

The Lifeline



October 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 10

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

I THINK I have just learned something about humility. This puzzling word has bothered me ever since I came into AA just over a year ago. An old-timer said at a meeting that to him humility was truth, and I have just discovered some truths about myself that are humbling and yet give me a great sense of freedom.

The past few weeks, my thoughts have been pretty negative. I've been trying to live up to my own impossible standards, and I've been feeling very sorry for myself because I fall so short of them. But it sometimes seems necessary to think negative in order to get positive.

I am aware, for instance, that I am not and never have been a gourmet cook; but with the help of my Higher Power, whom I choose to call God, and with a healthy assist from Betty Crocker, I can feed myself and my family. I cannot clean the house in one day; but I can straighten up the kitchen and make the beds.

I cannot be a wise and tender counselor to my three teenagers and one almost-teenager; but I can point out that if they don't do their homework, they are not likely to pass the course; then, I can let them know that, pass or fail, I will still love them. I cannot always be a loving spouse and cheerful companion to my husband; but I can tell him how much more my life means to me because he is in it.

I cannot give anyone the precious gift of sobriety; but I can listen to a newcomer's problems and tell her how it works for me. I cannot teach a religion class; but I can share my spiritual experiences when it seems appropriate to do so.

I cannot do great things; but I can finish the things I start.

I cannot write a book about recovering from alcoholism; but I can tell other AAs about a new insight that has made my life more manageable by leading me to let go of some old ideas. And thank God, these things that I can do today are enough.

-A.B. - Lombard, Illinois

(Reprinted From *Emotional Sobriety—The Next Frontier*, pgs 68-69, with permission of the A.A. Grapevine, Inc.)

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Since an alcoholic will never be dictated to, I doubt whether he would ever maintain his sobriety if he were subject to any "organization," in the present accepted sense of that word. I feel also that the average AA member realizes that no man can live successfully if he is entirely isolated. He cannot really live happily and contentedly outside of a community.

In recognizing the community to which he now belongs, an AAer is happy to accept the fact that certain conditions may be necessary for him to achieve and maintain his sober state. I think he also recognizes that tradition invariably comes from communal experience and, since the community is greater than the individual, he is again fully prepared to act upon that wisdom. He feels in no way organized, since the community to which he now belongs also permits him the power of choice.

Organize, according to my dictionary means "to put into working order." Is there a community anywhere in better working order than AA without one single directive being issued by any established authority?

In the British Parliamentary system there is used the phrase, "The House will divide." This operation takes place subsequent to the discussion of some controversial issue between the reigning Government and the Opposition.

What a tragedy if the house of AA were to divide--a state which might easily come about if we were to associate ourselves with outside issues or public controversy. We still possess the frailties of human nature, therefore in our case it is almost a certainty that we would be divided among ourselves. "A House divided amongst itself will surely fall." Our founders, in their wisdom, have protected us against such a disastrous contingency by formulating Tradition Ten.

- Archie P.

(Reprinted From *The Grapevine*, March 1959, with permission of the A.A. Grapevine, 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

Notes From your Intergroup Board...

Fall is distinctly in the air, and although some may dread the eventual onset of winter, I can't help but see the fall season as the beginning of something, rather than the end. Many years as a student, I suppose! Each year as I watch folks head back to school, I'm filled with a sense that this is a season of promise: of new commitments, of best efforts, and of working diligently towards long-term goals.

On a related note, your Intergroup Board will be electing replacement members in just a couple months, and what a great way to commit yourself and your talents to the service of the St. Paul and Suburban Area Fellowship! I have found my tenure on the Board to be incredibly rewarding, and I strongly encourage you to consider standing for election. It is an enterprise filled with promise, principle, and the spiritual rewards of worthwhile work. Let this season be the beginning of YOUR tenure!

Cedar H., Board Secretary

Notes From your Central Office...

Your St. Paul Area Intergroup office receives many inquiries from "outside" businesses and entities who have concerns about meeting the needs of alcoholics they themselves are serving. Hospitals, treatment facilities, assisted care homes and social service agencies are a few of the more common of these contacts. They may be looking for AA members or groups to "take a meeting" there, for literature or pamphlets for their clients, or for other assistance.

