

The Lifeline



December 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 12

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

My friend, Norma, came to AA at the age of sixty-two. She has been sober for twenty-four years.

Norma and I fit the phrase: "We are people who normally would not mix." We are from different generations and backgrounds. Yet, we enjoy each other's company at AA meetings and other outside activities.

In sobriety, Norma has faced many physical infirmities, including Parkinson's Disease, a heart condition, and macular degeneration. But, as her physical condition deteriorated, Norma's spirituality seemed to increase. She faced each setback with grace and dignity, ever grateful for the simple things in life and appreciative of what she perceives as God's continuous blessings.

When I hear complaints about things that seem trivial, I think of the courage she exhibits. Now confined mainly to home, Norma is an example of grace under pressure. There are many ways to share experience, strength, and hope in our program. Norma shares hers by example.

- Joanne M. East Amherst, New York

(Reprinted from *INTO ACTION—How AA members practice the program in their daily lives*, with permission of The A.A. Grapevine, Inc.)

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

In the beginning there were two drunks. Through what many in the AA community believe is Divine intervention, these two drunks found each other in Akron, Ohio and found a (not the only) solution to alcoholism. This has happened before. In 1840 a group of drunks got together, called themselves the Washingtonians and came up with a solution to their problem, but in the long run, their egos got involved. It was more than sixty years before that combination of circumstances repeated itself and what is now AA was born.

Washingtonians at their peak numbered in the tens of thousands, possibly as high as 600,000. However, in the space of just a few years, this society disappeared because they became fragmented in their primary purpose, becoming involved with all manner of controversial social reforms including prohibition, sectarian religion, politics, and abolition of slavery. Their extinction was so complete that Bill and Dr. Bob had never even heard of them when they stumbled across the formulation for AA.

Recently there have been some individual anonymity breaks by well meaning reporters who think that breaking their anonymity will help more people; including one that questioned whether we even needed anonymity any longer. This is not the case. What they believe is help is really a desperate cry for attention -- a cry of their egos that could make our current fellowship as extinct as the Washingtonians.

The Twelfth Tradition is not about protecting our ability to live in fear because we think no one knows we were drunks. Everyone knew that we were drunks, and they'd known it for years. The Twelfth Tradition is about having something bigger than you are - something that you can help grow and nurture without having to take credit for it to feed your ego. Anonymity protects the fellowship by allowing newcomers to arrive in the rooms without having to solve their fears until they are ready to take the actions in the Twelve Steps to solve their problem.

Then, if they have good sponsorship, they realize that their anonymity isn't about hiding from people that knew they were horrible drunks; it's about making sure that if they slip and create new wreckage that it doesn't damage The Fellowship's ability to tell others that recovery is possible and the rooms are open for those who come looking for a solution.

Many people are confused about anonymity, but the concept is really quite simple. You should be anonymous to public groups of people, not in the fellowship, not in the rooms, and not privately with another person who may need to know that there is someone they can talk to; if they, or a loved one, needs a solution. In public, including the Internet, you can say that you are a recovered or recovering alcoholic, but you cannot say that you are a member of Alcoholics Anonymous. Remember that if you say publicly that you are a member of AA, and God forbid, relapse, then you just planted the seed that AA doesn't work, and that might just prevent someone who needs the solution from reaching out his or her hand.

Bill Wilson's obituary said it perfectly: "In fathering the doctrine that members should not reveal their AA affiliation at the public level, Bill W. had explained that 'anonymity isn't just something to save us from alcoholic shame and stigma; its deeper purpose is to keep those fool egos of ours from running hog wild after money and fame at AA's expense.' He cited the example of a nationally known radio personality who wrote an autobiography disclosing his AA membership and 'then spent the royalties crawling the pubs on West 52nd Street.'"

And from the long-form of Tradition Eleven, "There is never need to praise ourselves. We feel it better to let our friends recommend us."

-Jonathan L., 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...

