

The Lifeline



September 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 9

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

A few years back, a sponsee came rushing into my apartment for our weekly get-together all excited. He had just finished his first set of Ninth Step amends and wanted to share his experience with me. As we reviewed his good efforts, a question arose that really struck a cord with me. The sponsee asked me, "How do you know when you are forgiven?"

What a great question! Upon reflection, I chose to share with my friend the experience I had in making amends to my dog "Maddie." It was her rejection of me in the midst of my last debauch that brought me to that golden moment of clarity – my alcoholism had made a right mess of everything in my life and I badly needed help. I could not do this alone anymore.

While getting medically detoxed and stabilized at a hospital-based treatment program, Maddie went to stay with a friend. When it became apparent that I might not be allowed back to my old digs, I found myself in a terrible dilemma: either find someone to care for Maddie for the next three months or give her up for adoption. "Willing to go to any lengths," I steeled myself for the sad task of asking a local rescue to find a new "forever" home for Maddie. When all seemed darkest, Providence intervened and a lovely gal named Sadie, whom I did not even know, agreed to take Maddie for as long as I needed.

Leaving treatment with a check for a sober house in my pocket, I stopped to thank my landlords for their care and concern. Providence again intervened and they offered to let me stay, provided I continue to remain sober. When I called Sadie with the good news, she wisely said, "Why don't you take the next three months and get busy with your recovery. Maddie will be ready when you are." So, I did. Working with my sponsor we went through the "Big Book" and got cracking on my Step work.

After three months, Maddie returned home and we began the process of rebuilding our relationship. Shy at first, Maddie open her heart to me and we soon returned to our old routine, with one exception - Maddie no longer wished to sit in my lap. Every time I tried to place her in my lap, she'd jump away. So I just let it be, reminding myself how grateful I was to have her back in my life again.

What I learned from my amends to Maddie, and wanted to share with the sponsee, is that forgiveness comes when I accept the results of the amends – that I am responsible for the input, not the outcome. Each amends establishes a new relationship, based on new terms, and it is my responsibility to gracefully accept those terms, whatever they may be.

As I was finishing my sharing with Lee, Maddie, who was lying next to me on the couch, got-up, stretched, grab one of her toys, dropped it on my legs and proceed to sit in my lap. If I ever need a reminder that there is a Power for Good in this life, I always turn back to that moment. Thank you A.A. for helping me to connect with, and, most importantly, experience a Higher Power that is Unconditional Love & Forgiveness.

- Anonymous, St. Paul

Tradition Nine: A.A., as such, ought never be organized; but we may create service boards and committees directly responsible to those they serve.

Our Ninth Tradition talks a great deal about AA at the Trustee level, which can be intimidating to some AAs. But I'd like to highlight just four words from the long form of this Tradition: "authorized by the groups."

Our operational service structure, as handed over to us AAs by Bill and Dr. Bob, took place with the dawn of our Third Legacy. This Legacy, laid out in our Service Manual, turns over the entire down-the-line authorities of AA to the collective conscience of all the AA groups, which, of course, are comprised of individual members.

Individual members, by becoming active in a group and attending the group's business meetings, exercise their right to be heard in the group conscience. Even a newcomer, joining the group and attending his or her very first business meeting, has a powerful voice in the worldwide affairs of AA.

Regrettably, the group conscience can become lodged in the throat of a group, never getting any further than the church basement. I have witnessed groups becoming just as self-involved and self-centered as any individual AA member who never lifted a chair or made a pot of coffee.

Unless a group is organized enough to have business meetings, a way to reckon its own group conscience, and an active, elected GSR (general service representative) to carry that group's conscience to the district level, such a group could be compared to a member who just doesn't drink, and goes to meetings, but does not work the Steps or become an otherwise active member.

Just as we individuals have the Twelve Steps to maintain our own spiritual fitness, our groups have the Traditions to maintain their primary purpose.

