



Step Seven: Humbly asked Him to remove our shortcomings.

FREEDOM FROM FEAR

The second-to-last paragraph of Step Seven in the "Twelve and Twelve" was the wake-up call I needed as I reluctantly began my first journey through the Steps. Finally, I had found, in one sentence, the sum total of my active alcoholic life: "the chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded."

From the day I picked up my first drink, continuing through early sobriety, fear ruled my life twenty-four hours a day. To discover that my fears were based on the selfish notion that I deserved the best that life could give me—all the while trampling on other peoples' rights and feeling—saved my sanity and life. I realized that the fear of losing people, places, or things was not only a waste of time; it caused a multitude of resentments.

My life is far from perfect, of course, but after a few twenty-four hours of sobriety and freedom from fear, I have hope and gratitude. When I remember to work the program daily, I am able to replace fear with hope.

- James G., Warwick, RI

Reprinted from *Step By Step—Real AAs, Real Recovery*, pg. 80, with permission of The Grapevine, Inc.

Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

When I sobered up (yet again), I was as usual dead broke, and I owed a lot of money to a lot of places. I didn't think I'd ever be able to pay it all back, and I wasn't sure that I'd even be able to meet the everyday expenses that I had, small though they were without the booze bill.

I was going to a lot of meetings—5 or more a week—and of course at every one, the 7th Tradition basket would be passed around. At first, broke as I was, I just passed it along. I didn't like doing that, but I didn't feel like I really had a choice.

Then one day in another meeting, something occurred to me. I'd heard or read in AA something like "if I take care of my sobriety, my Higher Power will take care of the rest of it." That's a leap of faith the AA program offers us, and I wondered if I might be missing a step toward that leap by not putting a dollar or two into the baskets when they came by. Like I said, I was going to a lot of meetings so it seemed like a buck here and a buck there might add up to a fair amount pretty quickly, but I thought I might as well try it.

And I did. At first, it was almost painful. The basket would approach, and I'd open my wallet and there would be only 20 bucks, or 10 bucks, or even less. I'd gulp and grab a dollar, and try not to think about where else I needed to use it. After a while, this process seemed to prompt me to mentally say a little prayer during it. I'd think something like, "Thank you Lord for my sobriety, and for looking after me." It began to get easier to do then.

Of course my dollar per meeting didn't matter all that much to the groups I was attending. It wasn't like they'd have to close down or stop serving coffee if I didn't give it. But that little action, now that I look back at it, was a Third Step. In a very small measure, I was turning my financial mess over to the care of a God of my understanding. And the more I did it, the more I came to trust that things really were going to be okay. And when I felt things were going to be okay, staying sober was just a little bit less hard.

Thanks to sobriety, eventually my financial insecurities were eased. I became able to put more than a single dollar in the baskets, and I did. With more time and the prompting of the Ninth Step, I was able to settle my debts, save a little money for emergencies, and stop living in the had-to-mouth fashion I'd become so accustomed to.

And that little leap of faith paid off. My trust in a Higher Power grew and I became able to apply it in other areas too. And I stayed sober. That has been the best payoff of all.

Anonymous, St. Paul

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...

Good habits—

Habits mean something much different to me then before I came to AA. It's often really easy to see habits as either good or bad. I sure found out how hard it is to chip away at my bad ones. I realized my biggest bad habit was my thinking.

Before AA bad habits to me meant things like over eating, swearing to much or not enough, not working out, driving fast and taking chances! Just think how easy it is to develop a bad golf swing and then how much practice it takes to root it out. Now I work on my bad habits by first realizing what or where my mind goes. My sponsor would tell me to be a "watcher of your thoughts" and don't judge them. This has helped me to slowly chip away at my bad habit of thinking which then turn into behaviors.

The more that I'm involved with AA, the less I think "hook or slice" myself into trouble. I come to see "trouble" as anything that leads me away from God. So I choose to continue with the good habits within AA!

-Paul T., Member at Large

Notes From your Central Office...

Some years ago, my home group needed a new Intergroup representative. Somewhat naively, I put my hand up and volunteered. I thought I ought to do something for the group, and it seemed like something that would not require a lot of me. All I would need do is attend the monthly Intergroup meetings and report back to the group on what happened there.

Actually, that was pretty close. Occasionally, group reps were asked to vote on an Intergroup policy matter, and of course help elect a new Board in the fall, but otherwise attending and reporting back were the bare minimum.

But I found more in it that that. I became acquainted with people from other area groups, both other Intergroup reps and Board members. Through this I learned more about the breadth of our Fellowship across the eastern Metro area, and a bit about how these other groups operated and supported one another. I learned too about the many events and activities Intergroup puts on every year, and became curious enough about these to attend a few. I think I even offered to show up and help out with putting on of them on. At these events, I had a really fun time, learning more about our Fellowship and meeting still more people from other area groups.

