

# The Lifeline



OCTOBER 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 10

## **Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.**

### **- I Hate This Step! -**

I'm one of those alcoholics who has a hard time admitting that they were wr--. I even have trouble saying or typing the word. I know I'm not alone. Anyway, I hate this Step.

I had a particularly bad relationship with my older daughter. We screamed at each other a lot. I kept doing things or saying things--hateful, mean things. Or screaming. Then I'd talk to my sponsor and snivel and whine about making amends. I hated to make amends to that kid. I'd rather scrub toilets with a toothbrush than make amends with her. She would look at me with that look (you know, the one that says, "If I cared at all, I'd hate you") and say, "It's about time." She was nasty and hateful and mean and spiteful. I'd tell all this to my sponsor. I'd try to justify and rationalize my behavior so I wouldn't have to make amends.

One day my sponsor suggested that, if I hated making amends so much, maybe I ought to try not doing the things I had to make amends for (i.e., change my behavior). What an idea! She suggested that I practice restraint of tongue and pen.

I took my sponsor's suggestion. I worked really hard at changing my behavior. I knew it wouldn't change anything because my daughter was still mean, hateful, and spiteful, but at least I wouldn't have to make amends with her.

As you probably guessed, a remarkable thing occurred. Not only did I not have to make amends, but she became less mean, less spiteful, less hateful. In fact, she started being nice. We started talking. We formed a relationship. It even occurred to me that maybe it wasn't all her fault that we didn't get along.

Today we have a wonderful relationship. She talks to me about her life, her loves, her problems. I owe this relationship to the Tenth Step. If I hadn't hated making amends so much, I might not have been willing to change my behavior.

I have found similar results in all of my relationships. Over the years, I have tried to keep my behavior "below amends level" because I hate making amends. As a result, I act differently. And as a result of that, people respond differently. It's amazing.

-Nancy H., Lake Forest, CA

(From the AA Grapevine, October, 2005 - Reprinted with permission of The A. A. Grapevine, Inc.)

## **Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.**

I entered AA young and full of myself. Needless to say I had a lot of opinions and wanted people to listen to them. People turned away from me. They said things like, "That is an outside issue, and we don't talk about that here." I got my feelings hurt and ran to my sponsor. "Why will people not listen to me, they will not talk to me?" I asked why a lot. The answer I got was, "Stop asking why, and read Tradition 10 in the 12 and 12. Also look up the word opinion in the dictionary." I did some reading. I was impressed with the fact that AA had learned from others experiences - they seemed to have looked to the past for what had worked and what had not in other societies. I have grown to love our history and the fact that we do not ignore it, and I am grateful to know what it is that I belong to.

The definition I remember finding in the dictionary for Opinion was this: "An opinion is a formal expression of someone who is educated on the subject that they are speaking about."

At this time in my life I had only one subject that I was educated in, and it was not all that interesting. I had to learn to listen and not raise my voice when I was trying to get my point across. I watched others interact and learned from them how to participate in this world and in AA. I grew to understand that my opinions and what I chose to be passionate about could harm me and others. AA was not the place to talk about "this". A newcomer could overhear a conversation and leave thinking, "I don't belong here, I don't think the same way she does," I did not want anyone to think that I was talking for AA, or that they could not recover if they did not believe or think my way. I also know that it would not have taken much for me to have walked out the doors of AA, when I was new. Had I overheard someone talking about anything that I disagreed with, I would have ran for the hills.

A quote from the Twelve Steps and Twelve Traditions book, Page 177, says: "We conceive the survival and spread of AA to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival."

(Continued on page two)

### **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

(Continued from page one)

I have learned something of humility from this tradition. I have learned to stand up for myself and what I believe in, in ways that are not offensive and do not destroy the traditions or the principles that they stand for. The quote above helps me to remember that I am part of a whole and part of a group. It also reminds me that my actions do affect others and that we have a disease that people die from. I am certain that I have offended many in learning how to participate in life. I am grateful for those of you who have shared with me their experiences and how they too have walked through these situations. I am eternally grateful that I have been sponsored by women in this program who have understood what it is that they belong to. They have taught me by their example and thru their direction how to practice these principles in all of my affairs.

CJ M., St. Paul

**Notes From your Board...**

In Alcoholics Anonymous, we talk about our three legacies of Recovery, Unity, and Service. I've often heard the analogy that sobriety is like a three legged stool with each leg representing one of these legacies. Take away one leg, and the stool falls over.