As we enjoy the Fall season, I am struck by the traditional Thanksgiving theme of *abundance*. When a person or group of people experience a time of abundance and plenty, the first thought is often (and rightly!) of gratitude! And where there is gratitude, there may be a desire to share the good fortune with those who have need in their lives. I have learned in this Program that service and generosity of this sort is the natural, tangible manifestation on Earth of the intangible gratitude that may live in our hearts and minds. With an attitude of abundance and gratitude, giving of oneself is not only easy, but oftentimes joyful.

Your Intergroup Office provides some goods and services to the St. Paul and area AA community, and the proceeds of these goods and services help support its operation. But Intergroup is funded in large part by contributions from its member groups who choose, voluntarily, to share from their abundance. The Board of St. Paul Intergroup is charged with directing its finances and ensuring its ongoing viability, through good times and bad. Balancing business principles with Intergroup's primary purpose, we strive to create a budget steeped in the same spirit of abundance and gratitude, so that we may not dilute the potency of the message inherent in every dollar of group contribution: "Take this, so that others may live free." As the Board and Representatives finalize the budget for 2013, I am full of gratitude for the member groups and individual donors of time and money, and for our collective abundance of recovery -- of which and from which we all may so freely share.

Cedar H., Board Secretary

Notes From your Central Office...

We begin writing these notes right after our Gratitude Night even on November 17, and thus full of thanks for all the volunteers who assisted us in hosting this event and all the rest who came to participate. It was a fun evening, and a wonderful speaker, Joe C., from Florida.

Next month, we will again host our annual New Year's Meetings and Party. This sober celebration of the New Year is a very long tradition in AA in this area, and is also a lot of fun. The Flatfoot Rollers will again be serving up a hefty dollop of funk for us, Paula H., from Highland AA will share her story of experience, strength and hope with us, and a marathon step meeting will help us march up the clock until midnight. We hope you will join us.

I once had a drinking buddy who called the period of the year from Thanksgiving to the Super Bowl the "League Drinking Season". He had a point there. With the winter holidays approaching, we are mindful of the many stresses they can bring along with the joys. This year, we are again offering the booklet, *Tips for the Holidays from the A.A. Grapevine*, a collection of Grapevine stories will have compiled to help us all stay safe, sober and more serene during this busy holiday period. Copies are available in the office for a dollar each.

Please remember that many groups and AA clubs will have "open houses" on the holidays to provide a refuge for those of our members who are spending the holidays away from their families, or otherwise alone. If your group is doing so, please let us know here at Intergroup. We always get many inquiries from AA members looking for such an alternative.

Thanks, St. Paul Area A.A.!

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 October

Meeting information	141
Inventory/hours	28
12th Step calls	10
Temporary sponsor	38
Speaker request	25
Special events	1
Outside issues	32
Info for professionals	4
Administrative	83
Other	65
Total Calls	427
Daily average	18.6
Visitors	273

UPCOMING A.A. EVENTS!!

Southern Minnesota Area 36 Area Committee Meetings

Best Western, North Mankato, MN

Saturday, December 1st, 9:00 AM - 5:00 PM

www.area36.org

Saint Paul Intergroup's Annual New Years Eve Sober Celebration

8PM Speaker & 9PM-Midnight Step Meetings
9PM Dance - music by The Flattfoot Rollers

The Recovery Church, 253 State St., St. Paul, MN

Monday, December 31st

Southern Minnesota Area Assembly 32nd Annual Recovery, Unity & Service Conference

"Inventory, Spirituality & the A.A. Group"

The Kahler Grand Hotel, Rochester, MN 55902

Friday Jan 4th - Sunday, Jan 6th, 2013

www.area36.org

2013 WACYPA

Casino Del Sol

5565 West Vallengia RD, Tucson, AZ

Thursday, Jan . 3rd - Sunday, Jan. 6th

www.wacypaaxvi.org

11th Annual Wild Rice Roundup "Lose Your Winter Blues"

Shooting Star Hotel - Mahnomon, MN

Friday, Jan. 11th - Sunday, Jan. 13th

www.wildriceroundup.com

37th Annual Area 35 Service Workshop "The General Service Conference Takes it's Inventory - Our Solution in Action"

Chase on the Lake

502 Cleveland Boulevard - Walker, MN 56484

Saturday Jan 19th - Sunday, Jan 20th

www.area35.org

Group and Area News

Oops! Last month we reported that the *lit Up* would begin meeting on Fridays. We were wrong. The group now meets on Wednesdays at 7:30pm at 901 Lake Elmo Ave., Lake Elmo, MN 55042.

