

The Lifeline



February 2014

24 Hour Phone: 651-227-5502

Volume 50, Issue 2

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

This step has several parts for me. The first part is about belief. What do I believe?

Well, for many years, and I didn't realize it, I believed in myself, or, if you prefer, my ego.

I wasn't aware how perpetually dominant the voice in my head, my *committee*, gave me orders.

These orders, which we call "old ideas", evolved into a manner of living, based on fear and control. Our literature describes this condition as "self-centered fear", thinking and believing that we'll lose something we think we have, or fail to get something we want. What results is a state of continual disturbance and frustration, and our decisions and actions place us in conflict with others and the world about us. For the alcoholic, this leads to drinking, consequences from the drinking, and an attitude of, "what an order, I can't go through with it", or "what's the use anyhow?" Life becomes a daily form of being restless, irritable and discontented.

That brings us to power. When I lived in this manner, I wasn't aware of it, but I was living on power alright, but a faulty type of power. I lived on willpower, which upon further investigation, is really not a form of power, it's actually a form of force. My constant companion, fear, caused me problems with relationships. I was skeptical and suspicious, and my low self-esteem forced me to try to impress you, and if that didn't work, I usually ran away, thinking I wasn't good enough. Or worse, I would try to dominate you, and when you resisted, I got resentful and kept myself separated from you.

I woke up every day with old ideas, a severe case of the "RID's", and sabotaging relationships. This behavior culminated when someone said to me once, "you're a funny guy, and not ha-ha". My life was truly unmanageable with me running it. I existed in a world of insanity, doing the same thing (ideas, emotions and attitudes), and always expecting different results.

What happened? I found myself back in AA, newly sponsored, going to a lot of meetings, and reading the literature. The solutions to my problems appeared on the pages. I needed to take actions. I found myself praying for this power to come into my life and change me. I was given opportunities to act differently, to react and think in a new way. I had spiritual experiences, where I knew that outcomes were not from me. I wasn't perfect, but I made progress. I didn't have to blow things up anymore. I could get honest and save relationships I used to discard, or improve ones that challenged me. Most of all, I stayed sober, a day at a time.

Today, it's 21 years later, and this step continues to amaze me. I strive on a daily basis to let go of my old ideas, wanting to control my environment, and let this power show me what's possible. There are two powerful phrases in our book. The first favorite of mine is, "it is being constantly revealed, as mankind studies the material world, that outside appearances are not inward reality at all," and even better, "as we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned."

- Mark M., St. Paul

Tradition Two: For our group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Tradition Two helps us to sort out the always-tricky question: "Who is in charge?" After I came out of my alcoholic fog and looked around at the meetings, meeting rooms and members, I had a lot of questions. I needed to know who decided how meetings would be run, who the speakers would be and how the collection was spent. After attending meetings for a while, I noticed that there is quite a lot of menial labor required to keep the meetings running and the rooms open. Who does it and why? I'm sure I'm not the only one who came in with questions like these. But I was genuinely surprised as I learned the answers. AA is different from any other organization I've encountered. I'm as amazed today as I was then about how and why the Fellowship works.

The short answer is that "group conscience" runs AA at every level. Yes, we have volunteers for different jobs. However, they have no authority to decide anything; they merely have the responsibility to carry out the decisions of the group, or the "group conscience."

It would seem that an organizational structure like this would produce only chaos. At times, it does, but eventually everything gets sorted out--not always the way any particular member wants it to. (con't. pg. 2)

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

Tradition Two (cont).

I saw this principle operating up front and personal in the first group that I joined. It was run by one individual who had been there for some years and made all the decisions about the group himself. Everyone else just wandered in and out. What happened was that when a serious problem faced the group, it fell apart. No one had enough interest to solve it. That group doesn't exist today.

When I attend business meetings today, the part of this Tradition that I try to remember is that it is a "loving" God expressed in our group conscience. Too often we are too human. I want to look smarter, more important or better informed; I want to see someone else put in his or her place; I want to squash what I think is a really stupid idea. Our business can and should be conducted in a loving way. I retain the gift of sobriety today.

