

The Lifeline



January 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 1

Step One: We admitted we were powerless over alcohol - that our lives had become unmanageable.

One year before I got sober, I Googled the word "alcoholic" and found a quiz about drinking behavior. The directions stated that I may have a problem with alcohol if I said "yes" to four or more questions. About half of the questions dealt with powerlessness, and the other half unmanageability. I answered "yes" to all twelve, and still did not believe that I had a problem. How could I have a problem with alcohol when I was managing my life so well? I was living overseas, earning a decent salary at a fantastic job, engaged... Life looked good on the outside. On the inside, I was falling apart.

About eight months later, my mom and little sister visited me while I was stationed in Okinawa, Japan. A few days after they arrived, my mom gave me an ultimatum about my drinking. She said they would leave early if I did not stop drinking. The next day, I went to the liquor store and bought a bottle of vodka and some water bottles. In the parking lot, I poured the water out of the water bottles and filled them with vodka, then hid the "water" bottles around my home. For the rest of their visit, I maintained a buzz throughout the day and got drunk every night after they went to bed. I could not even stay sober for 24 hours. I was truly powerless over alcohol.

I hit bottom a few weeks later. I was sexually assaulted during a blackout and woke up with bruises on my chest which lasted for ten days. I gave up trying to control my drinking at this point. I wanted oblivion – all day, every day. I bathed in my self-pity, using it to get time off from work and to get people to have sympathy for me. I stopped eating, stopped caring, and considered suicide as a way out.

Having hit a low enough bottom, I was willing to go to any lengths to stop drinking. The first time I introduced myself as an alcoholic, I cried tears of relief. After so many years of denial and insanity, it was such a relief to be honest and admit that I was powerless over alcohol. This opened the door to the solution. Now, every time I introduce myself as an alcoholic at a meeting, I admit my powerlessness and I remain teachable to the solution found in the Big Book of Alcoholics Anonymous.

The quiz that I took several years ago is listed on St. Paul Intergroup's website (www.aastpaul.org) in the link "Is A.A. For You?" To all of you who are new, struggling, or recommitting to your program for the New Year, I encourage you to take the quiz for yourself. If you answer "yes" to four or more, just call the A.A. Intergroup office. Volunteers answer the phones 24 hours a day, 365 days a year. We're happy to share the solution with you.

- Johni B. , Outright Mental Defectives, St. Paul

Tradition One: Our common welfare should come first; personal recovery depends upon A.A. unity.

I am an alcoholic, an individual with a disease that when left unchecked controls all I am through every fiber of my being. Not only did alcohol have a grip on all that is physical but it destroyed all things spiritual. I was alone in a fight for my life.

Then one morning after a brief moment of clarity I made a decision, said a prayer then made a phone call. The person I called is an alcoholic, the prayer was to a God of my understanding and the decision was a commitment to change the things I could. I've been sober from that day forward.

I started attending meetings, getting involved and slowly things began to change. I was finding a new type of friendship filled with understanding and compassion. I was getting sucked into a life of sobering reality that pulled me into a fellowship of men and women who share the same problem as me. I found the fellowship of Alcoholics Anonymous.

I continued to attend meetings and started to learn the ways of the fellowship. The way our three legacies of structure holds us together. I began to see the importance of service, commitment and accountability, fellowship, leadership and unity. I began to feel I was a part of something unexplainable and the need to give back became overwhelming.

Slowly my circles widened and the number of meetings I attended grew. As I heard the voices of recovery echo opinion, my need for clarity increased. Working with my sponsor, talking with long timers, attending board meetings and getting more involved afforded me some of the answers I was looking for.

For instance, I learned that as an individual I attend meetings. The meetings I attend are part of a group. The groups form an intergroup, which falls into a district. The districts come together to form an area and collectively it all makes up our fellowship united to help one another help anyone who wants to stay sober.

Getting involved in your group and the various committees helps all of us stay sober with one common unifying bond. A bond that allows us to do things together we can't do alone. My home group is where I attend most of my meetings, get involved in events and give back that which was given to me. Recovery, Unity and Service alive at the group level allows me the opportunity to stay sober one day at a time. Today, I have ceased fighting and I'm no longer alone.

For this, I am grateful...

~anonymous

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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 Board...

Part of our responsibility as a member of the Board is to write our thoughts at least one time per year. As my service commitment comes to an end I can now take a look back and reflect on the last 18 months of my life. I have struggled in the last 9 months of just getting to meetings and/or at least wanting to go, so being on the Intergroup Board has kept me in the middle of AA with a reminder of how amazing being of service can be and why I love the program of Alcoholics Anonymous.

With AA we all see the “comings and goings” of people that walk in thru the doors and people that walk out for whatever reason they find. As people close in my life struggle to cope with this disease I am grateful that this commitment that I took 18 months ago has been a part of my life, it has kept me in the “middle of AA”. I have met amazing people that I would have never met prior! Being from Hastings I find that it is more difficult to get up to the cities to attend different meetings so being on the Board has given me the opportunity to meet others.

I will forever be grateful to each of you that I have met and watched the power of service as we reach out and make ourselves available to the still suffering alcoholic!

