



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

Soon after he entered AA, a certain newcomer approached me and he said, "I'm sober and it's mighty near a miracle. I admitted that I was licked, came to a few meetings, began to get honest with myself and my sponsor. Then that awful urge for a drink suddenly left me. There's been no more booze fighting; the desire for alcohol has simply evaporated and I can't yet understand just why or just how. Here in AA the folks are wonderful. They care and they understand. It's a brand new world to me.

"But," continued Mr. Newcomer, "I'm still plumb puzzled. I don't see just how this God-business fits into practical living. And when they talk about a 'new life for an old one,' I can't take it all in. Sure enough I'm sober, and that's new. But now that I've gone ex-grog, what's the matter with trying to live my old life? That was okay, until the liquor got me. I was going places, on the way to make my pile. Things weren't too bad at home, either, until the little woman yelled she'd had enough of me, and left. All I need is sobriety, and AA can keep on giving me that. Now I can go about my business. I'm sure I can make a better job of it this time."

Four years later, I ran across that same "newcomer." "Well Joe," said I, "Have you made your pile yet, and did your wife come back?" With a half-smile, Joe looked at me steadily and replied, "No, Bill, nothing of the kind happened. For a whole year I had the devil of a time. How I stayed sober was more of a miracle than getting sober in the first place. I had to make that pile and get her back or else I was going to be miserable. And miserable I certainly was. But little by little, I woke up to the possibility that God hadn't put me on earth for the express purpose of getting all the money, prestige, and romance that I could lay my hands on. I finally had to face the fact that I would have to settle for less, a lot less. And if I couldn't accept this. I'd probably get drunk again.

"So I quit giving lip service to AA's Serenity Prayer and really began to use it. Over and over I kept saying, 'God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.'

"As I slowly learned acceptance, my pain subsided. I began to wake up and look around. I began to see that my modest job was a means of living, and of serving society. The bigger and the better job could no longer be my chief aim. Then I looked at AA. What had I done for the fellowship that had saved my life? Mighty little, I had to confess. So I began to go to meetings with a very different attitude. I quit my envy of financially well-heeled AAs and listened closely to what they said. I learned that their money was no longer a symbol of prestige; it was a trust for the best use to which it could be put. They also showed me that the temptations of riches could sometimes be worse than the pains of poverty. I also found that there was no such thing as an 'unfortunate' AA--that is, if he were a real member. If sick, he was, by fine example, an inspiration to those both sick and well. If poor in pocket, he could often be rich in spirit, an eager worker and servant of our society.

"So I began to understand 'the kind of giving that has no price tag on it.' I threw myself into AA; I joined a church, and threw myself into it. I really began to 'carry the message.' The last three years have been the best in my life. This is because I have really tried to awaken and to grow, and God has helped me to do just that.

"I now see that awakening and growing is something that never need stop and that growing pains are never to be feared, provided I am willing to learn the truth about myself from them.

- Reprinted with permission from *The Grapevine*, December, 1957

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

"...A.A. is really saying to every serious drinker, 'You are an A.A. member if you say so...nobody can keep you out.'"

- Twelve Step and Twelve Traditions, p. 139

For years, whenever I reflected on Tradition Three ("the only requirement for A.A. membership is a desire to stop drinking"), I thought it valuable only to newcomers. It was their guarantee that no one could bar them from A.A. Today I feel enduring gratitude for the spiritual development the Tradition has brought me. I don't seek out people obviously different from myself. Tradition Three, concentrating on the way I am similar to others, brought me to know and help every kind of alcoholic, just as they have helped me. Charlotte, the atheist, showed me higher standards of ethics and honor; Clay, of another race, taught me patience; Winslow, who is gay, led me by example into true compassion; Young Megan says that seeing me at meetings, sober thirty years, keeps her coming back. Tradition Three insured that we would get what we need—each other.

-Reprinted from *Daily Reflections*, pg. 33, with permission of A.A. World Services, Inc.

### **St. Paul Intergruop of Alcoholics Anonymous®**

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto: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 Board...**

Again it is the time of year to shout out to all of our volunteers. As a member of St Paul Intergroup board I want to thank all the volunteers that help and serve to make our organization what it is. Every year the Intergroup Board puts on events such as the Spring Fling, Summer Open House, Hospitality Suites at Gopher State and Founders Weekend, and our Gratitude Night and News Year Eve nights.