I am just here to serve, and by doing so, I retain the gift of sobriety.

- Nancy C., Coconut Grove, FL

(*the A.A. Grapevine*, February 2010, reprinted with permission of *The A.A. Grapevine, Inc.*)

Notes From your Board...

Hello everyone, I am so glad to have been asked to serve on the Board. I started my term in September as the Alternate Treasurer and as of January 1, I am now your Treasurer. Some would say this is crazy; ask me why, next time you see me. I would like to take a minute to thank our Office Manager Frank, and the past Board members. Frank was a part-time employee when we had some staffing changes, and he stepped into the position of Office Manager. This position came with some challenges. Frank, with the direction and help of the Board, has turned all of these challenges into positives for our office. I mention this as the current Treasurer because it's important to remember our past so we do not repeat it.

In the two years and some months that Frank has served us as our Manager he has turned around our finances. I have heard rumors that groups are not sending money to Intergroup because we have **so much** money. I appreciate this from a history stand-point, yet it was *just* a few years ago we were out *asking* for donations. I hope to answer any questions that may arise throughout the new year, and maybe we can find a happy medium.

In short, and to keep it simple, we have a prudent reserve of 4 months operating expense, we have a payroll account so we can pay our special workers for all that they do on a daily basis, and we have an operating account so we can buy what we need to fulfill your requests for AA & Grapevine literature & group supplies, and to ensure the office runs efficiently. This may look like a big chunk of money when it is lumped in to one sum; hopefully this helps to clarify that one sum. Frank, thank you again for all your hard work.

We have a fabulous group of people on the Board and we all welcome your feedback and questions.

Yours in service,

C J M., Intergroup Treasurer

Notes From your Central Office...

We hope you've noticed that our articles on the Steps both this month and the last were contributed by local AA members, and that they did a great job of expressing how the Steps they addressed are working in their lives and recovery. We certainly hope that more of you will "put pen to paper" like them and give us a chance to publish your experience, strength and hope.

- Thanks, St. Paul Area A.A.!

2014 Steering Board

<u>Chair:</u>	Christa W.
<u>Alt. Chair:</u>	Tim B.
<u>Secretary:</u>	Michelle M.
<u>Treasurer:</u>	CJ M.
<u>Alt. Treasurer</u>	Kelly B.
<u>Members at Large 2014:</u>	Tiffany B. & Jan T.
<u>Members at Large 2015:</u>	Hillary B. & Paul T.
<u>Advisor to the Board:</u>	Jean O.

Office Calls in December 2013

Meeting information	105
Inventory/hours	24
12th Step calls	7
Temporary sponsor	20
Speaker request	13
Special events	8
Outside issues	10
Info for professionals	1
Administrative	75
Other	53
Total Calls	316
Daily average	15.1
Visitors	237

UPCOMING A.A. EVENTS!!

Southern Minnesota Area 36
Area Committee Meeting
 Best Western, North Mankato, MN
Saturday, February 1st
9:30AM - 5:00PM
 For more information:
www.area36.org

50th International Women's Conference
The 50th Conference in the 50th State
 Hawaii Convention Center,
 Honolulu, Oahu, Hawaii
Thursday, February 6th - Sunday, February 9th
www.internationalwomensconference.org

Southern Minnesota Area 36
Trusted Servant Leadership Training
 Friendship Church
 12800 Marystown Rd., Shakopee, MN 55379
Saturday, February 15th, 9:00AM-4:00PM
 (Lunch Provided)
www.area36.org

West Central Regional Service Conference
For IA, MN, MT, NE, ND, SD, and WY
 Double Tree Hotel, St. Louis Park, MN
Friday, February 28 - Sunday, March 2
7PM 2/28 - Noon 3/2
www.area36.org

6th Annual
Embers in the Fire Women's Retreat
"Living the Steps"
 Northern Pines United Methodist
 20033 Country Rd 1, Park Rapids, MN 56470
Friday, March 14th—Sunday, March 16
 Contact: Pam D. 763-433-5287

