

The Lifeline



July 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 7

Step Seven: Humbly asked Him to remove our shortcomings.

Nothing is Forever

The most valuable lesson I learned from my sponsor was to do every Step the same way we do the First Step – especially Steps Six and Seven: We stay away from alcohol, one day at a time. The next morning, we re-evaluate: Is life better without drinking? Are we better without drinking? Do I choose to avoid alcohol today, just as I did yesterday?

Quite simply, I can't give up anything forever. When I gave up drinking for the rest of my life – which I did a thousand times – I had a zero percent success rate. But, since I found out that I have to give up drinking only for today, my success rate has been 100 percent, and I expect that to continue indefinitely – as long as I focus definitely on one day and not on an indefinite future.

I can't commit to anything "forever". Please do not reveal this to my wife of thirty-five years. I recommit to our relationship every morning. And please don't tell my pastor that I decide every day whether belief is worth it or not.

So, how do these principles and my psychology apply to Steps Six and Seven?

I find it quite hard – impossible in practical terms – to become *entirely* ready to have God remove all my defects of character – especially if it's for all time. Maybe three years from now I'll miss one of them, my sick little mind tells me. But I can become entirely ready for today to say farewell to all my defects, even the ones I'm especially fond of. I can always reevaluate in the morning – or three years from now.

Likewise, I don't care to think about never losing my temper again. I get quite mad contemplating that one, but I can ask God to help me not lose it today. And I'll reevaluate in the A.M.; maybe tomorrow going into a rage will make my life more manageable.

We alcoholics are fragile people, and I find that tentative steps are better than giant strides. If I am constantly a "beginner" at Steps Six and Seven, I can make progress today and worry about perfection tomorrow.

- Paul L., Detroit, MI; Reprinted from the Courier, Naples Area Intergroup newsletter

Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

There are some groups from another Twelve Step program who regularly purchase Big Books, 12 by 12's and medallions from St. Paul Intergroup and we are happy for their patronage. A few months ago though, one of these groups sent us a nice check for a contribution! While that was very kind and thoughtful, we had to return it with a note expressing our gratitude and explaining that, as an entity of Alcoholics Anonymous, we could not accept contributions from outside our Fellowship.

A few weeks back, a woman called who was arranging a memorial service for one of our members who had passed on. She wanted to get instructions for those who were to attend this service on how to make contributions to AA in memory of this member. Again, we thanked her for the thoughtfulness and explained our tradition of self support.

Although early AAs did request financial support for the infant program from the world's richest man in 1937, he turned them down saying, "I think money will spoil this." Our founders and early members didn't *completely* agree with this at the time, but came to see the wisdom in it. To shoulder its own responsibilities and to avoid influences from outside the Fellowship, AA had to support itself financially.

This hasn't always been easy. About twenty years ago, the St. Paul Area Intergroup was so financially strapped there was some talk about closing the office and even disbanding! But there were some dedicated AA members who just weren't going to let that happen, and who dug deep themselves and encouraged others to do so that it might survive.

Today, thanks to the support of our member groups and Faithful Fivers, we remain and survive in a difficult economy. And we can offer what we've always offered, hope for the newcomers and opportunities for sober members to be of service.

Frank N., St. Paul

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...

Happy summer and Hot weather to all. This past Saturday I was at a Night Owl party hosted by the monthly volunteer from my home group. Seeing the many men and women show up just makes me grateful for the unity and service demonstrated in our amazing fellowship that we are privileged to be members of.

While talking with a member of my home group I was asked how things are going on the board. I was honored to say that I feel we have a very active and supportive Intergroup Board. There is a wealth of knowledge, experience, support and enthusiasm for the activities and services that St Paul Intergroup provides. I am a first year member and grateful for the opportunity to be of service.

St Paul Intergroup is what we all make it. Getting involved and giving back is the best way to help carry our message. In reading St Paul Intergroup "Service, Unity & Recovery" pamphlet I found that the first Intergroup Council office opened in St Paul in July 1956. Well Happy Birthday to Intergroup. To all the volunteers who came before thank you for being there for us. To all the volunteers here now, and in the future, we will always be grateful.

Tim B—Member at Large

Notes From your Central Office...

In Alcoholics Anonymous we share our experience, strength and hope with one another. We do this to try to be of help to others, but also because this service helps to keep us sober ourselves.

