

The Lifeline



June 2014

24 Hour Phone: 651-227-5502

Volume 50, Issue 6

Step Six: "Were entirely ready to have God remove all these defects of character."

In working the Sixth Step, I've become acutely aware of those character defects, shortcomings and negative behavior patterns that I uncovered in my Fourth and Fifth Steps, and the pain and discomfort they created in my life and the lives of those around me. I've become ready to let them go.

Initially, I thought that the Sixth Step was a passive Step. After many trials and tribulations, I have since learned differently. I now believe that my Higher Power removes my defects of character as part of a process, sometimes a long process.

There is no "magic" in the Sixth Step. I just got fed up with the character defects that were creating pain and suffering in my life. Sometimes, I interpret the consequences of my actions as messages from my Higher Power intended to teach me important lessons for my sobriety. If the consequences of my actions result in spiritual growth, sanity, serenity and peace of mind, then I'm reasonably sure I'm on the right track, I'm on the "AA beam," and my Higher Power is blessing my endeavors.

But on the other hand, if my actions and behaviors lead me to unmanageability, pain and insanity, then perhaps my Higher Power is giving me the message that something is amiss, that I need to reexamine my thinking and behavior and change my approach to recovery.

So it's simple, but not easy. In the morning I ask my Higher Power for help, direction and guidance to see what needs to be done, and then I ask for the strength, courage and willingness to do it.

My character defects often drove me into self-defeating thinking and behavior patterns that resulted in painful and problematic consequences. Even in my recovery I sometimes felt compelled to act out in unhealthy and dysfunctional ways. I needed to have the character defects that brought on destructive attitudes and behaviors removed. First I needed to become ready to do so.

With the Sixth Step, I acknowledged that my character defects and shortcomings gave me temporary pleasure that I enjoyed. They gave me as sick satisfaction and a passing gratification, but they also created pain. The Sixth Step enabled me to become ready to let go of those defects and shortcomings that make my sobriety irritable, restless and discontent.

I don't believe my Higher Power whisks away my character defects. My Higher Power gave me a rational brain and volitional consciousness. The Sixth Step for me was, and is, a process of living mindfully and learning from the consequences of my behavior.

My negative attitudes and behaviors could come back quite naturally, almost like second nature. My defects were deeply ingrained; it was going to take time for healing and growth.

But it's worth the effort, because healing and growth does happen. The Twelve Promises have come true for me, and the rewards have been beyond my wildest dreams.

-Gary T., Poughkeepsie, NY

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Tradition Six: "An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

The Fifth Tradition tells us what the primary purpose, or spiritual aim, of an AA group is: "to carry its message to the alcoholic who still suffers." Anything that interferes with this or confuses people about what is and is not AA can compromise the mission of Alcoholics Anonymous. This is where the Sixth Tradition comes in...

When I was now in AA, some AA groups at a nearby men's recovery home named themselves after the facility, and they were listed that way in the AA meeting schedule. This created some hard feelings in the AA community. Eventually, the AA group changed its name so it wouldn't look like it was affiliated with the recovery home...

Another time, at an area assembly, a petition was circulated asking the county government to fund a treatment facility for alcoholics. Several people objected and suggested that petition-singing should be done outside the rooms of AA. The petitioners agreed and moved the petition drive to the parking lot.

It's easy to take affiliation issues too far. I don't think that using a particular brand of coffee at an AA meeting means that AA is endorsing that brand of coffee. Nor do I think that meeting in a church or hospital means that AA is affiliated with them — as long as AA pays its own way. Affiliation problems generally concern non-AA efforts to deal with alcoholism. Common sense takes care of most of these issues...

Much of our everyday practice in AA is aimed at preventing issues of money, property, or prestige from diverting us from our primary purpose. When this spirit of the Sixth Tradition infuses our AA life, AA remains so strong that a group's ability "to carry its message to the alcoholic who still suffers" cannot be shaken.

- Paul C., Oceanside, CA

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St. Paul Intergroup of Alcoholics Anonymous®

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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...