Have a blessed Christmas and Happy New Year!

- Tiffany B., Member At Large

Notes From your Central Office...

Happy New Year!

We look forward to another year of sobriety, recovery and fellowship in 2015. We open this year’s issue of the Lifeline with a fresh new article on the First Tradition from an AA member in Colorado that we hope you will enjoy.

Another year brings your Intergroup office a new Board of Directors. We wish to thank those who have rotated out for their fine service and assistance, and welcome our new members whom we look forward to working with.

Even if you are not serving on our Board, we offer plenty of service opportunities for you (and your sponsees!). Besides our traditional Twelve Step, Temporary Sponsor, Night Owl and Speaking opportunities, the office and Board welcome and invite your participation in planning and putting on the many special events we hold each year, like our Spring Fling dinner/dance, helping host hospitality suites at the local roundups, and reaching out to area groups about how the Intergroup office can serve them, and how they might take part in our Intergroup Council. These activities are not only rewarding, but they are a lot of fun too, and offer the chance to meet other members of AA from all around the east Metro area, and beyond.

If you'd like to take part in any of these or have any questions about them, please contact the Intergroup office.

Thanks, St. Paul Area A.A.!

<u>2015 Steering Board</u>		<u>Office Calls in November 2014</u>	
<u>Chair:</u>	Tim B.	Meeting information	87
<u>Alt. Chair:</u>	Sandy K.	Inventory/hours	16
<u>Secretary:</u>	Scott L.	12th Step calls	6
<u>Treasurer:</u>	John M.	Temporary sponsor	22
<u>Alt. Treasurer</u>	Joe W.	Speaker request	12
<u>Members at Large 2015:</u>	Hillary B. & Paul T.	Special events	10
<u>Members at Large 2016:</u>	Jestine M. & Mike C.	Outside issues	8
<u>Advisor to the Board:</u>	Christa W.	Info for professionals	0
		Administrative	82
		Other	53
		Total Calls	296
		Daily average	15.6
		Visitors	184

UPCOMING A.A. EVENTS!!

<p>Southern Minnesota Area 36 Recovery, Unity & Service Conference <i>"The Foundation of Our Future"</i> Celebrating 80 years of Recover, Unity & Service Holiday Inn—Owatonna, MN Friday, January 2nd - Sunday 4th, 2015</p>	<p>13th Annual Wild Rice Roundup "Lose Your Winter Blues" Shooting Star Hotel & Event Center Mahnomon, MN Friday, January 9th - Sunday, January 11th, 2015</p>
<p>Trudging the Road to Happy Destiny 2015 Men's Retreat Horseshoe Bay Resort Leech Lake, MN Friday, January 23rd—Sunday, January 25th www.trhdretreat.org</p>	<p>Southern Minnesota Area 36 Area Committee Meetings Best Western North Mankato, MN Saturday, February 14th - 9:30 AM—5:30PM For more Info: www.area36.org</p>
<p>Minneapolis Intergroup 32nd Annual Gratitude Night Minneapolis Convention Center Saturday, February 21st, 6:30PM – Midnight www.aaminneapolis.org</p>	<p>AA Is For Everyone Workshop Carrying Our Message Workshop To Those with Special Needs Saturday, January 17, 2015—1:00-4:00pm New Hope Alano, 7550 Bass Lake Rd., New Hope MN 55428 Presented by: Districts 7, 8, 13, 18, 21 & Area 36 Remote Communities & Special Needs Committees</p>
<p><u>Group and Area News</u></p> <p>Closed: With sadness, we report that the Sunday night St. Paul Speaker Meeting has closed.</p> <p>New Group: The <i>11th Step FINE</i> group is now meeting at 6pm Fridays at Redeemer Lutheran Church, 9925 Bailey Road in Woodbury.</p> <p>New Location: <i>Pocketing Our Pride</i> has moved from the Como Park Pavilion To Central Lutheran School at 775 N. Lexington Pkwy. In St. Paul. Please use the easternmost door off of Englewood.</p> <p>New Location: <i>Sons of Serenity</i> has moved to St. Peter's Lutheran Church, 530 S. Victoria Street in St. Paul.</p> <p>New Time: The <i>Cover to Cover Women's Group</i> at the Midway Club is now meeting at 6:10pm Sundays, instead of 6.</p>	<p>New Meeting: <i>The Friday Friends</i> group is now meeting every Friday evening at 8:00PM downstairs at the Saint Albert the Great Catholic Church 2836 33rd Avenue South in Minneapolis. The group holds an Open, Step, Mixed meeting - all are welcome! Please use rear entrance.</p> <p style="text-align: center;"><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>



