

The Lifeline



March 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 3

Step Three: Made a decision to turn out will and our lives over to the care of God as we understood him.

Like so many of the steps, I've found that this one is far easier said than done. I discovered that in my earlier attempts to get and stay sober.

At first, it didn't seem as daunting as many of the steps that follow, those that require such heavy, sometimes scary, spiritual lifting. (Think the Fourth and the Ninth.) It was just between me and God, a simple matter of saying, in the words of the old hymn, "here I am, Lord." I assumed that my faith was strong enough, unshaken by my alcoholism, that I could just go with God, who I believed was always there. Simple, right?

If only.

Right there was the core of my problem, even though I didn't realize it. Relapse, say the words of the steps, abstain, relapse again. The problem: I was treating God as if he was only "there," a constancy that was always in the background. But I wasn't willing -- or able yet -- to realize that God is "here," right now, an active presence who will guide my life if only I will let him. Alone late one night, early on during treatment, I realized I had finally hit my bottom, that I was merely paying lip service to the steps and that nothing would change until I started to live them.

Since then, (yes, sometimes quickly and sometimes slowly) I believe I have genuinely turned my life and will over to God for guidance and care. It's a daily task, in which I'm making the decision -- a reaffirmation I make every morning instead of a decision that I made once upon a time and then neatly tucked away. By making the decision, I'm also asking every day that God do for me what I can't do for myself: I'm asking, as the Third Step prayer says, God to "build," "do," "relieve" and "take away" the parts of my self that dragged me to the bottom I never hope to reach again.

Each day, I try to rebuild the foundation of my recovery with its three strong legs: admitting my powerlessness, coming to believe and making a decision. From that foundation flows everything else. It gives me the grounding I need when, try as I might, I hit the wall and can't conjure a solution. Or when something in my life seems unmanageable -- these days, not because I'm drinking, but because life can rear up and defy any attempt to manage it. Coming to terms means realizing my will can't fix whatever situation has been plopped in front of me. So I try thy will.

And, then, I'll try to do it again tomorrow.

Bob V., St. Paul

Tradition Three: The only requirement for AA membership is a desire to stop drinking.

By 1939, the prevailing A.A. attitude was summed in the foreword to the Big Book, stating, 'The only requirement for membership is an honest desire to stop drinking.'

"Most A.A.'s simply wanted to get people into the program, rather than keep them out. This might mean overcoming inbred prejudices and crossing social, religious, racial, and national boundaries in order to carry the message of recovery to anyone, anywhere, who needed help. It also meant doing the very same things in order to accept help. And if A.A. as a fellowship never had any greater achievement, it could say that most members have done more than pay lip service to this idea.

"As the discussion of the Third Tradition in the book "Twelve Steps and Twelve Traditions" shows, there was a great deal of fear about alcoholics who might be odd or different. An A.A.'s second year, a man came to an A.A. group and said he was the 'victim of another addiction even worse stigmatized than alcoholism.'

"The group's 'oldest member' spoke in confidence with two others. They discussed 'the trouble this strange alcoholic might bring' and the notion that it might be better to 'sacrifice this one for the sake of the many.' Finally, one of the three said, 'What we are really afraid of is our reputation.' And he asked a question that had been haunting him: 'What would the Master do?' No answer was necessary.

"Letters written by Bill in 1938 and 1939 placed this situation in Akron, thereby implying that 'the oldest member' was Dr. Bob. Retelling the anecdote in 1969, Bill finally confirmed this identification by using his partner's name."

- *Dr. Bob and the Good Oldtimers*, pgs. 240-241, reprinted with permission of A. A. World Services, 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...

Well it is the time to thank all the Intergroup Volunteers. That's right. March 9th is the St Paul Intergroup Volunteer appreciation dinner. You know who you are. You are the ones that work in the office, take the night owl shifts, take the twelve step calls, sign up to speak and many other things.

