

# The Lifeline



March 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 3

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

MY FRIEND

I have recently made a friend of Someone I wish everyone could know. This Friend is never too busy to listen to me, my problems, my joys, and my sorrows. He gives me the courage to face life squarely and helps me to conquer my fears. The counsel I get is always good, for this Friend is wise, patient, and tolerant. Sometimes, I do not heed His advice, and then I must ask for and be willing to accept additional advice very humbly and sincerely.

Regardless of the mistakes I make, my Friend is always there, available to me at any time, day or night. I can talk, and He does not interrupt, no matter how I ramble on. Sometimes, while talking to Him, I receive a solution to my problem. Other times, just by putting my problem into words, I see how petty and unimportant it is. I feel as if my Friend is holding my hand and gently guiding me if I will listen. I feel that when I do not listen, my Friend is hurt, but never angry.

My Friend is with me at work or at home, my constant companion wherever I go. He is my Higher Power as I understand it. He is the God I know.

-Anonymous, Colorado Springs, Colorado

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

### **Caught It At A Meeting**

The Third Tradition made it okay to come to AA even though I wasn't an alcoholic. Many folks, in their stories, said they knew they were alcoholic. But I didn't.

Truly, I caught alcoholism in AA. Newcomers, beware! I think it happened holding hands during the closing prayer.

It took me a full 11 months in AA to finally admit I was alcoholic, but I was able to not drink and to come to meetings because of the Third Tradition. I absolutely had a desire to stop drinking. It was causing a bunch of problems in my life. But alcoholic? No way! Yet as I kept coming back, I heard a lot of definitions that helped me to accept my alcoholism, such as, "You might be an alcoholic if:

1. You didn't always get in trouble when you drank, but every time you did get in trouble, alcohol was involved.
2. You went through 'The three stages of alcoholism': fun, fun plus problems, just problems.
3. You had problems to any degree due to the use of alcohol."

Once I admitted to my disease, my recovery came fast and furious.

It was God who brought me to Alcoholics Anonymous, but Alcoholics Anonymous brought me to God, and for that, I am abundantly grateful.

- Susan G., Columbia, MD

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### **St. Paul Intergroup 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

# UPCOMING A.A. EVENTS!!

**Big Ole Roundup**  
*"One Step at A Time"*  
 Holiday Inn of Alexandria  
 5637 St. Hwy 29 S  
 Alexandria, MN  
**Friday, March 6th - Sunday, March 8th**  
 For more info: [www.alexandriamn.org](http://www.alexandriamn.org)

**Main Idea Workshop**  
*"The ABCs of Sponsorship"*  
 Downtown Alano Club  
 520 North Robert Street, St. Paul 55101  
**Saturday, March 7th 2015, 10:00 AM – 11:30**

**Southern Minnesota Area 36**  
**Area Assembly**  
 Best Western Nicollet Inn  
 Burnsville, MN  
**Saturday, March 21st - 9:00 AM—5:00 PM**  
 For more info: [www.area36.org](http://www.area36.org)

**Aim for Ames Roundup**  
*"Follow The Path"*  
 Quality Inn & Suites  
 East 13th St & I-35, Ames, IA  
**Friday, March 27th - Sunday, March 29**  
 For more info: [www.aimforames.org](http://www.aimforames.org)

**Area 36**  
**Delegate's Workshop**  
 St. John's Lutheran Church  
 Northfield, MN  
**Saturday, April 11th - 9:00AM—4:00PM**  
 For more info: [www.area36.org](http://www.area36.org)

**21st Annual**  
**Sunlight of the Spirit Weekend**  
*"Becoming a Part of the Common Solution"*  
 Holiday Inn, Fairmont, MN  
**Friday, April 17th - Sunday, April 19th**  
 For more info, email: [sotsweekend@gmail.com](mailto:sotsweekend@gmail.com)

**Group and Area News**

**New Meeting:** The *West End Club* is now holding an Open newcomer's orientation meeting Saturdays at 3:00 pm at 955 West Seventh St., in St. Paul.

