

The Lifeline



August 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 8

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

As I continue to live each twenty-four hours in the Fellowship of Alcoholics Anonymous and attempt to practice its principals in all my affairs, one Step seems to play an increasingly important role in my life and in my relationships with others. This quiet but potent Step is Step Eight.

Many people, myself included, tend to lump Steps Eight and Nine together. By doing this, I never really achieved even a glimmer of the humility and love that Step Eight has to offer. Being a person of impatient actions, I was off and running on Step Nine with a simple list of names tightly grasped in my sweaty hand and a bad case of false humility to go along with it. Needless to say, I came home each evening with a battered sense of justice and my tail tucked underneath me.

As usual, I did not read all the words contained in the Step, and, just as I had done in Step One, I read only the first half before jumping to my next Step. The resulting self-induced pain has, however, taught me much about myself and the principles of this simple program.

Going back to Step Eight, I read the words at last, "...became willing to make amends to them all." As I began to absorb what was being said to me, and as I reviewed the first seven Steps leading up to this one, it suddenly became clear what the message was for me and what the hasty mistake of impatient interpretation had cost me in serenity. The word "identify" held the key to my success with this Step. To become willing means to become willing to identify myself in others. I had been using Step Eight not as preparation for Step Nine, which is the carrying out of that willingness, but as a hiding place for my own real fear of my true shortcomings. The purpose of Step Eight for me is not to hide but to identify. In order not to identify, I either condemned or forgave as if I were some kind of standard for comparison. In this Step I receive the humility to "identify," to see myself in others and to share their burdens and difficulties by sharing myself. In this Step I truly join the human race. My identification becomes my freedom – freedom from fear and anger. When I can identify my own shortcomings in another, the battleground between us is removed.

I cannot make amends when I am still condemning or forgiving myself or the one I am making amends to, because of the judgment this implies. I have always found condemnation to be a lonely road and have always found forgiveness to be a confusing and impossible task. When I forgive someone I guess what I really mean to say is that I admit I judge others. Forgiving and condemning are God's business, not mine. Only he has the mercy to judge and accept at the same time. My job is to achieve enough humility to see myself in others and to accept both myself and others, by identifying. The willingness to make amends will grow from this act of love. When I become "willing to make amends to them all" I am saying to them, "your pain is my pain; when I hurt you, I hurt myself; I will try not to hurt you anymore."

When I have achieved this kind of willingness to identify, my Higher Power has always set up my amends and allowed both of us to grow from the love involved in such an act.

- E. C., Bowling Green, KY. Reprinted with permission from *The Best of the Grapevine*, Vol. 2. Copyright © The AA Grapevine, Inc. (1986).

Tradition Eight: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

On June 15th your Intergroup office celebrated 56 years of incorporation and service to the alcoholic in need, and the A.A. groups and members active in St. Paul and its Suburban Areas. At the time of incorporation in 1966, St. Paul Area Intergroup served 13 groups with 35 regularly scheduled meetings. Today we provide support and services to 280 groups holding about 650 active meetings.

Our mission remains the same from the day of our incorporation: helping alcoholics in need find the fellowship they seek; giving information on Alcoholics Anonymous to other interested parties; serving as a distribution center for A.A. and Grapevine literature; supporting the established principles and traditions of Alcoholics Anonymous; and providing service opportunities to the St. Paul and Suburban Area A.A. Groups and Members.

To assist in carrying-out your Intergroup's mission, the office currently employs three dedicated paid staff – two part-time service workers and a manager. These folks are your Intergroup's Tradition Eight Special Workers. "Making good and effective Twelve Step work possible," is the aim of your staff, and we are grateful to be of service to you and those who reach us seeking help.

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...

Recently an *Ad Hoc* Committee comprised of local AA community members was tasked with evaluating the Intergroup Events Calendar, to determine if each event was effectively furthering Intergroup's primary purpose of reaching the still suffering alcoholic. Even before the Committee comes back to the Board with recommendations, I am struck with gratitude at the nature of this endeavor.

First, it is a privilege and a gift to be able (individually and collectively) to "take inventory" and assess the nature of the stock-in-trade. That sort of accurate and humble self-analysis is the sort of right action that so often brings about positive growth. I'm proud to be a part of an organization that isn't wed to doing things one way, simply because that's how it's always been done.