At these times, we try to help them as best we can, but oftentimes the requests fall outside the scope of services the office provides. Still, we can be of service.

In most of these instances, the help that is wanted is just the sort of help our General Services organizations are able (and very willing!) to provide through their Public Information, Literature, Remote Communities and other committees. So we contact the Area or District, explain what sort of request we have received, and allow them to be "of service".

It is a great pleasure to then see how AA can spring into action. A few months ago, a local hospital asked us how they might have an AA meeting take place in one of their mental health units. We sent this to the local District, the District alerted their local groups and AA members to this need, and there are now several meetings a month occurring there.

More recently, a home for aged and disabled veterans of the armed services contacted us about obtaining some literature for their residents. Again, we passed this request on to the local District, and they jumped at the opportunity to help. Literally in less than a week, the literature was there!

We feel blessed and grateful for the wonderful willingness to serve that we have seen time and again from the Fellowship around the area we serve.

- Thanks, St. Paul Area AA!

<u>2013 Steering Board</u>		<u>Office Calls in August 2013</u>	
<u>Chair:</u>	Jean O.	Meeting information	111
<u>Alt. Chair:</u>	Christa W.	Inventory/hours	12
<u>Secretary:</u>	Cedar H.	12th Step calls	12
<u>Treasurer:</u>	Jim G.	Temporary sponsor	27
<u>Alt. Treasurer</u>	CJ M.	Speaker request	12
<u>Members at Large 2013:</u>	Tim B. & Eva P.	Special events	3
<u>Members at Large 2014:</u>	Tiffany B. & Jan T.	Outside issues	10
<u>Advisor to the Board:</u>	Denise A.	Info for professionals	2
		Administrative	87
		Other	58
		Total Calls	334
		Daily average	15.2
		Visitors	248

UPCOMING A.A. EVENTS!!

**Area 36 Southern Minnesota
Area Assembly**

Holiday Inn, Austin MN

Saturday, October 19th 9:00AM—5:00PM

www.area36.org

31st Annual
**St. Cloud Roundup
"A New World Came Into View"**

River's Edge Convention Center
10 Fourth Ave S., St. Cloud, MN

Friday, October 25—Sunday, October 27th

www.stcloudroundup.org

Capital City Conference

Stoney Creek Inn
5291 Stoney Creek Court
Johnston, Iowa

Friday, November 1st—Saturday, November 2nd

www.capitalcityconference.org

**District 15 Workshop
"The Twelve Traditions"**

Christ Lutheran Church
11194 36th St. N., Lake Elmo

Friday, November 2nd—11:30 to 3

Lunch at 11:30—Speaker panel at 1



**Looking for a Service Opportunity?
Become a St. Paul Intergroup Night Owl!**

Upcoming Night Owl Orientations:
Saturday, October 20th & November 17th
10:00 AM - 11:00 AM
St. Paul Intergroup Office
1600 University Ave. W.—Ste. #214
To RSVP please call: 651-227-5502

73rd Annual

Founder's Day Weekend

Doubletree Park Place Hotel,
St. Louis Park, MN

Friday, November 29th—Sunday, December 1st

www.foundersdaymn.org

Group and Area News

New Group: The Women's Down in the Valley 12 Step Study group has begun meeting at 6:30PM every Thursday at the Grace Lutheran Church, 7800 W. County Rd. 42 in Apple Valley. They are a closed, women only, 12 & 12 meeting.

The Blue House group, which met 12:15pm Fridays at 897 Portland Avenue in St. Paul, has closed.

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.