Southern Minnesota Area 36
Area Assembly
 Hutchinson Event Center - Hutchinson, MN
Saturday, March 22nd
9:00AM - 5:00PM
www.area36.org

Group and Area News

New Meeting: *The Main Idea* has added a Women's Daily A.A. Meeting, everyday, Monday through Friday, 10:05AM - 11:05AM. They are a Close, Big Book and 12 & 12 study group. The meetings are held in Room #1 at the Downtown Alano Club, 520 north Robert Street, St. Paul, 55101

New Group: the *Sons of Serenity* group began meeting Saturdays at 7:30PM, in the Community Room at The Fresh Grounds Coffee House, 1362 West 7th Street, St. Paul, 55102. they are a Closed, Mixed, Topic/Discussion meeting.

New Location: *The Twelve Steps* group moved to Mounds Park United Methodist Church, 1049 Euclid Street, St. Paul, 55106. They meet every Tuesday at 6:30PM, Closed, Mixed, Step group.

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.



Looking for a Service Opportunity?

Become a St. Paul Intergroup Night Owl!

Upcoming Night Owl Orientations:
Saturday, February 15th, March 15th, April 19th 2014
10:00 AM - 11:00 AM

St. Paul Intergroup Office
 1600 University Ave. W.—Ste. #214
 To RSVP please call: 651-227-5502 (Please call by 4PM the Friday before to RSVP)



St. Paul Area Intergroup Representatives' Meeting Minutes December 17th, 2013

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from September and July were reviewed and approved.
- III. Treasurer's Report – CJ reports that the format of the written Treasurer's Report will change and include a breakdown of numbers. Total cash assets of \$75,220 = \$30,000 (prudent reserve) plus checking account, payroll account, and inventory. Office sales are down but still strong year to date. Some of the cash on hand will be used to make responsible improvements to office equipment. The new **Faithful Fiver** automatic and electronic payment program has taken hold, and you are invited to participate in this convenience! Forms are available in the *Lifeline* or on the website. Other questions/concerns can be sent to CJ M. at treasurer@aastpaul.org.
- IV. The Office Report – Frank N. reports that many new volunteers and some updated office equipment have resulted in a positive office environment. 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 or email at manager@aastpaul.org.
- V. The Website Report – Jonathan reports the addition of four meetings and three groups. Many service opportunities are available on the website. 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 – Contact Tiffany B at outreach@aastpaul.org for more information on assisting Intergroup with this valuable service opportunity!
- VII. Update from the Board –
- VIII. Night Owl Report – There are **SIX** 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 that an ASL fund committee has been established. The District is working on ensuring that their databases are updated and that all Ramsey County libraries have at least one copy of the Big Book. A program at the University of Minnesota is providing an AA introduction to medical students, with cooperation from the District. No report from District 15.
- X. Upcoming Intergroup Events:
New Year's Eve (Jean O., Chair). From 7 p.m. to midnight at the Recovery Church, come enjoy a speaker (Bill C.) snacks, fellowship, marathon step meetings, and dancing with the Flatfoot Rollers!
- XI. Old Business:
Gratitude Night, November 23 (Christa W., Chair). The evening was a success and Intergroup is grateful for the participation of the folks who joined us!
Founders' Day Roundup, November 29 – December 1 (Tim B., Chair). Thanks to all who showed up at the Suite, as hosts and guests!
- XII. New Business:
2014 Budget Review & Approval Process: Paul moved, Steve seconded, and the Representatives unanimously approved the proposed 2014 budget without amendment.
Farewell to Cedar, Eva, Jim and Denise. Tim will rejoin the Board as Alternate Chair in 2014.
- XIII. Group AA Announcements:
OMD will meet at Unity Unitarian Church for Christmas Day and New Year's Day.
Hole in the Donut will meet at the usual time and place on Christmas Eve and New Year's Eve.
Main Idea on 10th & Robert and on Christmas Eve from 5pm to midnight they will serve food and hold hourly meetings. The Alano will host events from apx. 10 am all day.
A new women's meeting will be held at Main Idea Monday through Friday at 10:05 am .
The Defogged Group will meet on Christmas Eve at 6:30 instead of 6:00.
The Midway Club will be open 24 hours Christmas Eve-Christmas Day and New Year's Eve- New Year's Day, holding meetings, food, fellowship ...
- XIV. Suggestions for next month's agenda: None.
- XV. Mike delivered the Grapevine Report. Paul volunteered to do the Grapevine Report for January.
- XVI. Leslie delivered the Concept Review for Concepts XI & XII. Crissy volunteered for January.
- XVII. Michele delivered the Mock Rep Report. Chad volunteered for January.
- XVIII. Closed with the Responsibility Statement.