Greetings!!!

It always amazes and excites me the power of Alcoholics Anonymous and the way we identify ourselves so that friends of "Bill W" will recognize us without anyone even saying a word!

I recently was on my annual Mother Daughter weekend in Kansas City and was at the airport waiting for my flight to board. There are always a ton of people at the airport so it is great people watching! I glanced over to my right and out of the corner of my eye I see a gentleman holding a "Grapevine"!! Instantly, without even thinking I stood up walked over and sat down. The gentleman looked at me and I said "my favorite part of the Grapevine is looking at the pictures of the meeting rooms"! He paused, smiled brightly, stuck his hand out, and said "Hi I'm Stephen from New York City"! I smiled back and said "Hi, I'm Tiffany from Minnesota!"

What an amazing feeling I immediately felt! It had been a long weekend with my mom and it was such a sense of comfort to visit with another friend of Bill! This program has truly blessed me with so many gifts, one of which is friends all over the place, hidden only to subtly show themselves.

Alcoholics Anonymous teaches us about anonymity, I like to refer to it a "responsible anonymity", and for that I am grateful! I can be accountable for my actions regarding my anonymity, knowing what works for me may not work for others. With much gratitude Stephen and I had an amazing conversation about life, recovery, and weekends that can be tough. My HP places people and situations in my life when I need them most and least expect them.

What a gift I have been so blessed with!

Tiffany B. - AA Member at Large

Notes From your Central Office...

One of the oldest things in the Intergroup office is a copy of the first newsletter the office published in October, 1966. An inner page of that newsletter held the entire directory of AA meetings in the St. Paul area. The thirteen AA groups listed were holding about 34 weekly meetings, and seven monthly open meetings. This list does not even fill the whole page!

How we have grown! A few months ago, another couple of new groups had asked to be added to our meeting directory. We are always glad to greet a new area group into our Fellowship, but this made a problem for us. All nineteen meeting pages of our directory were full, and no room was left in which to "shoehorn" these new groups. So we had to add some pages and now there is room for more.

So what are the numbers? We looked back the more recent past to see what's been happening. In January, 2006, there were 550 regular weekly meetings in our directory. By the April, that number had increased by over 20% with almost 290 different groups hosting over 680 meetings each week!

Our Big Book describes the early 1940's as a time of "mushrooming" growth in AA and it certainly was, but it's clear we are still growing. As a review of our directory shows, those looking for help can find a nearby meeting from North Branch to Northfield, and all points in between.

- 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. & Steve N.
<u>Members at Large 2015:</u>	Hillary B. & Paul T.
<u>Advisor to the Board:</u>	Jean O.
<u>Office Manager:</u>	Frank N.

Office Calls in April 2014

Meeting information	105
Inventory/hours	30
12th Step calls	9
Temporary sponsor	22
Speaker request	35
Special events	3
Outside issues	8
Info for professionals	3
Administrative	86
Other	55
Total Calls	356
Daily average	16.2
Visitors	284

UPCOMING A.A. EVENTS!!