One of the ways St. Paul Intergroup tries to facilitate this is by arranging speakers for many groups and facilities in our area. In doing so, we give many local AA members to opportunity to share their experience, strength and hope. Almost 500 AA members have signed on to our volunteer list for this service.

At this time, seventeen area groups and clubs have "standing" arrangements with Intergroup to provide speakers for their weekly or monthly open speaker meetings. Intergroup also arranges speaker on a regularly scheduled basis for several area treatment centers and educational institutions. That by itself adds up to over 50 speaking opportunities each month, but doesn't include the several "one-time" request we also regularly fill. These opportunities can be anywhere from Anoka, Forest Lake and Lindstrom down to Hastings, Rosemount and Farmington. We even regularly supply a speaker for one group on the "wrong side of the river" in Minneapolis!

The settings for these opportunities range widely, from the open meetings of the major Alano clubs with attendance of a hundred or more, to very small and intimate gatherings at smaller groups and treatment centers, so nearly all of us can find a "fit" for our comfort level.

In this task, Intergroup staff has been very ably assisted for many years by long-time office volunteer, Jack R. Many thank to him!
Thanks, St. Paul Area AA!

<u>2012 Steering Board</u>		<u>Office Calls in May</u>	
<u>Chair:</u>	Denise A.	Meeting information	133
<u>Alt. Chair:</u>	Jean O.	Inventory/hours	27
<u>Secretary:</u>	Cedar H.	12th Step calls	14
<u>Treasurer:</u>	Jeff M.	Temporary sponsor	37
<u>Alt. Treasurer</u>	Jim G.	Speaker request	28
<u>Members at Large 2012:</u>	Chris S. & Wanda B.	Special events	7
<u>Members at Large 2013:</u>	Tim B. & Eva P.	Outside issues	17
<u>Advisor to the Board:</u>	John D.	Info for professionals	2
		Administrative	76
		Other	77
		Total Calls	418
		Daily average	19.0
		Visitors	209

UPCOMING A.A. EVENTS!!

Area 35 & Area 36 Joint Workshop "I Am Responsible"

Calvary Community Church, St. Cloud, MN
Saturday, July 21st, 12:30 - 4:30PM
www.area35.org or www.area36.org

Minneapolis Alano Society
2nd Annual Block Party & 70th Anniversary Celebration
2218 1st Ave South, Minneapolis
Saturday, July 28th, Noon - Midnight

61st Annual Missouri State Convention "Anonymity: Our Spiritual Responsibility in the Digital Age"

Capitol Plaza Hotel, Jefferson City, MO 65101
August 3rd - 5th
http://eamo.org/2012_MO_State_Convention_Flyer.pdf

Southern Minnesota Area 36 Area Committee Meetings

Best Western, North Mankato, MN
Saturday, August 11th, 9:00 AM - 5:00 PM
www.area36.org

35th Annual Cornhusker Roundup "Sobriety - the Great Life"

Ramada Plaza Hotel, Omaha, NE
August 16th - 19th
www.AA-Cornhusker.org

Saint Paul Intergroup - Ice Cream Social and Long Timers Recognition
The Recovery Church - 253 State St, St. Paul
Saturday, August 25th, 1:00 - 3:30PM
www.aastpaul.org

Group and Area News

Fourth Step & Big Book Workshops

A "Living Sober" group is meeting at the Maplewood Alano Tuesdays at 8 PM (1955 Prosperity Road, Maplewood, MN 55109).

A local AA would like to start a group focused on writing our experience, strength and hope. For more information, call Greg at 651-269-4364.

Nancy would like to find women interested in forming women's group in the Hampden Park/St. Anthony neighborhood of St. Paul (near University/Raymond Avenues and Hwy. 280). For info or to participate in forming this, please call 612-722-2180.

There's a new 11th Step/Meditation meeting at the New Brighton Alano, 2284 W. Co. Rd 1 in Mounds View. They are meeting at noon on Wednesdays.

By The Book 4th Step Workshop

~ Wednesdays~
6:30PM - 7:45PM
2218 1st Ave, Minneapolis, MN 55404
for more information:
www.aabythebook.org

Your Group News?

We invite your group to share its news here!
Please send your items to lifeline@aastpaul.org.
We look forward to hearing from you.



