

The Lifeline



AUGUST 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 8

Step Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.

Most places I go I have a canvas messenger bag slung across my shoulders. In this bag are some items in rotation...and a few items with permanent occupancy that go everywhere. Including a 4x6 inch fire engine red notebook that I believe I bought from the Walgreens at Grand and Grotto many months back. It is really, really red. It looks like it should be filled with Hello Kitty and Pokémon stickers, and it looks from the outside like it belongs to an 8 year old. However, it has no stickers. Instead, it has a list of 191 different people I have harmed over the course of my life. On one page, I have scribbled bullet points of the things I did. On the mirroring page, I have the amends that I need to make (each list in most cases ending with the line "let them tell their side of the story.")

Over a year ago, my recovery journey landed me in Minnesota from the Pacific Northwest. While I do have (and have completed some) amends with people from whence I came, my alcoholism and addiction path has been a textbook geographic mobility story. I have amends to make all over the country, coast to gulf to coast. Over the course of my drinking career I have had addresses in nine separate states and two countries. Compounded with other complicating details like "I have no idea what happened to him" or "I'm not sure I ever even knew her last name," my amends game plan is definitely not as easy as a quick flight to some old proverbial stomping ground. The universe WAS my stomping ground.

It is comforting to read in the 12 & 12 that indeed "this is a very large order. It is a task which we may perform with increasing skill, but never really finish." For me, the amends process takes two principal forms. One is reaching out to friends and family to plan places, times, and modes of communication. But the second, to be honest, is giving up much of the circumstances of amends to my higher power. I can't set the stage for every conversation in much the same way that I can't live a life run on self-will. However, what I can do is align my will today with that of my higher power in order to be ready to make amends when those opportunities arise. Forgive the sports metaphor, but if I am truly willing to step up to the plate when my number is called, I would prefer to bring helpful things with me like, for example, a baseball bat. A helmet. Maybe a batting glove if it's a fancy baseball game where people use batting gloves.

Step 8 to me is the willingness to continue filling that red notebook a bit each day, listing out those harms, and discussing plans for potential amends with my sponsor. It is the great reality that despite a pre-recovery history of being woefully unprepared for most everything in my life, I have the opportunity today to be prepared for the most important conversations of my program. "Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure." For this part of my adventure it's come to involve the companionship of a little fire engine red notebook and the progress I make preparing for those moments when my higher power reveals a time and place for me to do the next right thing.

-Guillermo O., St. Paul, MN

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

Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

When I sobered up my first sponsor told me, "Anytime somebody requests a volunteer for a service opportunity – the answer is always YES. You raise your hand and start doing Twelfth Step work." I have lived and recovered by that prescription for almost nine years. So when a fellow AA asked me to write a short piece on Tradition Eight, I said yes. I didn't know what the article was for or what I would even write about, but I knew it was something I would do. And I would do it without expectation of financial compensation because *this is service work*.

As usual, I had no idea what I'd gotten myself into when I agreed to write this testimony. I simply "say yes first and ask questions later." I wasn't sure I even had any experience, strength, and hope to share on Tradition Eight. I couldn't remember the Tradition off the top of my head and I had to look it up. So I read the entire chapter in the *Twelve Steps and Twelve Traditions* and discovered I had been practicing Tradition Eight all along. It turns out this Tradition sets up guidelines pertaining to Step Twelve (not Step Eight like I had imagined).

In the early days of our society there were conflicts over who could be paid for what services within the Fellowship. We argued over what constituted "professionalism". Some said that accepting money for *any* kind of service work turned it into a "profession" and violated Eighth Tradition. But the Twelve and Twelve clarifies, "Every time we have tried to professionalize our **Twelfth Step** [emphasis added], the result has been exactly the same: Our single purpose has been defeated. Alcoholics simply will not listen to a paid twelfth-stepper." (166). So nobody paid my sponsor to tell me her story and bring me to meetings, but what about the rest of the work that must be done in order to keep AA alive and functioning?

Several years ago a non-AA friend of mine asked me who was in charge of AA. She wanted to know if there was a president or CEO. I explained to her that there are intergroup offices around the world and the General Service Office (GSO) in New York, but that no one person is in charge of how meetings are run. I told her that Night Owl volunteers are not professional interventionists, they are recovering alcoholics who choose to answer phones twenty-four hours a day so that AA can always be reached. She was curious about intergroup so I told her the Saint Paul AA Intergroup Office is a business and has a full-time employee who is paid to work there. "I don't understand," she said. "How come some people get paid to work for AA and others don't? Isn't there some kind of conflict there?" I didn't know how to answer her question until today. Through reading our literature I discovered our insightful founders clarified this too in the chapter I mentioned earlier.