Our groups play an important part in worldwide AA and in carrying its message far and wide. Each member helps shape the group conscience. The group's elected GSR makes sure it's understood at the district and area levels, and that it's part of the delegate's thinking, which he or she takes to the annual General Service Conference of AA. Delegated with the full authority of the groups, the Conference is responsible for developing and maintaining all the services needed to carry AA's message of hope and recovery. At the bottom of our upside-side down organizational structure, the trustees, taking their authority from the Conference, take actions that allow the GSO staff to carry out the day-to-day operation of those services.

- Danny S., Centerville, MA (Reprinted with permission of The A.A. Grapevine, Inc. - September, 2004 issue)

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...

Thoughts on AA Finances - the 7th Tradition:

On the surface, many may wonder why we need to report on the St. Paul Intergroup's state of finances at the beginning of each meeting. Dealing with money issues may even seem at odds with our spiritually based program. In this regard, I encourage you to look at Intergroup's finances just as you would an A.A. group's: as the way we can best help the almost limitless supply of "still suffering" alcoholics with our limited funds.

The monthly reports generally compare how we spent contributions compared to our budget. How are we doing compared to our plan?

In the coming months we will be approving the budget for 2013. I encourage everyone to evaluate our proposed budget at that time. Think of how we can best serve the most members of our community with the funds we plan to take in. Your contributions in the budget process are encouraged and appreciated.

Jeff M. – St. Paul Inter-group Treasurer

Notes From your Central Office...

We thought we might give you a report this month on what we've been doing so far this year, at least in those areas that can be described in numbers. The following figure are all from the first six months of 2012.

In that time, our office volunteers helped 770 callers find a meeting, arranged 63 Twelve Step visits, and helped 187 callers find Temporary Sponsors. Of course, our Night Owl volunteers also helped many more callers, but we don't collect statistics for the calls outside office hours. Office staff and volunteers also arranged speakers for dozens and dozens of meetings and facilities. Many thanks to the hundreds of volunteers who answered these call, made the Twelve Step visits, served as sponsors and spoke to these groups.

We sold 1089 "Big Books" thru June, including 3 on audio CD, 23 in Spanish (many of which were shipped by some local AAs to an impoverished group in Central America), and one each in Russian, Hebrew & Greek! We also sold over 390 "12 and 12", 150 copies of *Daily Reflections*, 30 of the popular Grapevine book, *Emotional Sobriety*, 349 "Newcomer Packets," over 1,100 copies of the *St. Paul Area Meeting Directory*, and nearly 5,800 medallions!

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 July

Meeting information	132
Inventory/hours	26
12th Step calls	7
Temporary sponsor	33
Speaker request	24
Special events	3
Outside issues	22
Info for professionals	4
Administrative	67
Other	66
Total Calls	384
Daily average	18.3
Visitors	236

UPCOMING A.A. EVENTS!!

**22nd Annual
Heartland Round-Up**
"Experience the Serenity"
Park Rapids, MN
September 7th - 9th
www.hearlandroundup.com

**22nd Annual
"Bridging the Gap"**
Workshop Weekend
MSP Airport Hilton Hotel, Bloomington, MN
September 7th - 9th
www.BTGWW.org

**8th Annual
Walker Area Men's Retreat**
"Great Events Shall Come to Pass..."
Shingobee Timbers, Hackensack, MN
September 7th - 9th
www.walkeraamensretreat.com

**54th Annual ICYPAA
Intl Conference of Young People in A.A.**
"Animated by the spirit of service"
The Millennium Hotel, St. Louis, MI
September 13th - 16th
www.icypaahost.org

**67th Annual
Duluth Roundup**
"We Are Not Saints"
Duluth Entertainment Convention Center
September 21st - 23rd
www.duluthroundup.org

**Southern Minnesota - Area 36
Area Assembly**
Hutchinson Event Center, Hutchinson, MN
Saturday October 13th 9AM - 5PM
www.area36.org

Group and Area News

The Light Rail to Sobriety women's group has begun meeting Thursdays at 6:30PM in Prospect Park United Methodist Church, 22 Orlin Ave. SE, Minneapolis, 55414.