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

Thanksgiving Weekend Session :

Held in conjunction with Founder's Day Weekend at the Doubletree Hotel, 1600 Park Place Blvd., St. Louis Park, MN

Friday Nov. 29th: 6:00PM—8:45PM
Saturday, Nov. 30th: 9:00AM-Noon, 1:00PM-4:45PM
Sunday, Dec. 1st: 9AM-Noon

For more info: www.into-action.com



**St. Paul Intergroup
Annual Gratitude Night**

~Saturday, November 23rd~

The Recovery Church
253 State Street, Saint Paul, MN 55107
(corner of Plato & State)



St. Paul Area Intergroup Representatives' Meeting Minutes August 20th, 2013

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were accidentally not included in the *Lifeline*. They are on the website and the Reps will have the opportunity to review and approve next month.
- III. Treasurer's Report – Jim G. reports expenses remain well below budget and Intergroup's financial health remains strong. The Net Income line is off by about \$15 due to a computational error which will be corrected going forward. Cash assets have increased by almost \$1500. Contributions were up versus June but still down YTD and versus budget. Frank introduced a new option for folks who wish to contribute to Intergroup via the **Faithful Fiver** program: automatic and electronic payments! Forms are available in the *Lifeline* or on the website. Other questions/concerns can be sent to Jim G. at treasurer@aastpaul.org.
- IV. The Office Report – Frank N. reports a new book to be released by the Grapevine Press: *No Matter What*, about dealing with adversity. The Office continues to seek submissions of writing, cartoons, and/or jokes from individuals for inclusion in the *Lifeline*. Office staff is available to help you create a flyer for your AA-related event, just call!
- V. The Website Report – No change in the number of groups or meetings this week. The full usage report and server statistics are available on the website. Traffic on the website was up in July. We will be changing the "Beginner" category on the meeting search to "Orientation." 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 – Contact the Office if you can help with this important service opportunity. We ask volunteers to reach out to meetings in our directory to make sure they are there, and also to make an announcement at the meetings to tell them what Intergroup is and how it can help. If any Rep or other AA member is interested in being the Outreach Chair please contact a Board member or the Office!
- VII. Update from the Board – Christa introduced the new Board Member at Large, Tiffany B. Christa also shared with the Representatives that the Board appointed a new Alternate Treasurer, CJ M., and asked the Reps whether there were any objections. Hearing none, this appointment is ratified.
- VIII. Night Owl Report – Crissy reports there are **two** recurring shifts available. Please visit the website or call the Office for more information on open shifts and to volunteer. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- IX. Liaison Reports: Scott (District 8) reports good financial health, with contributions above expenses. Three upcoming items: (1) a new flyer for the ASL funded meeting at OMD; (2) bus shelter ads will be going up; and (3) District 8 workshop on Sept. 21, presenting a panel on general service. Nancy (District 15) reports the recent Washington County Fair event was a successful presence. The Fall workshop will be in November.
- X. Upcoming Intergroup Events:
Ice Cream Social/Old Timers' Recognition, August 24th (Jim & Jan, Co-Chairs)
The time has been changed to 4-6:30 pm, at the Recovery Church. Ice Cream starts at 4, speakers at 5.
- XI. Old Business: None.
- XII. New Business: None.
- XIII. Group AA Announcements:
Main Idea is adding an 11th step meeting at 10:30 Sundays, starting in September.
Al-Anon Fellowship Roundup is August 30 & 31 at the DoubleTree in St. Louis Park, featuring AA and Al-Anon speakers and meetings.
The Corrections Workshop, regarding carrying the message into correctional facilities, is coming up on Saturday, September 14, 10:30 am the Golden Valley Country Club (free lunch)!
- XIV. Suggestions for next month's agenda: None
- XV. Mary delivered the Grapevine Report. Harry volunteered to do the Grapevine Report for September.
- XVI. Paul delivered the Concept Review for Concept VIII. Hillary volunteered for September.
- XVII. Hillary delivered the Mock Rep Report. Brad volunteered for September.
- XVIII. Closed with the Responsibility Statement.