The *Fresh Air* group had been meeting down the street the last few months because of renovations at their long-time home, the Unity Church at 732 Holly Ave. They will be meeting back in the Unity Church beginning Thursday December 6 at 8:00 pm

A new Thursday evening group is forming called *Promises Big Book Study Group*. They will begin meeting on January 10 at the Church of St. Peter, 2600 N. Margaret St., North St. Paul, MN 55109.

We invite your group to share its news here! Please send your items to lifeline@aastpaul.org.

Fourth Step & Big Book Workshops

By The Book 4th Step Workshop

Wednesdays,

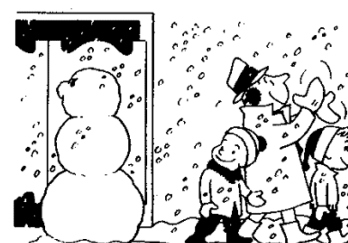
~6:30PM - 7:45PM ~

2218 1st Ave, Minneapolis, MN 55404

For more info: www.aabythebook.org

Your News?

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



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

St. Paul Area Intergroup Representatives' Meeting Minutes, October 16, 2012

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

II. Last month's Minutes were unanimously approved.

III. Treasurer's Report – Jeff M. reports a strong September due in large part to the \$6,000 contribution from Gopher State, which was much higher than expected. Literature sales were under budget for the year and for the month. Expenses were up due to an accounting adjustment to correct for depreciation expenses on office equipment. The balance sheet remains strong with lots of assets and practically no debt. 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, cartoons, and/or jokes from individuals for inclusion in the *Lifeline*. Two new *Grapevine* books will arrive this month, "Into Action" and "Happy, Joyous & Free: The Lighter Side of Sobriety." Office volunteerism and visits are up after a summertime lull. Office staff is available to help you create a flyer for your AA-related event, just call!

V. The Website Report – Jonathan reports that traffic was up in September. The total number of meetings has remained static for approximately the past 6 months. 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 – There are several open shifts available. Please visit the website or call the Office for more information and to volunteer. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.

VIII. Liaison Reports: Nancy delivered the District 15 report following Toni's passing about a week ago. District 15 elections are on Monday, October 22. On the 27th at Christ Lutheran in Lake Elmo, there will be an interactive panel discussion on Steps Six and Seven. Lunch at noon (chili and cornbread) followed by the panel at 1.

IX. Upcoming Intergroup Events:

Gratitude Night, November 17: The speaker is Joe C. from Florida, and John S. from the Highland Monday BB meeting will be the one-year speaker. If you'd like to volunteer to assist with the Board potluck at 6 p.m. or the meeting at 7, contact Jean at altchair@aastpaul.org.

Founder's Day, November 23-25: Contact Frank in the Office to talk about volunteer opportunities to co-host the suite as well as staff the literature table in St. Louis Park (Doubletree) if your group would like to get involved.

New Year's Eve, December 31: The speaker is Paula H. from Highland Park AA. Denise needs groups to volunteer to facilitate the step meetings that go on all night long (chair@aastpaul.org).

X. Old Business: None.

XII. New Business:

On November 20, we will host elections. John reminded all the Reps to consider standing for a Board position, and to also announce at meetings that these elections are coming up.

XIII. Group Announcements:

MNYPAA's conference is October 26-28 at the Millennium Hotel in Minneapolis. \$15 to pre-register. This conference is for all those young, young at heart, or with room to grow! Speakers are slated and it should be a wonderful event.

The St. Paul Speaker Meeting is looking for more committee members. This is a great opportunity for service work. It is an hour or so per week commitment at 6:30 on the last Sunday of the month. Show up and find out more!