Second, what an extraordinary luxury to be a part of an AA community that is so well-developed and amply-manned that Intergroup perhaps need not be the sole vehicle for carrying the message on every occasion. The strong Groups and Districts serving this community make it possible for Intergroup to focus on what it does well, reaching the newcomer in the most effective manner possible.

Cedar H., Secretary

Notes From your Central Office...

Your St. Paul Intergroup office serves as a source of information and assistance for many in this community. Of course, we are reached by those who wish to stop drinking, and for them we offer immediate assistance through our Twelve Steppers. We also handle many inquiries about area meetings and AA workshops and events.

The Intergroup office often also gets contacted by members of the professional communities seeking information and assistance. These inquiries may come from people in the health care, human services and the legal fields. Most often, they involve questions about how our Fellowship and program of recovery can reach the clients they serve.

For example, we were recently asked to help get an in-house AA meeting started in a local women's shelter. We contacted a women's AA group that met near the facility and asked them whether they might wish to reach out to this shelter as a service opportunity.

We have also tried to be of service to organizations assisting immigrant communities. We've recently supplied information and AA literature for the local Hmong and Lithuanian communities.

A St. Paul hospital has contacted us about persons admitted to their emergency room who could be served by speaking to a member of Alcoholics Anonymous. In this instance, office staff and the Night Owl committee formed a group of AA members who could be called upon to visit emergency room patients at this facility.

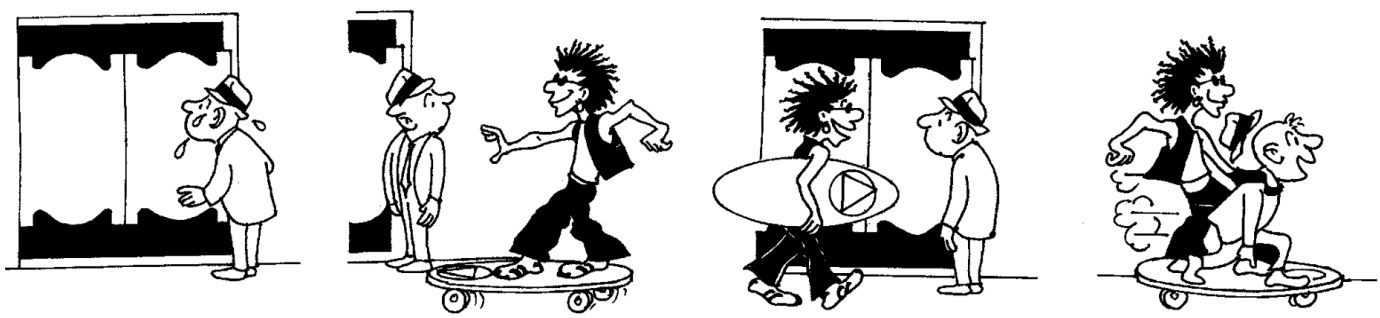
The location of our office also brings us contact with the legal field. We are located, in the Spruce Tree Centre, directly across the hall from one of the area's largest probation offices. This "traffic" in our hallway brings us many visitors who are in the building to visit their agents. In addition, probation officers often bring their clients across the hall for information about our program of recovery and meetings.

We are grateful for each and every opportunity to carry the AA message of Recovery to all who contact us, be they the alcoholic in need, an AA member or group, or those interested in learning more about our The AA Way of Life.

<u>2012 Steering Board</u>		<u>Office Calls in June</u>	
<u>Chair:</u>	Denise A.	Meeting information	123
<u>Alt. Chair:</u>	Jean O.	Inventory/hours	21
<u>Secretary:</u>	Cedar H.	12th Step calls	10
<u>Treasurer:</u>	Jeff M.	Temporary sponsor	18
<u>Alt. Treasurer</u>	Jim G.	Speaker request	32
<u>Members at Large 2012:</u>	Chris S. & Wanda B.	Special events	01
<u>Members at Large 2013:</u>	Tim B. & Eva P.	Outside issues	12
<u>Advisor to the Board:</u>	John D.	Info for professionals	02
		Administrative	71
		Other	74
		Total Calls	364
		Daily average	17.3
		Visitors	265

UPCOMING A.A. EVENTS!!