**New Time and Format:** The *Our Stories* group in Bayport is now meeting at 5:30 pm Thursdays (instead of 7:30), and using the book *As Bill Sees It* as their discussion guide.

**Group Merger:** The *Fallen Women* group and *Summit Womens* group have combined under the name *Widening Circle* group, and are now meeting Mondays at 7:00 pm at the St. Paul United Church of Christ, 900 Summit Avenue.

**New Group:** The *Sober Goats* group is now meeting Tuesdays at 6:00 pm at the *Dancing Goats Coffee House* at 699 East 7th St., in St. Paul's Dayton's Bluff neighborhood.

**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](http://www.aabythebook.org)

**Gopher State Roundup XLII**  
 will be held at the  
**DoubleTree Bloomington**  
**May 22-24, 2015.**  
 Hospitality suites are available by reservation for this event. If your group is interested in a hospitality suite and the associated rates, please contact the Hospitality Suites Committee:  
[HospitalitySuitesCommittee@gmail.com](mailto:HospitalitySuitesCommittee@gmail.com)



**AA & Al-Anon Speakers**  
 7 P.M.  
 (Open Meeting)

## Saint Paul Intergroup's Annual Spring Fling

**Saturday April 18th, 2015**

(save the date!)

*The Recovery Church*  
 253 State St, St Paul, MN 55107  
 (Plato & State St)



**St. Paul Area Intergroup Representatives' Meeting Minutes January 20th, 2015**

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

Minutes from December were reviewed and approved.

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. John M, our treasurer, gave the treasurer's report. Net income was down \$1,178 but the budget was projected for a negative \$10,398. Liabilities and receivables decreased. Total contributions decreased but group contributions increased. Office sales increased and expenses are up from the previous month. He reported on the checking and payroll accounts and both have healthy balances. Literature sales were 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 John M at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org) or Frank N at [manager@aastpaul.org](mailto:manager@aastpaul.org).

The Office Report – New opportunity to participate at MNYPAA 4th annual statewide conference 4/10-12 at the Holiday Inn off I-94. We'll need help from the groups to staff the literature table, which is a fun place to be at these events so please pass the word. We still have 75th anniversary editions of the Big Book for sale and we can restock until June. 41 groups and 19 individuals made contributions and we're very grateful for that support. The Office always welcomes volunteers and 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](mailto:manager@aastpaul.org).

The Website Report – Automated alerts for meetings with temporary time or location changes, etc., have been added to the website. Bus routes have been updated and a link to the LRT Green Line has been added. Arthur from Defogged Mens will be mentored by Jonathan. All search indicators for December were up. All indicators of activity were up overall for 2014 vs. 2013. 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 at [webservant@aastpaul.org](mailto:webservant@aastpaul.org) or the Office for AA-related events which may be added. Guidelines are available on the website. Remember to submit your flyers (with AA-related content) for inclusion on the website.

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 Jestine M at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) or contact Frank N at [manager@aastpaul.org](mailto:manager@aastpaul.org) for more information on assisting Intergroup with this valuable service opportunity!

Update from the Board – Sandy K - first Board meeting of this year was held tonight. The 11/21/15 Gratitude Night needs a venue because the Recovery Church is unavailable on that date and we're asking the groups to bring forward ideas. Requirements for the new venue include kitchen amenities for approximately 200, a local in a downtown or suburban area, and on or close to a bus line and/or rail line.

Night Owl Report –The Night Owl coordinating committee is looking for two new members. Please call Dan 612-328-3444 if interested or contact Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org) for more information. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office. Please check the website for open shifts.

Liaison Reports – District 8 reports working on their proposed budget and a possible anonymity workshop on 4/14. Also, there are many 12-step opportunities available. District 15 set Sat. 3/14 as the date for their spring workshop, topic is still to be determined. Welcome District 19 new liaison Dan, who notes that the upcoming Area Assembly is in Burnsville on Sat. 3/21.