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



**Upcoming Night Owl Orientations:
Saturday, January 17th, February 21st, & March 21st
10:00 AM - 11:00 AM**

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

St. Paul Area Intergroup Representatives' Meeting Minutes November 18th, 2014

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from September were reviewed and approved.
- III. Treasurer's Report – The Treasurer's Report is included on the website in the same section as Reps Meeting Minutes. The Prudent reserve policy is also on the website. C.J.M., our treasurer, gave the treasurer's report. She reported on the checking and payroll accounts. Both have healthy balances. Literature sales up from last month. Group contributions are up from last month. Many thanks! 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 C.J.M. at treasurer@aastpaul.org.
- IV. The Office Report – The office has a new sales counter and display case. Frank says its looks great and works well. The next task is to hang pamphlet racks. Frank is working on plans for our book sales at Founder's Day. Frank is also working on setting the schedule and volunteers to run the AA meetings at our New Year's Eve night. If your group is interested in hosting an AA meeting that night, please contact Frank at manager@aastpaul.org. The office always welcomes volunteers, there is always work to do in the office. Jobs include answering phones, update list of speakers, help arrange temporary sponsors, update the 12th-step list, and clerical tasks such as making copies. 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 – 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 – 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 – The board has put together a proposed budget for 2015. Reps will get this document tonight. Budget will be discussed and voted on next month.
- VIII. Night Owl Report – We always need people to sign up to take 12-step phone-calls. Please call Dan 612-328-3444 if interested, and please visit the website or call the Office for more information. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- IX. Liaison Reports – none tonight due to board elections
- X. Upcoming Intergroup Events: Gratitude Night is Saturday November 22, 2014 7pm–10pm at the recovery church. Speaker is Carol B. from Montana. Founder's Day Weekend is Friday November 28 to Sunday November 30, 2104 at the DoubleTree Hotel in St. Louis Park, MN. Stop by the intergroup hospitality room. New Year's Eve will take place at the recovery church. We will have a speaker and a dance.
- XI. Old Business: none
- XII. New Business: The following people were elected in to the Intergroup Board: Alternate Chair – Sandy K.; Alternate Treasurer – Joe W.; Secretary – Scott L.; Member at Large – Jestine M.; Member at Large – Mike C.
- XIII. Group AA Announcements – Alfred K from Main Idea Group said their group will be having a Christmas Eve Open House at the Downtown Alano. Dinner starts at 4pm and meetings will run on the hour. The West End group is having Thanksgiving dinner at noon; food all day until the 8pm meeting.
- XIV. No suggestions for next month's agenda.
- XV. Justine volunteered to do the Grapevine Report for December.
- XVI. Hillary volunteered for Concept XII Review for December.
- XVII. volunteered for giving the Mock Rep Report December.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Christa W., Board Chair	Tim B., Alt. Chair	Jean O., Board Advisor	Michele M., Secretary	CJ M., Treasurer	John M., Alt. Treasurer
Hillary B., Member at Large	Paul T., Member at Large	Tiffany B., Member at Large	Steve N., Member at Large	Jonathan L., Webservant	Frank N., Office Manager
Sandy K., Como Park BB	Mike C., Defogged Men's Grp	Scott L., District 8	Jestine M., Fire-side Women	Terry H., The Firing Line	David P., Happy Joyous & Free
Muggsy A., Hole in the Donut	Alfred K., Main Idea	Ken D., Maplewood Groups	Jimmy H., Problem & Solution	Jenn B., Summit Hill	Don D., Third Edition BB
Michael C., Uptown Groups	Mike F., West End				

January MEETING: Tuesday the 20th, 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

NOVEMBER CONTRIBUTIONS

Number of Group Contributors: 33
Total Group Contributions: \$3231
Number of Faithful Fivers: 15
Total from Faithful Fivers: \$351

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 November**

Andy L., Andrew O., Breck M.,
Burt K., Cathy K., Cathy T.,
Collin P., David B., David J.,
Elizabeth S., Frank D.,
Hannah V., Heather S., Henry O.,
Isaac Z., Jim C., Jim S., Ken S.,
Kenzie T., Kyle S., Lonnie A.,
Mike B. Nancy D.,
Paul L., Pat W., Sam S.,
Steve W., Suzanne B.,
Tori H., Ty K., Vin S. Xai

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



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

- Anoka Day By Day
- Apple Valley Daily Reflections
- Burnsville - Primary Purpose
- Burnsville Wed. AM Mens Group
- Dakota Alano
- Dakota Alano Sun. 8 PM
- Dakota Alano Thurs 1145 AM
- Dakota Alano Women's Wed. 6 PM
- Day by Day Women's Group
- Defogged Men's Group
- Episcopal Home group
- Forest Lake Alano
- The Grind
- Happy Joyous and Free II
- Highland Park Groups
- Island Lake Group
- Lakers Saturday Morning AA
- Little Canada Happy Hour
- Live and Let Live
- Maplewood Groups
- Oasis Group - Apple Valley
- Roseville Wed Night
- Shoreview 12 x 12
- St. Croix Alano Tues AM
- St. Stephen's Tuesday Group
- Stillwater Morning Groups
- Stillwater Relapse Prevention group
- Summit Hill
- Una Luz en el Camino
- Unity, Service & Recovery
- Weekend Jumpstart II
- White Bear Wed AM Women's
- Women's 12 x 12 Study Monday

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.

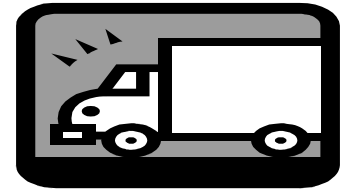


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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