<p>Founder's Day 2014 79th Anniversary of Alcoholics Anonymous Hosted by the Akron Area Intergroup Akron, Ohio Friday, June 6th - Sunday, June 8th For more information or to register online:</p>	<p>What is a G.S.R.? A Discussion presented by Districts 14, 20 & 21 New Hope Alano 7550 Bass Lake Rd., New Hope, MN 55429 Saturday, June 7th 2PM - 4PM Fellowship & Food 4PM - 5PM</p>
<p>25th Anniversary Maiden Rock Camp Out Maiden Rock American Legion Camp Ground W2770 20th Ave., Maiden Rock, WI (Hwy 35 & County Road AA) Friday, June 13th - Sunday, June 15th Call: Hank L. 612.387.6065 or Alex B. 651.270.8681</p>	<p>14th Annual Midwest Motorcycle A.A. Convention "Sobriety is a Journey, Not a Destination" ~~~NEW LOCATION~~~ Winnebago County Fairgrounds - Pecatonica, IL 61063 Friday, June 20th - Sunday, June 22nd www.MMAAC.org</p>
<p>Sober Camping Weekend Meetings, Games, Laughter & Music 24568 Williams Road Hertle, WI 54845 Friday June 20th—Sunday June 22nd For more info, call: Dan S. 651.276.7646, Art D. 763.301.2741, or John C. 651.983.5812</p>	<p>Southern Minnesota Area 36 Area Assembly Maplewood Community Center Maplewood, MN Saturday, June 28th 9:00AM - 5:00PM www.area36.org</p>
<p><u>Group and Area News</u></p> <p>New Meeting: <i>Cottage Grove</i> A.A. is now hosting an Orientation/Newcomers Meeting Tuesdays at 6:00 PM. They meet at the Old Langdon School, 8839 96th Street S., Cottage Grove, MN 55016. The meeting is Closed, All-ages and Mixed.</p> <p>Meeting change: The <i>Lit Up</i> group in Lake Elmo has changed its name to <i>Steps to Freedom</i> and holds a Big Book/12x12 study at 8 pm in the basement meeting room at 901 Lake Elmo Avenue.</p> <p>New Group: The <i>Saint Patrick's of IGH</i> group is now meeting Sundays at 7:30PM at the Saint Patrick's Catholic Church 3535 72nd Street E., Inver Grover Heights, MN. 55076. the meeting is a Closed, Mixed, Step meeting & is Handicap Accessible.</p>	<p><u>Fourth Step & Big Book Workshops</u></p> <p>By The Book 4th Step Workshop Wednesdays, ~6:30PM - 7:45PM ~ 2218 1st Ave, Minneapolis, MN 55404 For more info: www.aabythebook.org</p> <p><u>Your News?</u></p> <p>We invite you to share your AA news here! Please send your items to lifeline@aastpaul.org. We look forward to hearing from you.</p>




St. Paul Intergroup
Annual Open House
Saturday, July, 12th 11AM - 3PM
 ~Please stop by ~
 We'll have BBQ (veggie too!), Coffee, Pop, Water, Treats
 & lots of Good Fellowship!!








St. Paul Area Intergroup Representatives' Meeting Minutes April 15th, 2014

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from March were amended (see District 15 report below) reviewed and approved.
- III. Treasurer's Report – CJ reported on the checking account and payroll report. Both have healthy balances. She also reported that funds have been dedicated to upgrading office furniture. Book sales are doing well. Contributions are up from last month. The **Faithful Fiver** automatic and electronic payment program is available, 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 – We would like to welcome Johni to the office staff. Frank N. reports that the 75th Anniversary Big Book copies are selling quickly. They will be available until June of 2015. Also, there is a new "pocket edition" of the Big Book which is a large print version. 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 –There is 1 new meeting and 3 new groups this month. We have 690 regular meetings (these are meetings that meet every week), and 289 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 – 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 for more information on assisting Intergroup with this valuable service opportunity!
- VII. Update from the Board – CJ gave information about the amended policy for the prudent reserve. Anyone interested will be able to read the new policy at our website next month.
- VIII. Night Owl Report – Crissy W. is rotating out as chair of Night Owl, and Dan S. will be the new chair. They report there are **FOUR** Sunday 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 district heard reports related to the upcoming delegate workshop. Contributions to ASL are matching expenses for ASL over the last three months.
 Nancy (District 15) amended last month's minutes to say that there is 1 meeting/week at Oak Park Heights correctional facility. Pink Can plan will provide materials for both Stillwater and Oak Park Heights.
- X. Upcoming Intergroup Events:
 Gopher State – Intergroup will be hosting a hospitality suite, so prepare to sign up or have your group sign up to take a shift hosting at the suite. Our room number is 520. We will provide coffee. Please get in touch with Hillary B. via email at manager@aastpaul.org for preferred time slots (2-3 hour shifts.)
 Annual Open House: date is set for Saturday July 12, 2014
 Ice Cream Social and Long-Timers Event: date not set yet.
- XI. Old Business: none
- XII. New Business: Nancy reported that at the March Area 36 Assembly there was discussion about mandating receiving reports from the 3 area Intergroups.
- XIII. Group AA Announcements:
 Shannon reported that the MNYPA Round-Up in Duluth had over 300 young people attend. She reported there are elections for MNYPA May 9th.
 3rd Edition big Book Potluck dinner Friday May 9, 6:30pm. Speaker 7:30pm
- XIV. Suggestions for next month's agenda:
 Mike: would like to hear the history of the St. Paul Intergroup at the Reps meeting.
- XV. Sandy delivered the Grapevine Report. Nancy volunteered to do the Grapevine Report for May.
- XVI. Drew delivered the Concept Review for Concept IV. Jestine volunteered for April.
- XVII. Terry delivered the Mock Rep Report. Mike volunteered for April.
- XVIII. Closed with the Responsibility Statement.