You are the ones who show up on short notice, cover a shift when needed and just do what is asked. You may answer calls in the middle of the night, find a temporary sponsor or take a call from someone suffering. You do this and ask for nothing in return. I have heard that this type of service work is done by silent soldiers. Yes, because it is just what you do.

Many of us do not even know who you are because you do this volunteer work from home or with mobile phones you can do it anywhere. We see the ones volunteering in the office but not all get to the office. So now we want to thank and recognize your service.

On March 9th at 7:00 PM the board and St Paul Intergroup want to recognize and thank you for all you do. We will have a speaker and meal. Please accept our gratitude and thanks for all you do.

Tim B, Member at Large

Notes From your Central Office...

The company that hosts our website provides us with statistics on the number of visitors the site receives and what areas of the website these visitors utilize. In December, our website—www.aastpaul.org—was visited more often than in any previous month. Over 20,000 visits were made there during the month, over 600 each day!

This is one area at St. Paul Area Intergroup that may have changed more than any other over the last decade. I found in our files a report on the traffic to our website for the month of January, 2004. That month, we had only 1562 visits, an average of only about 50 per day. That's only about 8% of what we have now.

Of course, the increasing use of the internet throughout our society has a lot to do with this, but it's not the whole story. We have a great website!

Our on-line meeting directory is, we believe, second to none in the AA world. It has many different search options, including day, time, zip code, meeting format, men or women or mixed, and many more. One of the handier features is the "I need a meeting right now!" button, which lists all the rest of today's meeting in chronological order. And when you've found a meeting it helps you create an on-line map of its location to guide you there!

And there's much more on the site than the meeting directory. Information about Intergroups, service opportunities, information on items sold in our store, minutes and documents from our business meetings, a sobriety calculator, and much more can be found there. If you've not visited our website in a while, please do and take a look around.

We are very grateful for the many years of service done in developing and maintaining our website by our long-standing WebServant, Jonathan L.

Thanks, St. Paul Area A.A.!

2013 Steering Board

<u>Chair:</u>	Jean O.
<u>Alt. Chair:</u>	Christa W.
<u>Secretary:</u>	Cedar H.
<u>Treasurer:</u>	Jim G.
<u>Alt. Treasurer</u>	John L.
<u>Members at Large 2013:</u>	Tim B. & Eva P.
<u>Members at Large 2014:</u>	Micky M. & Jan T.
<u>Advisor to the Board:</u>	Denise A.

Office Calls in January 2013

Meeting information	134
Inventory/hours	24
12th Step calls	10
Temporary sponsor	35
Speaker request	17
Special events	2
Outside issues	23
Info for professionals	8
Administrative	88
Other	67
Total Calls	408
Daily average	17.7
Visitors	278

UPCOMING A.A. EVENTS!!

5th Annual Embers in the Fire

Women's Retreat

"Connection: Caging the Squirrel"

Northern Pines United Methodist
20033 County Rd #1 - Park Rapids, MN 56470

Friday, March 8th - Sunday, March 10th

For More Info Contact: Pam D. 763-443-5287

District 15 - Spring Workshop

"General Service: Carrying the Message at the District Level"

Christ Lutheran Church

11194 36th Street North - Lake Elmo, MN 55042

Saturday, March 16th, 11:30 AM - 3:00 PM

Lunched provided: Lee's Famous Corned Beef & Cabbage

Aim for Ames Roundup

"Following the Path"

Quality Inn & Suites - East 13 St. & I-35 Ames, IA

Friday March 22nd - Sunday March 24th

Website: www.aimforames.org

Area 36

Southern MN Area - Area Assembly

Holiday Inn

Owatonna, MN

Saturday, March 23rd, 9:30 AM - 5:00 PM

www.area36.org

Group and Area News

Moved: Starting Tuesday February 12th, *The Promises Meeting* will be held at the Messiah Episcopal Church - 1631 Ford Parkway on the NE corner of Ford Pkwy & Macalester. The group meets at Noon.