Upcoming Intergroup Events: Volunteer Appreciation Dinner and speaker will be held here at the Bethlehem Church on either Sat. 2/28 or Sat 3/7. The event is a celebration of all volunteers in any manner, i.e., Intergroup Reps, Night Owl, Office, etc. Flyers will be available at the next Reps meetings. Spring Fling will be Sat. 4/25 at the Recovery Church with a spaghetti dinner, AA and an Al-Anon speaker and fellowship dance and food, but surprises are also in the works.

Old Business: none

New Business: none

**Group AA Announcements**

- Main Idea's hosting a workshop called the ABCs of Sponsorship Sat. 3/7 10 a.m.-1:30p.m. at the Downtown Alano. Free parking in the north parking lot on Saturdays.
- MNYPAA 4th annual statewide conference Fri. 4/10-Sun. 4/12, online registration is \$15 in advance.
- 3rd Edition Big Book potluck supper is Friday 2/13. Potluck starts at 6:30, speaker at 7:30. Located at Knox Presbyterian at 1536 W. Minnehaha.
- New speaker (about half-dozen 5-minute speakers) meets at the Eagan Community Center every Wednesday night.
- Up In Smoke meeting Thurs. nights at 8 pm. Located at Golden Leaf at 277 West 7th Street

No suggestions for next month's agenda.

Jordan volunteered to do the Grapevine Report for February.

Terry H volunteered for Concept I Review for February.

Bill V volunteered for giving the Mock Rep Report for February.

Closed with the Responsibility Statement

**ATTENDANCE:**

Tim B., Board Chair	Sandy K., Alt. Chair	John M., Treasurer	Scott L., Secretary	Joe W., Alt. Treasurer	Paul T., Member at Large
Jestine M., Member at Large	Mike C., Member at Large	Jonathan L., Webservant	Frank N., Office Manager	Jill J., Como Park BB	Leslie D., District 8
Dan R., District 19	Terry H., The Firing Like	William V., The Firing Line	John K., Gratitude In Action	Muggsy A., Hole in the Doughnut	Alfred K., Main Idea
Lars G., MNYPAA	James D., New Brighton BB	Dave L., No Time Like The Present	Sonya J., Pocketing Our Pride	Tony A., Rule 62	Elle A., Students of Life
Cheryl B., Third Edition BB	Peter O., Up in Smoke	Mike F., West End	David P., Happy, Joyous & Free		

**March MEETING: Tuesday the 17th, 2015 (7:30 PM)**  
 BETHLEHEM LUTHERAN CHURCH  
 436 Roy Street North, St. Paul, MN 55104

**Notes From Your Board...**

My sponsor would often state in meetings that "it takes the creator of all things seen and unseen to restore us to sanity." Then he would follow that up with "you think what you are thinking is thinking?" adding a chuckle. At first I was focused on the word sanity. "Before I came to AA I was insane?" I would think. But my thinking has improved but I still have the crazy thoughts that would pop in my head. I've come to understand that there are 2 important words in the second step. Those are "ourselves" and "us."

I believe that it takes all of us to restore us to sanity. Sanity is when we remember God. That is why for me is it so important to get involved with AA in any way. Help in your home group, with your district or with Intergroup. Do whatever you feel you can. It is spiritual progress for us all as we "Trudge the Road of Happy Destiny."

- Paul T., Member at Large

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

We don't have a lot of historical or archival material in your St. Paul Area Intergroup office. There's not a lot of storage space to start with, and the office has moved several times, so it's easy to see how some old stuff got lost along the way. One thing we do have though, it our original Articles of Incorporation from 1966. Yes, 1966! We will celebrate our 50th anniversary next year!

Here is what our website says about our beginnings:

"In 1957, five AA groups organized to encourage all AA groups to unite to celebrate a common anniversary and to coordinate twelve step calls. The first meeting was held in July 1957, and thereafter met monthly.