"Take the case of the [AA] club janitor and cook. If a club is going to function, it has to be habitable and hospitable. We tried volunteers, who were quickly disenchanted with sweeping floors and brewing coffee seven days a week. They just didn't show up. Even more important, an empty club couldn't answer its telephone, but it was an open invitation to a drunk on a binge who possessed a spare key. So somebody had to look after the place full time. If we hired an alcoholic, he'd receive only what we'd have to pay a non-alcoholic for the same job. The job was not to do Twelfth Step work; it was to make Twelfth Step work possible." (167)

Our founders had the wisdom and willingness to hash out these controversies so that Alcoholics Anonymous might "stay whole" and so survive. The answer is so simple. We are human. A society totally dependent on alcoholics to volunteer their time and resources would surely fail. Our own experience showed that we could not keep up regular club maintenance and correspondence when each of us must also make a living and provide for ourselves and our families. Not to mention that each of us is only sober one day at a time and that an alcoholic on a bender is certainly not capable of the kind of selflessness required to care for others. It was only by accepting our human

(Continued on next page)

St. Paul Area Intergroup Representatives' Meeting Minutes June 16th, 2015

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

Minutes from May were reviewed and approved. Terry H motioned and Leslie D seconded.

Treasurer's Report, John M gave the treasurer's report. Bank account total is \$31,382 and prudent reserve is \$45,004. Total contributions are down. Overall there was a net income decrease of \$1,793. Contact John M at treasurer@aastpaul.org
 The Office Report, volunteers needed for service work, literature and medallion sales are slightly down, partly due to Snelling Av reconstruction, building renovations nearly completed, 22 groups and 19 individual Faithful Fivers contributed. Contact Frank N at manager@aastpaul.org

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

Outreach Program, updating script soon to be on website, need volunteers to visit meetings never visited. Contact Jestine M at outreach@aastpaul.org

Update from the Board, Christa W, see Upcoming Intergroup Events. Contact Frank N at manager@aastpaul.org

Night Owl Report, 1 coordinator position still 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 or Dan S at 612-328-3444

Liaison Reports, District 8, Leslie D, highlights of Delegate's Report available on area36.org website, updated flyer of Treatment Committee service opportunities on Intergroup's website, District 15, Julie H, Area Delegate's report will be 6/22, 7 pm at Christ Lutheran Church in Lake Elmo, White Bear Lake Fair and State Fair volunteers needed, District 19, Dan R, no report.

Upcoming Intergroup Events, Open House, Sa 7/11, 11-3, rain or shine, BBQ, office is open for visiting, Ice Cream Social, Sa 8/22, 4-6:30, Recovery Church, 6-8 speakers with 25 years or more of sobriety, Gratitude Night, Sa 11/21, Mt. Zion Church, confirmed

Old Business, Lifeline humor section suggestion, Chris P, Happy Joyous and Free, Board to discuss

New Business, none

Group AA Announcements

Hole in the Doughnut, Tu 7/14, 7th Anniversary, 6pm potluck, 7pm speaker

Rule 62, 1st Anniversary, Sa 6/27, 6 pm potluck, 7 pm speaker Bob B, Calvary Church, 341 S Hamline Av

Firing Line and Garage Dogs, 1st Annual Potluck/Picnic, Sa 7/18, 2-8 pm, bring your own meat, softball or kickball game, meeting to follow nearby at Terry H's, Hansen Park Pavilion, New Brighton

Suggestions for next month's agenda, none

Grapevine Report, Jill J, volunteer for July is Hillary B

Concept VI Review, Chris P, volunteer for July, Concept VII is Dave L

Mock Rep Report, volunteer for July is Terry H

Closed with the Responsibility Statement

ATTENDANCE:

Sandy K., Alt. Chair	Christa W., Board Advisor	Scott L., Secretary	John M., Treas- urer	Joe W., Alt. Treasurer	Paul T., Mem- ber at Large
Hillary B., Mem- ber at Large	Jestine M., Member at Large	Frank N., Office Manag- er	Jill J., Como Park BB	Leslie D., District 8	Julie H., District 15
Catherine K., Fireside Wom- en's	Terry H., The Firing Line	John K., Grati- tude in Action	Chris P., Happy, Joyous & Free	Muggsy A., Hole in the Doughnut	Desiree H., Main Idea
James D., New Brighton Big Book	Dave L., No Time Like the Present	Kalene M., Pocketing Our Pride	Gentry S., Rule 62	Meghan K., Students of Life	Jenn B., Summit Hill
Breck M., The Promises					