NEXT MEETING: May 20, 2014 (7:30 PM), BETHLEHEM CHURCH

ATTENDANCE:

Christa W., Board Chair	Tim B., Alternate Chair	CJ M., Treasurer	Tiffany B., Member at Large	Hillary B., Member at Large	Paul T., Member at Large
Jean O., Board Advisor	Steve N., Member at Large	Michelle M., Secretary	Kelly B., Alternate Treasurer	Frank N., Office Manager	Sandy K., Como Park BB
Paul T., Dakota Alano	Mike C., Defogged Men's Group	Scott L., District 8	Nancy T., District 15	Jestine M., Fireside Women	Terry H., The Firing Line
David P., Happy, Joyous & Free	Muggsy A., Hole In The Donut	John F., Main Idea	Luke F., OMD	Sonya J., Pocketing Our Pride	Steve N., St. Paul Speaker Mtg.
Shannon W., Students of Life	Jenn B., Summit Hill	Michael C., Uptown Groups	Drew L., West End		

June MEETING: Tuesday the 17th, 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

APRIL CONTRIBUTIONS

Number of Group Contributors: 35
Total Group Contributions: \$3724
Number of Faithful Fivers: 18
Total from Faithful Fivers: \$254

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 April**

Adam P., Barry O., Bentley F.,
Bobby T., Brittany L., Bob P.,
Brian H., Burt K., Chad C.,
Evan B., Frank D.,
Heather S., Henry O.,
Jack C., Jake R. Jeff K.,
Jim C., Kevin C.,
Mark Z., Mike B., Mike O.,
Patrick O., Pete L.,
Shawn S., Steve W., Suzanne B.,
Tom B., Ty K.,

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



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

- 12x12 By the Book
- 24 Hours of Hope - Lakeville
- Anoka Day By Day
- Basic Text Women's Group
- Children of Chaos Plus
- Como Park BB
- Cottage Grove
- CRC Friends of Bill W.
- Dakota Alano Wed 8 PM
- Eagan Burnsville Savage - Sat Speaker
- Fireside Women's BB Group
- Forest Lake Alano
- Fresh Air Group
- Grovers Thursday Night
- Happy Joyous and Free
- Hastings Club
- Highland Park Groups
- Hour of Power
- Maplewood Groups
- Midway Club
- New Brighton Big Book A.M.
- North Dale Group
- North Hamline
- Ridge Runners II Sat 830 AM
- Rivertown BB Group-Hastings
- Roseville Centennial Group
- Shoreview 12 x 12
- St. Stephen's Tuesday Group
- Summit Hill
- Una Luz en el Camino
- Unity, Service & Recovery
- Uptown Club
- Valley Creek Monday
- 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.

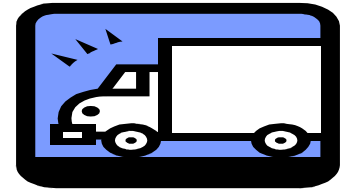


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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