In 1965, after the 30th Anniversary International Convention in Toronto, discussions began about forming a Central Office to coordinate vital services which were difficult to deliver because of the scattered locations of the groups. By joining together and forming a Central Office, they could serve the eastern half of the Metro Area. The Central Office was finally opened in 1966, two years prior to the Minneapolis Intergroup Association.

This Central Office, the creation of the AA groups and individual members is "owned" by those groups and members. It is not an autonomous AA entity. Rather, it derives all its authority from AA groups and individual AA members in the area it serves. This delegation of authority from the AA groups to the Central Office follows the second of the Twelve Traditions and the third of the Twelve Concepts of World Service."

Thanks, St. Paul Area A.A.!

<b><u>2015 Steering Board</u></b>		<b><u>Office Calls in January 2015</u></b>	
<b><u>Chair:</u></b>	<b>Tim B.</b>	Meeting information	117
<b><u>Alt. Chair:</u></b>	<b>Sandy K.</b>	Inventory/hours	18
<b><u>Secretary:</u></b>	<b>Scott L.</b>	12th Step calls	3
<b><u>Treasurer:</u></b>	<b>John M.</b>	Temporary sponsor	16
<b><u>Alt. Treasurer</u></b>	<b>Joe W.</b>	Speaker request	16
<b><u>Members at Large 2015:</u></b>	<b>Hillary B. &amp; Paul T.</b>	Special events	1
<b><u>Members at Large 2016:</u></b>	<b>Jestine M. &amp; Mike C.</b>	Outside issues	12
<b><u>Advisor to the Board:</u></b>	<b>Christa W.</b>	Info for professionals	2
		Administrative	93
		Other	61
		<b>Total Calls</b>	<b>339</b>
		<b>Daily average</b>	<b>16.1</b>
		Visitors	289

**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. W.  
Suite 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: 37  
Total Group Contributions: \$3313  
Number of Faithful Fivers: 13  
Total from Faithful Fivers: \$160

***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**

Breck M., Burt K., Carol R.,  
Carolyn M., Cathy T.,  
Collin P., Connor H., Emily R.,  
Frank D., Isaac Z.,  
Jason S., Jim C., Jim S.,  
Jimmy P., Ken S.,  
Mike B., Mike O., Pam S.,  
Pat W., Ratta C., Sam H.,  
Sarah M., Steve H., Steve W.,  
Ty, Vin S. William P., Xai,

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



**Thanks to the groups that  
contributed in January  
2015**

- 12x12 By the Book
- Apple Valley Monday AM Women's Mtg.
- Back to Basics - Savage
- Children of Chaos Plus
- Complete Defeat Group
- Dakota Alano As Bill Sees It Sat 9AM
- Dakota Alano Friday 6 PM
- Dakota Alano Thursday 530 PM
- Downtown Alano Club
- Episcopal Home group
- Fireside Women's BB Group
- Firing Line
- Forest Lake Alano
- Happy Hour 12 & 12
- Hastings Club
- Highland Park Groups
- Hope In The Wilderness group
- Hugo Group
- Lake Elmo Thurs Night Group
- Lakers Saturday Morning AA
- Landmark Group
- Macalester Plymouth Group
- Midway Club
- Not A Glum Lot -
- Oasis Group - Apple Valley
- Pocketing Our Pride
- Roseville Wed Night
- Shoreview 12 x 12
- St. Stephen's Tuesday Group
- Stepsisters of Northfield
- Stillwater Morning Groups
- Summit Hill
- Summit Women's Basic Text Group
- Sunnyside AA Group
- Third Tradition Northfield
- Una Luz en el Camino
- Valley Creek Thurs Night



**The Lifeline: Purpose Statement**

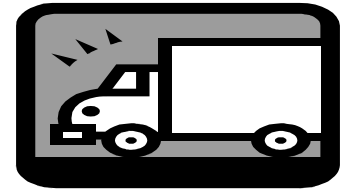
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article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

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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