At all these events so many of you have helped in, hosting, setting up, greeting and many other things. In addition the many who come to office weekly to help answer phones stuff envelopes or anything that is asked and not forgetting the members who man the phones for our Night Owl shifts . You are the back room support that does this daily, weekly, monthly or at a moments notice. To all of you we at the Inter Group board say Thank you.

Therefore our first Inter Group event of the year is for you. In March we have our Volunteer Appreciation Dinner. This is where we at the board will serve you in recognition for all you do. Make sure to attend this event where we will have a speaker and dinner served to you by members of the board.

The date is March 8 with dinner at 6 and a speaker at 7. The location is Bethlehem Church at 436 Roy Street North, right across from the Intergroup Office on Spruce Street in Saint Paul.

Tim B.  
Alternate Chair

**Notes From your Central Office...**

We've been busy this last month in the office with some updates we hope will help us serve our Fellowship more effectively.

Some of the equipment we use in the office has gotten pretty old and dated. Our office telephones and computers have served us well, but were getting to the age where we became concerned about them suddenly failing on us. In addition, the computer operating systems and some of the software had reached the age where support for them was about to lapse.

With direction from our Board, we've been addressing this. We have installed new multi-line telephones throughout the office, and they have been working out well for us. The office software has also been updated. Some of our computers were old enough to be challenged by running the newer software products, and we've replaced them to ensure good service. The new software has brought some adjustments, but is working well with all of our existing files and databases.

Thanks to the generous support we receive form our area groups and members to support our service, we've been able to make these improvements without impeding our services, or dipping into our prudent reserve. We are grateful to all for this.

I like to report about this time of year on some sales figure from the preceding year. In 2013, we sold over 1700 Big Books in English and Spanish. We also sold over 800 12 by 12's, over 1600 meeting directories, and 700 Newcomer packets. And it seems to be "working", as we again sold over 10,000 medallions-recognizing sober time from 24 hours to 60 years!

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

<b><u>2014 Steering Board</u></b>		<b><u>Office Calls in January 2014</u></b>	
<b><u>Chair:</u></b>	<b>Christa W.</b>	Meeting information	131
<b><u>Alt. Chair:</u></b>	<b>Tim B.</b>	Inventory/hours	19
<b><u>Secretary:</u></b>	<b>Michelle M.</b>	12th Step calls	8
<b><u>Treasurer:</u></b>	<b>CJ M.</b>	Temporary sponsor	22
<b><u>Alt. Treasurer</u></b>	<b>Kelly B.</b>	Speaker request	20
<b><u>Members at Large 2014:</u></b>	<b>Tiffany B. &amp; Jan T.</b>	Special events	0
<b><u>Members at Large 2015:</u></b>	<b>Hillary B. &amp; Paul T.</b>	Outside issues	12
<b><u>Advisor to the Board:</u></b>	<b>Jean O.</b>	Info for professionals	7
		Administrative	60
		Other	42
		<b>Total Calls</b>	<b>329</b>
		<b>Daily average</b>	<b>14.95</b>
		Visitors	236