I also learned about the service opportunities the office coordinated—answering the Intergroup phone, being a Twelve Stepper, a speaker or a Temporary Sponsor. A little fearful, I went to the Intergroup office, answered phones and met still more people.

I may not have known it then, but I was becoming "a part of" AA in ways I had never been before, and my sobriety and recovery were furthered by it.

If your group does not have an Intergroup representative, I hope you'll consider extending this opportunity to one of your group members, and have them join us on the third Tuesday of the month. I hope they will get as much from the experience as I have.

-Thanks St. Paul Area AA!

2015 Steering Board

<u>Chair:</u>	Tim B.
<u>Alt. Chair:</u>	Sandy K.
<u>Secretary:</u>	Scott L.
<u>Treasurer:</u>	John M.
<u>Alt. Treasurer</u>	Joe W.
<u>Members at Large 2015:</u>	Hillary B. & Paul T.
<u>Members at Large 2016:</u>	Jestine M. & Mike C.
<u>Advisor to the Board:</u>	Christa W.

Office Calls in May 2015

Meeting information	91
Inventory/hours	22
12th Step calls	2
Temporary sponsor	15
Speaker request	18
Special events	14
Outside issues	8
Info for professionals	4
Administrative	89
Other	53
Total Calls	316
Daily average	15.8
Visitors	195

UPCOMING A.A. EVENTS!!

2015 International Convention
 Alcoholic Anonymous
80 years—Happy, Joyous and Free
 Atlanta, Georgia,
 Thursday, July 2nd - Sunday, July 5th

Archives Alive [#4]
 Archives Repository
 712 E. 10th St., Glencoe, MN
Saturday, July 18, 2015 - 10AM—Noon
 “How we found AA and stayed”
 With Districts 2, 7 & 14

**The Firing Line, St. Paul & The Hall, Crystal
 AA Summer Potluck Picnic**
 Hansen Park Pavilion
 1555 5th St NW, New Brighton, MN
Saturday, July 18th - 2PM—8PM
 For more info: www.aafiringline.com

*8th Annual Summer
 Wild Rice Round-Up*
 Sandhill Bible Camp
 1046 250th Ave., Fosston, MN 56542
Friday, August 14th - Sunday, August 16th
 For more info: www.wildriceroundup.com

**The Fourteenth Annual
 Empty Chair Men’s Retreat**
 Camp Knutson
 Cross Lake, MN
Friday, August 23rd - Sunday, August 25th
 For more info call: Jamie M. 612-227-9747

2015 West Central Regional Forum
 Parkway Plaza Hotel & Conference Center
 123 West E Street
 Casper, WY
Friday, August 23rd - Sunday, August 25th
 More info: www.area36.org

Group and Area News

New Locations: The two groups that were meeting at Nina’s Café in St. Paul have both moved to new locations. *Look to This Day* is now meeting Wednesday mornings at the St. Paul United Church of Christ, 900 Summit Avenue. *There Is a Solution* now meets Tuesdays at 6:30am at the Claddagh Coffee Shop, 459 W. 7th Street.

New Location: The *Came To Believe* group is now meeting on Mondays at 7:00PM at the Highland Park Community Center, 1978 Ford Parkway, St. Paul, MN. The group hosts an Open, Mixed, Literature meeting, which reads from the AA text *Came to Believe*.

New time and location: *Students of Life* are now meeting at 8:30pm Wednesdays at the Dayton Ave. Presbyterian Church, 217 Mackubin Street in St. Paul.

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.



**St. Paul Intergroup
 Annual Ice Cream Social &
 Long-Timer Recognition**
Saturday, August 22nd 4:00PM - 6:30PM
The Recovery Church
253 State Street, Saint Paul, MN 55107