<p>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</p>	<p>Minneapolis Intergroup 12th Annual Unity Open House Greater Minneapolis Intergroup 7204 West 27th St, Suite 113, St. Louis Park, MN Saturday, August 4th—9AM - 1PM www.aaminneapolis.org</p>
<p>Southern Minnesota Area 36 Area Committee Meetings Best Western, North Mankato, MN Saturday, August 11th, 9:00 AM - 5:00 PM www.area36.org</p>	<p>35th Annual Cornhusker Roundup “Sobriety - the Great Life” Ramada Plaza Hotel, Omaha, NE August 16th - 19th www.AA-Cornhusker.org</p>
<p>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</p>	<p>11th Annual Men's Empty Chair Retreat Camp Knutson 11169 Whitefish Ave Cross Lake, MN August 24th - 26th Call Jamie M. (612) 227-9746 or email jkmac21@msn.com</p>
<p><u>Group and Area News</u></p> <p>Oops! Last month, we said that the Living Sober meeting at the Maplewood Alano was at 8 PM on Tuesdays. That was wrong. It begins at 7:30 PM. We are sorry for the error.</p> <p>The Library of Congress has honored our Big Book, <i>Alcoholics Anonymous</i>, as one of the 88 "Books That Shaped America". The Big Book will be on display there with the other 87 books in a special exhibition until September 29.</p> <p>The Three R's Group, which meets Mondays at 6:30pm, has moved from Stub Hall to Northwestern Hall, Rm. 251, at the Luther Seminary in St. Paul. Northwestern Hall, 1501 Fulham Street, is at the corner of Fulham and Herndon in the St. Anthony Park neighborhood.</p> <p>The Freedom from Bondage of Self group, which meets Wednesdays at the Reformation Church, 100 N. Oxford Street, St Paul MN 55104, is now meeting at 7:00 PM.</p> <p>The Firing Line group, which meets Sundays 5:00PM at the Knox Presbyterian Church, 1536 Minnehaha Ave West in St. Paul is now offering Childcare.</p>	<p><u>Fourth Step & Big Book Workshops</u></p> <p>By The Book 4th Step Workshop ~ Wednesdays Aug 1st - Sept 5th~ 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 lifeline@aastpaul.org. We look forward to hearing from you.</p>



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St. Paul Area Intergroup Representatives' Meeting Minutes, June 19, 2012

- 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. discussed his written report which reflects contributions down quite a bit, but only down 6% year-to-date due to stronger figures earlier in 2012. Sales are well below budget resulting in a net loss of \$2,400 but only \$500 year-to-date. The balance sheet remains strong. 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*. Frank also reports stronger contributions in the month of June thus far. 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! Progress continues. 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 are five open shifts -- visit the website or call the office for more information. The Night Owl Committee will expand to 8 members and have a new rotation, with some existing members rotating off. If you'd like to get involved, don't hesitate to contact the Office.
- VIII. Liaison Reports: No report from District 8. Toni reports that District 15 is having a booth at the Washington County Fair in August. An Area 36 representative will be at the next District 15 meeting. An AA booth at a school counselor convention needs a volunteer on June 25 at the Minneapolis Convention Center.
- IX. Upcoming Intergroup Events:
 - Ice Cream Social (Aug. 25). Note that the Lifeline is inaccurate – the event is the 25th, not the 18th. This event, at the Recovery Church, will boast an ice cream bar and longtimers sharing their experience. Don't miss it, between 1 and 3:30!
- X. Old Business:
 - Gopher: Many thanks to the Groups who helped host Intergroup's suite.
 - The Open House started rainy but had a good turnout, around 220 fellows. Extra food was donated to the Bethlehem Lutheran Church to feed the homeless.
 - The Intergroup Events Calendar Committee will be chaired by Judy H, and will evaluate the current events with the primary purpose of Intergroup in mind, making recommendations to the Board. If you're interested in participating in any way, contact the Office.
- XII. New Business: None.
- XIII. Group Announcements:
 - On Sunday August 5, the New Brighton Big Book Group will host their 5th annual breakfast pot luck at 9:30 with breakfast followed by a speaker.
 - On July 10, the Hole in the Donut Group will hold its 4th annual potluck. Food at 6 and a speaker at 7, at the Roseville Lutheran Church.
 - The St. Paul Speaker Meeting is the last Sunday of the month at 6:30 p.m. at St. Joe's. New committee members are needed; no sobriety requirement. Contact Berta.
 - OMD's 25th Anniversary celebration is on August 22. Food starts at 5, meeting at 7.
 - MNYPAA is holding a scavenger hunt on June 24 starting at noon at the Uptown house and concluding at 3 p.m. at Minnehaha Falls, followed by a barbecue and then a speaker at 4.
- XIV: No suggestions for next month's agenda.
- XV: Paul delivered the Grapevine Report. Berta volunteered for June.
- XVI. Eric presented the Concept Review (Concept VI). Chris volunteered for May (Concept VII).
- XVII. Berta presented the Mock Rep Report and Toni volunteered for May.
- XVIII. Closed with the Responsibility Statement.