On Saturday Oct. 27, the Downtown Alano will have their annual costume contest, meeting and party. Goulash at 6:30, speaker at 8, then judging of costumes (with prizes!).

3rd Edition Big Book meeting will hold their potluck on Friday Nov. 9 at 1536 W. Minnehaha (Knox Presbyterian). Dinner at 6:30, speaker at 7:30.

XIV: No suggestions for next month's agenda.

XV: Craig delivered the Grapevine Report. Cat volunteered for November.

XVI. Rick H. presented the Concept Review (Concept X). Chris S. volunteered for November (Concept XI).

XVII. Roger presented the Mock Rep Report and Mona volunteered for November.

XVIII. Closed with the Responsibility Statement.

Jeff M., Treasurer	Jonathan, Webservant	John D., Board Advi- sor	Chris S., Member @ Large	Frank N., Office Manager	Cedar H., Secre- tary
Wanda B., Member at Large	Tim B., Member at Large	Eva P., Member at Large	Terrie O., Back to Basics	Brad R., Basic Text	Mona B., Como Park BB
Jeff R., Downtown Alano	Craig O., Happy Hour 12x12	Jan T., Look To This Day	Harry T., Main Idea	Adrienne B., Maplewood Alano	Michelle H., Look To This Day
Roger M., MNYPAA	Jenni S., New Brighton BB	Rick H., Problem & Solution	Berta D., St. Paul Speaker Meeting	Tammy O., St. Paul Speaker Meeting	Kat M., Summit Hill
Mark Z., Third Edi- tion BB					

**DECEMBER MEETING: Tuesday the 18th, 2012 (7:30 PM)
BETHLEHEM LUTHERAN CHURCH**

**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

OCTOBER CONTRIBUTIONS

Number of Group Contributors: 49
Total Group Contributions: \$5148
Number of Faithful Fivers: 11
Total from Faithful Fivers: \$270

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 October**

Alex B., Andrew s., Andy B.,
Angie R., Barb M., Barb S., Bill A.,
Bob P., Brian S., Charles W., Chris S.,
Cory C., Doug H., Foress M.,
Halley B., Henry O., Jack R.,
Jason P., Jeff C., Jerrod Q., Jerry D.,
Jim C., Jim H., Joe R., Josh S.,
Kyle S., Kevin P., Matt K., Mark S.,
Megan M., Michael L., Nysha.,
Pauline M., Phil P., Rick B., Robin G.,
Ron P., Sam K., Suzanne B., Ty K.,
Vicki C.

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



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

- Anoka Day By Day
- Apple Valley Daily Reflections
- Apple Valley Monday BB
- Basic Text Women's Group
- Burnsville - Primary Purpose
- Cannon Falls Group
- Cedar Cliff Group
- Center City Gratitude Group
- Children of Chaos Plus
- Cliffhangers I Thursday PM
- Cottage Grove
- Dakota Alano Monday 6 PM BB
- Dakota Alano Sun. 8 PM
- Dakota Alano Thurs 1145 AM
- Dakota Alano Wed AM Roosters
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Episcopal Home group
- Friday 12x12 By the Book
- Friday Night Women's in W. St. Paul
- Gratitude in Action
- Happy Hour 12 & 12
- Happy Joyous and Free
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Hugo Group
- Island Lake Group
- Lake Elmo Thurs Night Group
- Maplewood Groups
- Midway Club
- North Dale Group
- Oasis Group - Apple Valley
- Pathways to Peace Group
- Problem & Solution Meeting
- Rivertown BB Group
- Safe Haven for Women AA Group
- Senior AA
- Shoreview 12 x 12
- St. Croix Alano
- St. Stephen's Tuesday Group
- Stepsisters of Northfield
- Stillwater Morning Groups
- Turning Point in Wayzata
- Twelve Steppers - Arlington Hills
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear Lake

The Lifeline: Purpose Statement

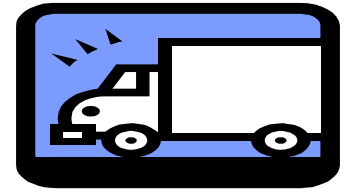
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article 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@astpaul.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) _____