August MEETING: Tuesday the 18st, 2015 (7:30 PM)

BETHLEHEM LUTHERAN CHURCH
 436 Roy Street North, St. Paul, MN 55104

Saint Paul Intergroup's
2015 Annual
Ice Cream Social &
Long-Timers Recognition

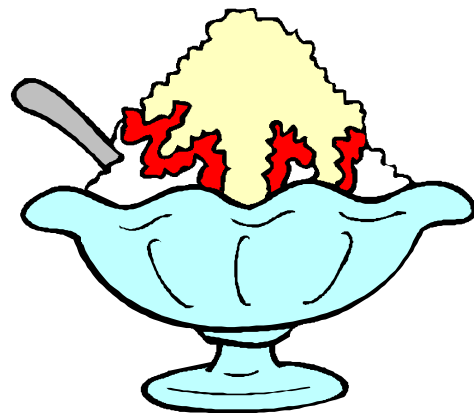
*Enjoy an Ice Cream Social and join in recognition of those
with more than a quarter century of continuous sobriety.
Hear how they did it!*

WHEN:

**Saturday, August 22
4:00PM - 6:30PM**

WHERE:

**The Recovery Church
253 State Street
St. Paul, MN 55107**



For More Information, Please Contact St. Paul Intergroup: 651-227-5502

ASL Interpretation Available upon Request. Please contact Staff at Intergroup by Friday, August 1st to secure arrangements.

UPCOMING A.A. EVENTS!!

Southern Minnesota Area 36 Area Committee Meetings

Best Western
North Mankato, MN

Saturday, August 8th - 9:00 AM—5:00 PM

For more info: www.area36.org

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

The Study in Action Group ~ September St. Paul Session ~

The Recovery Church
253 State Street, St. Paul

Begins Sunday, September 13th 7 - 8:30PM

Meets for 15 consecutive Sundays

"Come do all the Steps as laid out in our Basic Text"

70th Annual

Duluth Roundup

"Growth Has Only Begun"

Marshall High School, Duluth, MN

Friday, Sept. 18th - Sunday, Sept. 20th

For More Info: www.duluthroundup.org

Group and Area News

New Group: The *God Squad North* group began holding meetings Saturday 6PM at PowerSource, North 120 Rum River Drive in Princeton, MN 55371. The meeting is Open, Mixed, All-Ages, and Topic.

New Meeting: *Cottage Grove AA* added a Women's Only Thursday 7PM Big Book meeting to its regular schedule. Meetings are held at the Old Langdon School, 8839 96th Street S., Cottage Grove 55016.

Group Disbanded: The *Cover to Cover GLBT Group* held its last 6:30PM Tuesday meeting on June 30th at the Linwood Community Recreation Center - 860 St. Clair Avenue, St. Paul 55105.

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-Timers Recognition

Saturday, August 22nd 4:00PM - 6:30PM

The Recovery Church

253 State Street, Saint Paul, MN 55107



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**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

JUNE CONTRIBUTIONS

Number of Group Contributors:	34
Total Group Contributions:	\$4779
Number of Faithful Fivers:	18
Total from Faithful Fivers:	\$257

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 June**

Adam P., Brian C., Burt K.,
Courtney S., Craig S.,
Dan B., Dravon P.,
Frank D., Gloria C.,
Henry O., Jim C.,
John V., Lisa B.,
Pat W., Steve W.,
Tammy O., Vin S., Ty

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



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

- Amazing Grace Group
- Amigos III
- Anoka Day By Day
- Cottage Grove
- CRC Friends of Bill W.
- Dakota Alano Friday 6 PM
- Day by Dei Saturday
- Episcopal Home Group
- The Firing Line
- Forest Lake Alano
- Happy Joyous and Free II
- Highland Park Groups
- Main Idea
- Maplewood Groups
- Midway Club
- North Branch Community Groups
- Pathways to Peace Group
- Ringmaster's Group
- Rivertown BB Group-Hastings
- Senior AA
- Shoreview 12 x 12
- SOS - Sharing Our Serenity - Afton
- St. Croix Alano Mon. 930am
- St. Croix Alano Thurs. 10am
- St. Croix Alano Tues AM
- Summit Hill
- The Grind
- Third Tradition Northfield
- Twelve Steppers - Mounds Park
- Una Luz en el Camino
- Unity, Service & Recovery
- Up In Smoke
- Uptown Club

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 W. #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.

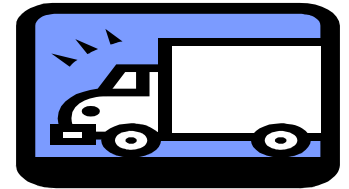


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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