NEXT MEETING: JULY 17, 2012 (7:30 PM), BETHLEHEM CHURCH

Jeff M., Treasurer	Jean O., Alt. Chair	Denise A., Chairperson	Chris S., Member @ Large	Frank N., Office Manager	Wanda B., Member @ Large
Katie T., Back To Basics, Burnsville	Cedar, Secretary	Jim G., Alt. Treasurer	Brad R., Basic Text	Eva P., Member @ Large	Tim B., Member @ Large
Paul T., Cottage Grove Groups	Jeff R., Downtown Alano	Casey K., The Firing Line	Craig O., Happy Hour 12x12	Doug M., Hole In the Donut	Jan T., Look To This Day
Adrienne B., Maplewood Alano	Devin R., MNYP-PAA St. Paul Bid Comm.	Jenni S., New Brighton Big Book	Judy T., No Time Like the Present	Sharon O., Pocketing Our Pride	Eric J., Rosemount Groups
Tom S., Senior AA	Tom C., Shoreview 12x12	Berta D., St. Paul Speaker Meeting	Toni D., Stillwater Morning Groups and Dist 15	Curtis P., Summit Hill	

**AUGUST MEETING: Tuesday the 21st, 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

JUNE CONTRIBUTIONS

Number of Group Contributors: 41
Total Group Contributions: \$6598
Number of Faithful Fivers: 11
Total from Faithful Fivers: \$310

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 June!**

Alex T., Amanda K., Andrew B.,
Bob P., Carl I., Devin R.,
Emily D., Greg B., Henry O.,
Jack B., Jack R., Jackie D.,
Jeff G., Jesse R., Jim C.,
Julie L., Kaitlan G., Lauren H.,
Leslie K., Luke D., Mark S.,
Matt I., Mike G., Nate M.,
Perry G., Phil B., Rick B.,
Roger M., Tammy O., Travis C.

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



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

- Book Club- 'The book club'
- Cedar Cliff Group
- City Center Group
- Cliffhangers I Thursday PM
- Como Park BB
- Cottage Grove
- Dakota Alano Friday 8 PM
- Dakota Alano Monday 8 PM
- Dakota Alano Thurs 1145 AM
- Dakota Alano Wed AM Roosters
- Defogged Men's Group
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Episcopal Home group
- Farmington Wed BB
- Forest Lake Alano
- Founders' Day
- Fourth Dimension
- Grovers Thursday Night
- Highland Park Groups
- Lakeland Group
- Lowertown Awakening Group
- Main Idea
- Maplewood Groups
- Midway Club
- Oakdale Groups - Transfiguration
- Oasis Group - Apple Valley
- Pages of Wisdom BB
- Serenity Group Thursday 10AM
- St. Croix Alano Mon. 930am
- St. Croix Alano Tues AM
- Stepsisters of Northfield
- Stillwater Morning Groups
- Summit Hill
- The Broad Highway
- Turning Point in Wayzata
- Twelve Steppers - Arlington Hills
- Unity Service Recovery - Tues. Nite
- Uptown Club
- We Care Groups
- Women's 12 x 12 Study Monday

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.

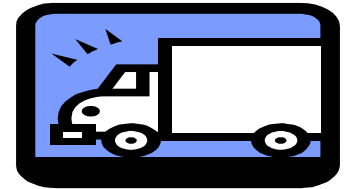


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

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Twin Cities 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 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) _____