# UPCOMING A.A. EVENTS!!

<p><b>West Central Regional Service Conference</b>                  For IA, MN, MT, NE, ND, SD, and WY                  Double Tree Hotel, St. Louis Park, MN  <b>Friday, February 28 - Sunday, March 2</b>  <b>7PM 2/28 - Noon 3/2</b>                  www.area36.org</p>	<p><b>6th Annual</b>  <b>Embers in the Fire Women's Retreat</b>  <b>"Living the Steps"</b>                  Northern Pines United Methodist                  20033 Country Rd 1, Park Rapids, MN 56470  <b>Friday, March 14th—Sunday, March 16</b>                  Contact: Pam D. 763-433-5287</p>
<p><b>Southern Minnesota Area 36</b>  <b>Area Assembly</b>                  Hutchinson Event Center - Hutchinson, MN  <b>Saturday, March 22nd</b>  <b>9:00AM - 5:00PM</b>                  www.area36.org</p>	<p><b>Aim for Ames Roundup</b>                  "Follow the Path"                  Quality Inn &amp; Suites - East 13th St &amp; I-35                  Ames, Iowa  <b>Friday March 28th - Sunday, March 30th</b>                  www.aimforames.org</p>
<p><b>Area 36</b>  <b>Delegate's Workshop</b>  <b>Discuss General Service Conference Agenda Items</b>                  Saint John's Church, 500 Third Street W. Northfield, MN  <b>Saturday, April 5th, 9:00AM - 5:00PM</b>                  www.area36.org</p>	<p><b>29th annual</b>  <b>Lincoln Spring Fling</b>                  Lancaster Event Center Expo Hall                  84th &amp; Havelock, Lincoln, NE  <b>Thursday April 3rd—Saturday, April 5th</b>                  Call Paul R. at 402-601-6056 for info.</p>
<p><b><u>Group and Area News</u></b></p> <p><b>New Group:</b> The <i>SOS: Sharing Our Sobriety</i> is holding a meeting every Saturday at 8:00AM at the Memorial Lutheran Church, 15730 Afton Blvd, Afton 55001. The meeting is Closed, All-ages &amp; Mixed. The format is Big Book.</p> <p><b>New Group:</b> The <i>We Think Not</i> group started meeting every Thursday at 7:00AM in the basement Claddagh Coffee Café at 459 West Seventh Street, Saint Paul, 55102. The meeting is Closed, All-ages &amp; Mixed &amp; the format is Step.</p> <p><b>New Location:</b> The <i>Gawlin Minikwe</i> moved to the American Indian Family Center at 579 Wells St., St Paul, 55130. They meet every Mondays at 7:00PM. The meeting is Open, Native American, All-ages, &amp; Mixed. The format is Step.</p>	<p><b><u>Fourth Step &amp; Big Book Workshops</u></b></p> <p><b>By The Book 4th Step Workshop</b>                  Wednesdays,                  ~6:30PM - 7:45PM ~                  2218 1st Ave, Minneapolis, MN 55404                  For more info: www.aabythebook.org</p> <p><b><u>Your News?</u></b></p> <p>We invite you to share your AA news here!                  Please send your items to <a href="mailto:lifeline@aastpaul.org">lifeline@aastpaul.org</a>.                  We look forward to hearing from you.</p>

	<p><b>Looking for a Service Opportunity?</b></p> <p><b>Become a St. Paul Intergroup Night Owl!</b></p> <p>Upcoming Night Owl Orientations:  <b>Saturday, March 15th, April 19th 2014, May 17th</b>  <b>10:00 AM - 11:00 AM</b></p> <p>St. Paul Intergroup Office                  1600 University Ave. W.—Ste. #214  <b>To RSVP please call: 651-227-5502 (Please call by 4PM the Friday before to RSVP)</b></p>	
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**St. Paul Area Intergroup Representatives' Meeting Minutes January 21st, 2014**

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

II. Minutes from December were reviewed and approved.

III. Treasurer's Report – CJ reminded us how important it is for groups to make regular contributions to Intergroup. She reports that the payroll account and operating funds remain low, and that we kept 2013 expenses below budget for the entire year. 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. Please take a moment to read CJ's informative article in the *Notes from the Board* section in the February *Lifeline*. Other questions/concerns can be sent to CJ M. at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org).

IV. The Office Report – Frank N. reports that we had a good turn out and a good time for the New Years Eve night, and thanks to all the volunteers who helped at that event. The Office now has an updated phone system. The next step is computer updating: Office 2003 will be updated to Office 2010, so the staff will need to be trained. Speaking of staff, we have a Tradition 8 special worker job posting. 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](mailto:manager@aastpaul.org).

V. The Website Report – Jonathan reports that we ended the year with about two groups above where we were last year, and 32 meetings above the end of 2012. 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](mailto: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 – Tiffany B reports that the program is looking for people to go out to any meeting serviced by the St. Paul Intergroup and bring information about what Intergroup has to offer. Contact Tiffany B at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) for more information on assisting Intergroup with this valuable service opportunity!

VII. Update from the Board – Tim B. reports that the Board is busy orienting new Board members and setting the calendar for 2014.