Jean O., Board Chair	Christa, Alter- nate Chair	Cedar H., Secretary	CJ M., Alternate Treasurer	Tim B., Member at Large	Jan T., Member at Large
Jonathan L., Webservant	Frank N., Office Manager	Michele M., 2014 Secretary	Leslie T., Ami- gos III	Chad O., Como Park BB	Paul T., Cottage Grove
Paul T., Dakota Alano Sat AM	Michael C., Defogged Men's Grp.	Scott L., District 8	Tali M., Fireside Women's	Terry H., The Firing Line	Craig O., Happy Hour 12x12
Hillary B., Hole in the Donut	Dan. K., Main Idea	Shana R., Midway Club	Megann K., MNYPA	Joe C., Rose- mount Groups	Steve N., St. Paul Speaker Mtg.
Valerie D., Summit Hill	Joe S., 12x12 By The Book	Mary K., Up- town Groups	Drew L., West End Club		

February MEETING: Tuesday the 18th, 2014 (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

DECEMBER CONTRIBUTIONS

Number of Group Contributors: 37
Total Group Contributions: \$5689
Number of Faithful Fivers: 23
Total from Faithful Fivers: \$510

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 December**

Adam P., Bob P., Burt K.,
Chandler D., David H., Frank D.,
Gary C., Greg K. Henry O.,
Jared B., Jeff K., Jim C., Joe V.,
Julie L., Karl G., Ken Z.,
Lewis W., Libby A., Martin R.,
Mike B., Mike O., Ron K.,
Steve W., Suzanne B.,
Tim F., Tucker M., Ty K.
Will M.

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



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

- Book Club- 'The book club'
- Children of Chaos Plus
- City Steps
- Como Park BB
- Cottage Grove
- Dakota Alano As Bill Sees It Sat 9AM
- Dakota Alano Monday 6 PM BB
- Dakota Alano Sun. 8 PM
- Dakota Alano Thurs 1145 AM
- Dakota Alano Thurs 730 PM
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Firing Line
- Hastings Club
- Highland Park Groups
- Hole in the Donut Group
- Lakers Saturday Morning AA
- Lindstrom Thursday 12x12
- Little Canada Happy Hour
- Midway Club
- Monday Meeting - Oakdale
- New Brighton Big Book A.M.
- North Dale Group
- North Hamline
- Ridge Runners II Sat 830 AM
- Ridge Runners III Sun 830AM
- Serenity Group Thursday 10AM
- St. Stephen's Tuesday Group
- Stillwater Rivertown Group Sun PM
- Summit Hill
- The Promises Meeting
- Third Edition Group
- Third Tradition Northfield
- Three R's group
- Tuesday Night Friends - Vanais Heights
- Twelve Steppers - Arlington Hills
- Uptown Club
- 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.

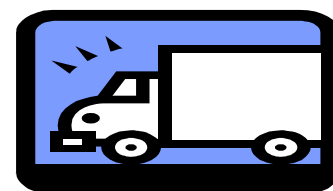


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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* - Enrollment Form

Faithful Fivers graciously contribute \$5.00 or more to St. Paul Intergroup each month to enable us to continue to carry A.A.'s 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: \$ _____
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