NEXT MEETING: SEPTEMBER 17, 2013 (7:30 PM), BETHLEHEM CHURCH

ATTENDANCE:

Jean O., Board Chair	Jim G., Treasurer	Christa, Alternate Chair	Eva P., Member at Large	Frank N., Office Man- ager	Tim B., Member at Large
Jonathan, Webser- vant	Jan T., Member at Large	Tiffany B., Member at Large	Cedar H., Secretary	CJ M., Alternate Treasurer	Leslie T., Amigos III
Karen B., Back to Basics Savage, MN	Brad R., Basic Text	Chad O., Como Park BB	Paul T., Cottage Grove	Michael C., Defogged Men	Scott L., District 8
Nancy T., District 15	Tali M., Fireside Women's	Craig O., Happy Hour 12x12	Hillary B., Hole in the Donut	Harry T., Main Idea	Shana R., Midway Club
Bryant R., OMD	Anna W, OMD	Hillary P., Summit Hill	Margaret S., Summit Women's	Don D., Third Edition	Joe S., 12x12 by the Book
Mary K., Uptown Groups	Drew L., West End Club				

OCTOBER MEETING: Tuesday the 15th 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

AUGUST CONTRIBUTIONS

Number of Group Contributors: 33
Total Group Contributions: \$3314
Number of Faithful Fivers: 16
Total from Faithful Fivers: \$370

Thank You!

District Meetings

District 8 (Ramsey Co.)

Fairview Community Center
1910 Co. Rd B, Rm 108, 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 August**

Adam P., Andrew P., Anna W.,
Art D., Barb M., Bob P.,
Brian H., Carol R., Casey G.,
Christian M., Cole E.,
Donna E., Greg K.,
Hans H., Jason S., Jeff K.,
Jim C., Jon A., Libby A.,
Libby K., Mike B., Nancy D.,
Rick B., Suzanne B., Tom E.,
Tim B., Trevor V.,
Ty K., Tyler B.

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



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

- 11 W. Bernard Group
- Apple Valley Mon AM Women's Mtg.
- Back to Basics - Savage
- Basic Text
- City Center Group
- CRC Friends of Bill W.
- Dakota Alano Thurs 730 PM
- Downtown Alano Club
- Eagan Tuesday Nighters
- Episcopal Home group
- Fairmount Group
- Fellowship Friday Group
- Forest Lake Alano
- Fresh Air Group
- Hampden Park AA
- Hastings Club
- Highland Park Groups
- Hugo Group
- Lakeland Group
- Lakeville Wed. Beginners Group
- Live and Let Live
- Midway Club
- North Dale Group
- North Hamline
- St. Croix Alano
- St. Lucas Group
- Summit Hill
- Third Edition Group
- This Simple Program
- Twelve Steppers - Arlington Hills
- Uptown Club
- We Care Groups
- 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@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.

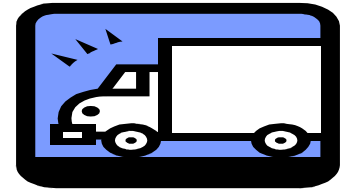


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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* - Enrollment Form

Faithful Fivers graciously contribute \$5.00 or more to St. Paul Intergroup each month to enable us to continue to carry our vital message of Hope and Recovery to all who need and want it. Your contribution entitles you to a one-year subscription to *The Lifeline*. Contributions may be made annually, bi-annually, quarterly or monthly.

~Yes! Please enroll me as a *Faithful Fiver* !

1. Contact information:

Name _____
Address _____
City _____ State _____ ZIP _____
Phone Number _____
Email _____

2. Amount & Frequency:

Amount: \$5 \$10 \$20 Other Amt. \$ _____
Frequency: (check only one)
 Monthly Quarterly Bi-Annually Annually
Start on ____/____/____
 Please send my receipt to my email address
 Please send my receipt to my home/postal address
 Please send my **Lifeline** to my **email** address instead

3. Choose a Payment Method:

Credit Card/Debit Card*
 Visa MasterCard
Card # _____/_____/_____/_____
Expiration Date: ____/_____
Name on Card _____

Signature _____

*I authorize St. Paul Intergroup to automatically bill my account as specified (monthly, quarterly, etc.). I understand that I am free to cancel this authorization at any time by contacting Intergroup.

Check - Please make payable to:

Saint Paul Intergroup
1600 University Ave W. - Suite 214
Saint Paul, MN 55104