District 8 has a new address! Please update your records. The new address is:

P.O Box 131523

St. Paul, MN 55113

New meeting: The *Windriders* groups holds a speaker meeting at 7:30pm on the first Friday of each month at the Recovery Church, 253 State St., St. Paul, MN 55107. They also hold a sober dance following the meeting.

Time change: The *Center City Big Book* group at the Hazelden Renewal Center will begin meeting at 7 pm instead of 8 on March 6.

New Group: The *Saturday Morning* group has begun meeting at 9am Saturdays at the All Saints Catholic Church, 19795 Holyoke Avenue, Lakeville, MN 55044

HOSPITALITY SUITE RESERVATIONS

Gopher State Roundup XL

DoubleTree in Bloomington. MN

Friday May 24th - Sunday May 26th

Hospitality suites are available by reservation only. If your group is interested in hospitality suite and the association rates, please contact:

Candace S. Hospitality Suites Committee Chair: 763-639-7495

or

James L., Hospitality Suites Committee Co-Chair: 612-226-4711

If you had a room last year, you will be receiving this year's application form by February 18, 2013.

We hope to see you there!

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



Saint Paul Intergroup's Annual Volunteer Appreciation Dinner

Please Join Us For Dinner & Ann A.'s Story

Saturday, March 9th at 7PM

Bethlehem Lutheran Church 436 Roy St. St. Paul, 55104

(just South of the Intergroup Office on the corner of Roy and Spruce Tree)



RSVP: Please Call the Intergroup Office between 9:00AM & 5:30PM, Monday - Friday 651-227-5502

St. Paul Area Intergroup Representatives' Meeting Minutes, January 15th, 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 (motion by Mary, seconded by Kat).

III. Treasurer's Report – Jim G. provided reports for December and year-end. Intergroup holds about \$97,000 in equity. Contributions were down about 10% in December but up 8% YTD. Literature sales were consistently underbudget in 2012 which is expected due to increased online availability of materials. Expenses were under budget for the year. The balance sheet remains strong with lots of assets and practically no debt. Questions/concerns can be sent to Jim G. 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*. The New Year's Eve event was a success, largely thanks to a high turnout and lots of enthusiastic volunteers. Four-plus open recurring Night Owl shifts are available. Office staff is available to help you create a flyer for your AA-related event, just call!

V. The Website Report – Jonathan reports 655 regular meetings by 280 groups. The full usage report and server statistics are available on the website. Groups are encouraged to contact Jonathan (webservant@aastpaul.org) or the Office for AA-related events which may 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 – Mickey M. is the new coordinator and is setting up a meeting of volunteers to conduct outreach activities. Contact Mickey M. (outreach@aastpaul.org) or the Office if you can help with this important service opportunity.

VII. Night Owl Report – Paul K. reports that one open position on the Night Owl Committee has been offered to the Board of St. Paul Intergroup. There are several open recurring 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: Scott delivered the report from District 8. The last meeting was dominated by elections and turnover. The biggest issue is the ASL fund. It has been decided to continue to accept the funds, although there is no identified meeting to be interpreted. Nancy delivered the report from District 15. The most recent meeting was devoted to budget discussions. A spring workshop on March 16 will occur at Christ Lutheran in Lake Elmo, topic: Service to the Still Suffering at the District Level. Corned beef, cabbage and soda bread will be available, plus door prizes. Serving at 11:30, speakers at 12:30. All committee chair positions are filled but many committees still need members.

IX. Upcoming Intergroup Events:

Volunteer Appreciation Event (Tim B., Chair), March 9, 2013, @ Bethlehem Lutheran Church. Time and speaker: TBD.

X. Old Business:

New Year's Eve, December 31: Very well attended and staffed!