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St. Paul Area Intergroup Representatives' Meeting Minutes, May 15, 2012

- 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 Berta, seconded by Paul).
- III. Treasurer's Report – Jeff M. discussed his written report which reflects sales slightly below and contributions well above budget. Expenses were high for the month due to payment to the Recovery Church for 2011 and 2012 Intergroup events, resulting in a net loss for the month. 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*. Improvements to the Office are underway in advance of the June 16 Open House, including the display of Grapevines from the 1960s and 70s, other mementos, and a copy of the original working draft of the 1st Edition of the Big Book. The volunteer database update project continues.
- V. The Website Report – Visitors can now 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! Several MIA meetings have been resolved. 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 first Saturday of the month between 7 p.m. and the next morning at 9 a.m. Visit the website or call the office.
- VIII. Liaison Reports – No reports.
- IX. Upcoming Intergroup Events:
 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.
 Open House (6/16, 11 a.m. - 3 p.m.): Chris is chairing this event, during which visitors can enjoy burgers and dogs on the top of the parking garage and stop by the Office to check out everything it has to offer.
- X. Old Business:
 TGIS: Eva reported a successful event and lots of great volunteer assistance. Thank you!!
- XII. New Business:
 The Board would like to establish an *ad hoc* committee comprised of Reps and past Board members to evaluate the Intergroup events calendar. Suggestions or volunteers are welcome! Contact the Office.
- XIII. Group Announcements: None.
- XIV: No suggestions for next month's agenda.
- XV: Mona delivered Jason B.'s Grapevine Report. Paul volunteered for June.
- XVI. Paul presented the Concept Review (Concepts III & IV). Don volunteered for June (Concept V).
- XVII. Paulie presented the Mock Rep Report and Cedar volunteered for June.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Denise A., Chairperson	Jean O, Alt. Chair	Jeff M, Treasurer	Cedar H., Secretary	Jim G., Alt. Treasurer	Wanda B., Member @ Large
Chris S., Member At Large	Eva P., Member at Large	Tim B., Member at Large	Jonathan L., Web Servant	Frank ., Office Manager	Terrie O., Back To Basics
Brad R., Basic Text	Kate P., Basic Text Women's Group	Mona B., Como Park BB	Paul, T., Cottage Grove Groups	Casey K., The Firing Line	Craig O., Happy Hour 12x12
John F., Highland Sunday Night BB	Jenni S., New Brighton BB	Judy T., No Time Like The Present	Sharon O., Pocketing Our Pride	Eric J., Rosemount Groups	Berta D., Sunday Night Speaker Mtg.
Katy C., Students Of Life	Curtis P., Summit Hill	Don D., Third Edition BB	Berta D., St. Paul Speaker Mtg.		

JULY MEETING: Tuesday the 17th, 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

MAY CONTRIBUTIONS

Number of Group Contributors: 34
Total Group Contributions: \$3376
Number of Faithful Fivers: 10
Total from Faithful Fivers: \$211

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 May!**

Andrew B., Andy H., Ben M.,
Bill A., Bob P., Brian O.,
Devin R., Greg B., Henry O.,
Jake A., Jake B., Jackie D.,
Jeff G., Jim C., Julie L.,
Kaitlan G., Kim L., Luke D.,
Mark S., Matt I., Mike L.,
Nate M., Phil B., Rick L.,
Robin C., Rochelle S.,
Rosey C., Sean T.,
Suzanne B., Tad S.,

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



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

Amazing Grace Group
Baffled Lot - Lake Elmo
Cliffhangers I Thursday PM
Cliffhangers III
Complete Defeat Group
Dakota Alano Sun. 8 PM
Dakota Alano Thursday 530 PM
Dakota Alano Thursday 530 PM
Dakota Alano Wed AM Roosters
Eagan Burnsville Savage - Sat
Speaker
Fairmount Group
Fireside Women's BB Group
Forest Lake Alano
Grind, The
Highland Park Groups
Lakeville Wed. Beginners Group
Mahtomedi Tuesday Step
Maplewood Groups
Midway Club
New Brighton Alano
Problem & Solution Meeting
Ridge Runners III Sun 830AM
Roseville Centennial Group
Roseville Wed Night
Saturday Morning Serenity Group
Senior AA
St. Stephen's Tuesday Group
Stillwater Morning Groups
Summit Hill
Twelve Steppers - Arlington Hills
Two Alternatives Group
Uptown Club
White Bear Lake
White Bear Wed AM Women's

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.

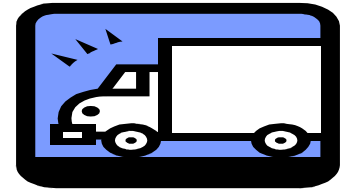


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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 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) _____