VIII. Night Owl Report – There are **FIVE** 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 the March District 8 meeting will be devoted to discussing the GSO agenda items, and reminded us about the West Central Regional Service Conference to be held Feb.28 – Mar.2, 2014 at the DoubleTree Hotel in St. Louis Park. Nancy (District 15) reports that District 15 will be hosting a District Workshop on March 15, 2014 at the Christ Lutheran Church in Lake Elmo. Lunch is at 11:30am followed by a speaker at 12:30pm. All are welcome. She also reported that the District received permission to bring an AA meeting to the Oak Park Heights correctional facility, and the District is looking for groups to sponsor hard-bound AA books (other than the Big Book) to be used by the inmates.

X. Upcoming Intergroup Events:

Volunteer Appreciation Dinner (Christa W., Chair). Christa reports that we will have flyers about this March event at next month's meeting.

Spring Fling (Christa W., Chair) Planning for this April event in the works.

XI. Old Business:

XII. New Business:

Green Can report from District 8

XIII. Group AA Announcements:

3<sup>rd</sup> Edition Big Book will have a 6:30pm potluck dinner and speakers on Feb. 14, 2014.

Como Park bog Book reported a terrific turnout for their anniversary meeting last month.

XIV. Suggestions for next month's agenda: None.

XV. Jean delivered the Grapevine Report. Paul volunteered to do the Grapevine Report for February.

XVI. Crissy delivered the Concept Review for Concept I. Mark volunteered for February.

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

XVIII. Closed with the Responsibility Statement.

**ATTENDANCE:**

Jean O., Advisor to Board	Christa, Board Chair	Michele M., Secretary	CJ M., Treasurer	Tim B., Alternate Chair	Kelly B., Alter- nate Treasurer
Jan T., Member at Large	Tiffany B., Mem- ber at Large	Hillary B., Mem- ber at Large	Paul T., Member at Large	Jonathan L., Webservant	Frank N., Office Manager
Crissy W., Night Owl Comm. Chair	Karen B., Back to Basics	Brad R., Basic Text, NW Alano	Scott L., District 8	Nancy T., District 15	Terry H., The Firing Line
Muggsy A., Hole in the Donut	Luke F., OMD	Steve L., Shoreview 12x12	Darlene G., Rosemount Groups	Becca N., Uptown Groups	

**March 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

**JANUARY CONTRIBUTIONS**

Number of Group Contributors: 45  
Total Group Contributions: \$4762  
Number of Faithful Fivers: 22  
Total from Faithful Fivers: \$210

***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 January**

Adam P., Art D., Andy B.,  
Blake H., Bob P., Burt K.,  
Dan R., Frank D., Henry O.,  
Jared B., Jake K., Jeff K.,  
Jim C., Julie L., Kay S.,  
Libby A., Mike B., Mike O.,  
Rick B., Roxanne P, Shannon N.,  
Steve W., Suzanne B., Tim F.,  
Tony M., Tucker M., Ty K.

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



**Thanks to the groups that  
contributed in January 2014**

12x12 By the Book

Amigos III

Apple Valley Monday AM Women's Mtg.

Back to Basics - Savage

Baffled Lot - Lake Elmo

Basic Text

Basic Text Women's Group

City Center Group

Como Park BB

Complete Defeat Group

Dakota Alano Friday 6 PM

Defiant Brats East

Eagan Burnsville Savage - Sat Speaker

Fireside Women's BB Group

Forest Lake 12 & 12

Forest Lake Alano

Fresh Air Group

Grapevine Group

Happy Hour 12 & 12

Hastings Club

Highland Park Groups

Hugo Group

Lake Elmo Thurs Night Group

Midway Club

North Branch Community Groups

North Branch Thursday Night

Oasis Group - Apple Valley

Pages of Wisdom BB

Rivertown BB Group-Hastings

Roseville Wed Night

Saturday Morning Serenity Group

Sisters of Serenity

Stepsisters of Northfield

Stillwater Morning Groups

The Lunacy Commission

This Simple Program

Twelve Steppers - Mounds Park

Uptown Club

Valley Creek Monday

Valley Creek Thurs Night

We Think Not

White Bear Sat. AM Women's Group

White Bear Wed AM Women's

Woodbury Primary Purpose

Woodbury Serenity Sisters



**The Lifeline: Purpose Statement**

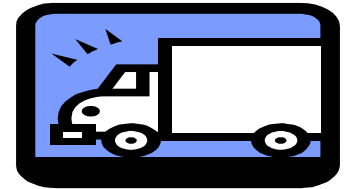
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article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