The Stories Group, which meets Thursdays at 6:00PM at St. John's Episcopal Church, 60 Kent Street, St. Paul 55102, is no longer a men's group, and women are welcome to join them.

The "Great Hope Group" in White Bear Lake has changed its name to **"Hope in the Wilderness."** They meet Mondays at 8:00PM in the Great Hope church, 2263 Third Street in White Bear Lake.

The Cawfee Talk group meets at 7:00PM every Saturday evening in Taylors Falls upstairs at the Coffee Talk Café, 479 Bench Street, Taylors Falls, MN 55084.

Fourth Step & Big Book Workshops

By The Book 4th Step Workshop

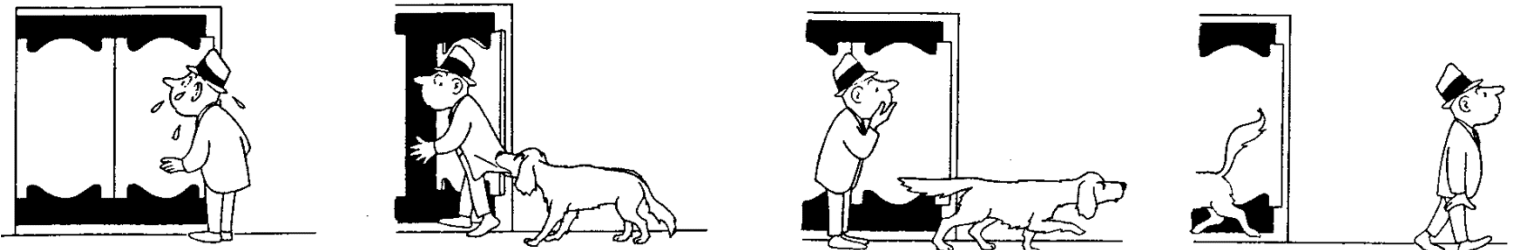
~Wednesdays: 6:30PM - 7:45PM ~
2218 1st Ave, Minneapolis, MN 55404
For more info: www.aabythebook.org

Study & Action Group

Fall Workshop #1 begins Wed, Sept 5th 6:30PM
St. Lawrence Catholic Church 1203 SE 5th St. Dinkytown
For more info - email: info@into-action.com

Joe and Charlie Big Book Study

The Main Idea groups are hosting a 12-week Big Book study using recordings of Joe and Charlie.
Saturdays at 4:30PM, beginning August 4th
The Downtown Alano, 520 N. Robert St, in St. Paul.
For more Info, Call: Harry 651-795-1922
or Steve 612-221-4686



Victor E. cartoon Reprinted with permission of the Grapevine, Inc.