St. Paul Area Intergroup Representatives' Meeting Minutes May 19th, 2015

1. Opened with the Serenity Prayer, introductions, and the reading of the Primary Purpose of Intergroup.
2. Minutes from April were reviewed and approved. Peter O motioned and John K seconded.
3. Treasurer's Report, John M gave the treasurer's report. Bank account total is \$36,502 and prudent reserve is \$45,004. Overall there was a net income increase of \$574. Contact John M at treasurer@aastpaul.org
4. The Office Report, Medallion sales are up. 38 groups and 16 Faithful Fivers contributed. Contact Frank N at manager@aastpaul.org
5. The Website Report, no report. Service opportunities and Night Owl opportunities are available on the website, see website for guidelines on posting events. Contact Jonathan at webservant@aastpaul.org
6. Outreach Program, no report, need volunteers to visit meetings never visited. Contact Jistine M at outreach@aastpaul.org
7. Update from the Board, Sandy K, need an interpreter to visit a Spanish-speaking only meeting to express gratitude for their contributions and for buying supplies from us. Contact Frank N at manager@aastpaul.org
8. Night Owl Report, coordinator positions open, Night Owl Orientation is every third Saturday at 10 a.m. in the Office. Check website for open shifts. Contact Frank N at manager@aastpaul.org of Dan S at 612-328-3444
9. Liaison Reports, District 8, Leslie D, corrections committee needs volunteers for contact program, CPC committee needs volunteers in legal field for LCL speakers, District 15, Julie H, Area Delegate's report will be Mo 6/22, 7 pm at Christ Lutheran Church in Lake Elmo, District 19, Dan R, need chairs for all committee and volunteers for General Service and outreach, see website for Dakota Co. Jail commitment.
10. Upcoming Intergroup Events, Gopher State, 5/22-24, volunteers needed for the hospitality suite, Open House, Sa 7/11, BBQ and office is open for visiting, Ice Cream Social, Sa 8/22, 4 pm, Recovery Church, need 6-8 speakers with 25 years or more of sobriety.
11. Old Business, Chris P, Happy Joyous and Free suggests that Lifeline contain a humor section and notes that there's only one Alateen group in St. Paul and currently no kids attend and packets are available to distribute.
12. New Business, none
13. Group AA Announcements
 - A. Firing Line and Garage Dogs 1st Annual potluck picnic, 7/18, 2-8 pm, Hanson's Park in New Brighton
 - B. Rule 62 Anniversary, Sa 6/27, 6 pm potluck, 7 pm speaker Bob B, Church at Hamline Ave and Wellesley
 - C. MNYPAA, Paul, thanked Intergroup for participating in Conference, next host committee will be in Duluth, Memorial Dance, Sa 5/23, 9 pm - Midnight, at Christ Presbyterian Church in Edina
14. Suggestions for next month's agenda, none
15. Jill J volunteered to do the Grapevine Report for June
16. Chris P volunteered to review Concept VI for June
17. Charlie L volunteered for giving the Mock Rep Report for June
18. Closed with the Responsibility Statement

ATTENDANCE:

Tim B., Board Chair	Sandy K., Alt. Chair	Scott L., Secretary	John M., Treasurer	Joe W., Alt. Treasurer	Christa W., Board Advisor
Hillary B., Member at Large	Mike C., Member at Large	Frank N., Office Manager	Jill J., Como Park BB	Leslie D., District 8	Julie H., District 15
Dan R., District 19	Pat C., Fireside Women's	Terry H., The Firing Line	John K., Gratitude in Action	Chris P., Happy, Joyous & Free	Ken S., Hole in the Doughnut
Rick B., Main Idea	Alfred K., Main Idea	James D., New Brighton Big Book	Dave L., No Time Like the Present	Charlie L., Problem & Solution	Tony A., Rule 62
Gentry S., Rule 62	Meghan K., Students of Life	Cheryl B., Third Edition	Peter O., Up In Smoke	Breck M., The Promises	

July MEETING: Tuesday the 21st, 2015 (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. 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

MAY CONTRIBUTIONS

Number of Group Contributors:	22
Total Group Contributions:	\$1984
Number of Faithful Fivers:	19
Total from Faithful Fivers:	\$313

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 May**

Ali N., Burt K., Cathy T.,
Craig S., Dan B., Dave P.,
Frank D., Henry O.,
Karl G., Jim C., Joe R.,
Jimmy P., Karen T., Ken S.,
Lisa B., Mary L.,
Meagan T., Mike B.,
Natalie S., Nikki M., Pat W.,
Steve H., Steve W.,
Suzanne B., Tammy O., Ty

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



**Thanks to the Groups
that contributed
in May 2015**

- Anoka Day By Day
- Book Club- 'The book club'
- Burnsville - Primary Purpose
- Dakota Alano Monday 6 PM BB
- Dakota Alano Sun. 8 PM
- Fourth Dimension
- Friday Night Women's in W. St. Paul
- Highland Park Groups
- Hole in the Donut Group
- Mahtomedi Tuesday Step
- Meeting of the Waters
- New Brighton Big Book A.M.
- North Hamline
- Oakdale Woodbury Sun Group
- Roseville Wed Night
- St. Joseph - Houlton/Hudson
- Stillwater Morning Groups
- Summit Hill
- Third Tradition Northfield
- Una Luz en el Camino
- Up In Smoke
- White Bear Wed AM Women's

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.

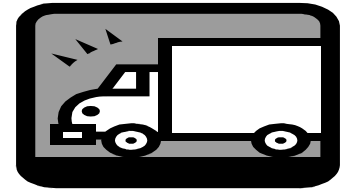


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

Non-Profit
Organization
U.S. Postage
PAID
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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