XII. New Business: None.

XIII. Group Announcements: None.

XIV. No suggestions for next month's agenda.

XV. Mike C. delivered the Grapevine Report. Mike C. volunteered to do the Grapevine Report for February.

XVI. Mickey delivered the Concept Review for Concept I. Christa volunteered for February.

XVII. Cedar delivered the Mock Rep Report. Hillary volunteered for February.

XVIII. Closed with the Responsibility Statement

ATTENDANCE:

Jean O., Chair	Christa W., Alt. Chair	Denise A., Adv. to the Board	Jim G., Treasurer	John L., Alt. Treasurer	Frank N., Office Manager
Cedar H., Secretary	Tim B., Member @ Large	Jan T., Member @ Large	Eva P., Member @ Large	Micky M., Member @ Large	Jonathan, Webservant
Katie T., Back to Basics, Burnsville	Margaret S. Basic Text Women's Group	Jesse B., Dakota Alano Sat. 11AM	Mike C., Defogged Men's Group	Scott L., District 8	Nancy T., District 15
Tali M., Fireside Women's Big Book	Hillary B., Hole in the Donut	Janet T., Look To This Day	Harry T., Main Idea	Bill S., Midway	Jenni S., New Brighton BB
Bryant R., OMD	Guthrie K., Students of Life	Kathy M., Summit Hill	Mark Z., Third Edition	Mary K., Uptown Groups	Lewis G., West End Groups

MARCH MEETING: Tuesday the 19th, 2013 (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 131523
St. Paul, MN 55113

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

JANUARY CONTRIBUTIONS

Number of Group Contributors: 49
Total Group Contributions: \$4507
Number of Faithful Fivers: 15
Total from Faithful Fivers: \$260

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 January**

Abby B., Andrew B., Andy B.,
Art D., Bill A., Bob P., Bob V.,
Chris S., Cindy S., Collin T.,
David K., Dylan G., Gary C.,
Greg K., Greg L., Henry O.,
Jack R., Jim C., JoAnn P.,
Kevin M., Matt E., Mark S.,
Mike C., Rick B., Rony.,
Rosey C., Sue C., Suzanne B.,
Steve J., Steve L., Tony C.,
Tucker P., Ty K.

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



**Thanks to the groups that
contributed in January 2013**

- Anoka Day By Day
- Apple Valley Monday AM Women's Mtg.
- Apple Valley Monday BB
- Baffled Lot - Lake Elmo
- Burnsville - Primary Purpose
- Dakota Alano As Bill Sees It Sat 9AM
- Dakota Alano Thurs 1145 AM
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Eagan Burnsville Savage Tues BB
- Episcopal Home group
- Forest Lake Alano
- Gratitude in Action
- Happy Hour 12 & 12
- Happy Joyous and Free
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Hugo Group
- Inver Grove Heights Club 84
- Joy Of Living AA
- Lake Elmo Thurs Night Group
- Mendota St. Peter's Sat 1030 Group
- Mendota St. Peter's Sat 9 AM
- Midway Club
- North Dale Group
- North Hamline
- Oakdale Groups - Transfiguration
- Oasis Group - Apple Valley
- Pocketing Our Pride
- Ridge Runners II Sat 830AM
- Ridge Runners III Sun 830AM
- Safe Haven for Women AA Group
- Saturday Morning Serenity Group
- SSP Serious Sober People
- St. Anthony Park Group Mon PM
- St. Croix Alano
- Stepsisters of Northfield
- Stillwater Morning Groups
- Students of Life
- Summit Hill
- Third Tradition Northfield
- Twelve Steppers - Arlington Hills
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear Lake
- White Bear Wed AM Women's
- Woodbury Fri I Am Responsible

The Lifeline: Purpose Statement

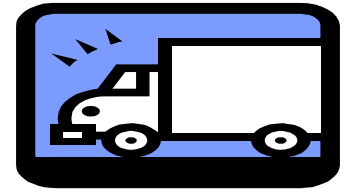
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article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