, or descriptions of personal experience. Please email your article to Lifeline@aastpaul.org, or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #214, St. Paul MN 55104. Materials or articles mailed to us 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.

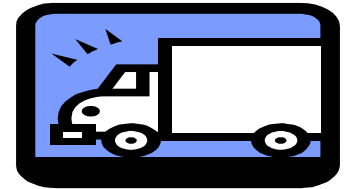


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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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 also may 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) _____