St. Paul Area Intergroup Representatives' Meeting Minutes, July 17th, 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 – Income from group contributions exceeded budget, but literature sales were considerably below budget. Because expenses remain low, YTD Intergroup posts a \$1,000 surplus. 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*. The volunteer database project is now complete, well ahead of projections. Many thanks to Bill S and office volunteers Bob P. and Mark S. for all their help.
- V. The Website Report – No recent changes in the number of groups represented in the directory. Traffic indicators are down (although slightly ahead of last year), so Jonathan asks the Groups to provide feedback if the website is not meeting the needs of its intended audience. 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 is one open recurring shift -- visit the website or call the Office for more information. The Night Owl Committee has expanded to 8 members and welcomes new members Crissy, Erika and Kelly. If you'd like to get involved, don't hesitate to contact the Office.
- VIII. Liaison Reports: Contact Doug for information on developments in District 8, and Toni for information regarding District 15.
- IX. Upcoming Intergroup Events:
 - Ice Cream Social (Aug. 25). This event, at the Recovery Church, will boast an ice cream bar and longtimers sharing their experience, strength and hope. Don't miss it, between 1 and 3:30!
- X. Old Business:
 - The Intergroup Events Calendar Committee (Judy H, Chair) met and discussed the current calendar with the primary purpose of Intergroup in mind. The Committee made three recommendations to the Board, and the Board has adopted all three:
 - Adopting an Event Sub-committee model (akin to that in use by Gopher State and Minneapolis Intergroup), where a Board member co-chairs events with other non-Board AA members.
 - Create a Speaker Selection Committee, involving non-Board members, to identify and secure speakers for Spring Fling/TGIS, Gratitude Night and New Year's Eve between one and two years in advance.
 - Discontinue Intergroup's hosting of the Fall and Spring Workshops. Intergroup encourages the Groups to plan or host such events if they desire, but Intergroup will no longer spearhead these underattended events, focusing instead on the events that more effectively further Intergroup's primary purpose.
- XII. New Business: None.
- XIII. Group Announcements:
 - 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. Please visit the website for more information on area events.
- XIV: No suggestions for next month's agenda.
- XV: Berta delivered the Grapevine Report. Jason volunteered for August.
- XVI. Chris presented the Concept Review (Concept VII). Chris volunteered for August (Concept VIII).
- XVII. Chris presented the Mock Rep Report and Katy volunteered for August.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Jeff M., Treasurer	Jean O., Alt. Chair	Denise A., Chairperson	Chris S., Member @ Large	Frank N., Office Manager	Wanda B., Mem- ber @ Large
Terrie O., Back to Basics	Cedar H., Secretary	Jim G., Alt. Treasurer	Paul T., Cottage Grove	Eva P., Member @ Large	Tim B., Member @ Large
Jeff R., Downtown Alano	Casey K., T he Firing Line	Lynne S., Happy, Joyous & Free	Doug M., Hole in the Donut	Janet T., Look To This Day	Harry T., Main Idea
Adrienne B., Maplewood Alano	Roger M., MYPAA	Jenni S., New Brighton Big Book	Tom S., Senior Recovery	Berta D., St. Paul Speaker Mtg.	Katy C., Students of Life
Curtis P., Summit Hill	Don D., Third Edition	Chris J., West End			

SEPTEMBER MEETING: Tuesday the 18th, 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

JULY CONTRIBUTIONS

Number of Group Contributors: 43
Total Group Contributions: \$3712
Number of Faithful Fivers: 5
Total from Faithful Fivers: \$40

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 July!**

Andrew B., Bob P., Chris S.,
Doug H., Greg B., Henry O.,
Jack B., Jack R., Jeff G.,
Jim C., Julie S., Lisa R.,
Luke D., Marshall D., Mark S.,
Matt I., Matt K., Paul K.,
Perry G., Phil B., Rick B.,
Russ G., Suzanne B.,
Tammy O., Ty K., Vicki C.

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



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

- Apple Valley Monday AM Women's Mtg.
- Apple Valley Monday BB
- Basic Text Women's Group
- Children of Chaos Plus
- Cliffhangers I Thursday PM
- Coon Rapids - Day by Day
- Dakota Alano As Bill Sees It Sat 9AM
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Fellowship Friday Group
- Forest Lake Alano
- Friday 12x12 By the Book
- Gratitude in Action
- Happy Hour 12 & 12
- Happy Joyous and Free
- Highland Park Groups
- Inver Grove Heights Club 84
- Jumpstart 12 & 12
- Lake Elmo Thurs Night Group
- Lakers Saturday Morning AA
- Live and Let Live
- Maplewood Groups
- Midway Club
- North Branch Thursday Night
- North Hamline
- Optimist Crew, The
- Real Men's Big Book
- Ridge Runners II Sat 830 AM
- Rivertown BB Group
- Roseville Wed Night
- Saturday Morning Serenity Group
- Shoreview 12 x 12
- Sisters of Serenity
- St. Anthony Park Group Mon PM
- Summit Hill
- This Simple Program
- Three R's group
- Turning Point in Wayzata
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear Lake
- White Bear Lake Redeemer

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.

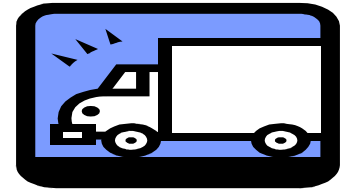


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

Non-Profit
Organization
U.S. Postage
PAID
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) _____