Service for me has been one of the most important aspects of my recovery. Being of service to Alcoholics Anonymous in my home group, at Intergroup, and in General Service has helped me to feel a part of AA in a deeper way than just sitting in the back at a meeting. I've learned so much about AA, about myself, and about how to get along with others through these opportunities.

In November, we have a fantastic opportunity for you to get involved - board elections! We will be electing a new Alternate Chair, Alternate Treasurer, Secretary, and two Board Members at Large. These positions give you the chance to help shape St. Paul Intergroup over the next year. Do you have an opinion about where the office should be located? How about where we host events such as Gratitude Night or New Year's Eve? Do we need to change the menu, hire a different band, or bring in a fantastic speaker that you know about? I strongly encourage you to stand for a board member position to help us make these decisions in the coming year.

This month, take some time to think about how you could contribute as a member of the St. Paul Intergroup board. Or perhaps you know someone in the program who would be a fantastic fit and can encourage them to stand. We'll be holding elections at our November board meeting. Please submit a service resume to Frank in the office prior to the meeting. But if you make a last minute decision to stand, don't let a service resume stop you! Join us at the November meeting, and raise your hand! We're always excited to see people who want to be a part of this wonderful entity we call St. Paul Intergroup.

Hillary B.  
Member at Large

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

Next month, on Saturday, November 21, we will again be hosting our annual Gratitude Night event. In one of the very old *Lifelines* here it says the event in 1983 was the 26th. So, if my math is correct, this will be the 58th Annual Gratitude Night in St. Paul!

This year we will be celebrating our gratitude at a new location, the Mt. Zion Temple, 1300 Summit Avenue. This is right across the street from the Uptown Club on the corner of Summit and Hamline. The meeting begins at 7:00 PM and we hope we will see you all there.

-Thanks St. Paul Area AA!

**2015 Steering Board**

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

**Office Calls in August 2015**

|                        |             |
|------------------------|-------------|
| Meeting information    | 83          |
| Inventory/hours        | 16          |
| 12th Step calls        | 4           |
| Temporary sponsor      | 13          |
| Speaker request        | 15          |
| Special events         | 0           |
| Outside issues         | 9           |
| Info for professionals | 4           |
| Administrative         | 83          |
| Other                  | 31          |
| <b>Total Calls</b>     | <b>258</b>  |
| <b>Daily average</b>   | <b>12.3</b> |
| Visitors               | 241         |

# UPCOMING A.A. EVENTS!!

|  |  |
|--|--|
| <p>District 19 &amp; District 24 present...<br/> <b>“Emotional Sobriety:<br/>                 A Continuing Journey Or A Destination?”</b><br/>                 Bridgewood Church 6201 W. 135th Street<br/>                 Savage, MN<br/> <b>Saturday, October 3rd from 10AM - 2PM</b><br/>                 Four Speakers, Lunch &amp; Beverages provided.</p>  | <p><b>Area 35 Northern MN &amp; Area 36 Southern MN<br/>                 Present</b><br/> <b>Statewide Corrections Committee Workshop</b><br/>                 Calvary Community Church<br/>                 1200 Roosevelt Road, St. Cloud, MN<br/> <b>Saturday, October 10th. 10AM - 2:00PM</b><br/>                 For More Info: <a href="http://www.area35.org">www.area35.org</a> or <a href="http://www.area36.org">www.area36.org</a></p>   |
| <p>57th Annual<br/> <b>Southern Minnesota Roundup</b><br/> <b>“Spirit to Spirit...We Carry the Message”</b><br/>                 Best Western Hotel<br/>                 Hwy 169 - North Mankato, MN<br/> <b>Friday, October 11th - Sunday, October 13th</b><br/>                 For More Information: <a href="mailto:somnroundup@gmail.com">somnroundup@gmail.com</a></p>   | <p><b>Southern Minnesota Area 36<br/>                 Area Assembly</b><br/>                 Hutchinson Event Center<br/>                 Hutchinson, MN<br/> <b>Saturday, October 17th 9AM - 5PM</b><br/>                 For more info: <a href="http://www.area36.org">www.area36.org</a></p>   |
| <p><b>The Firing Line Group of Alcoholics Anonymous</b><br/>                 8th Annual Anniversary Celebration<br/>                 &amp; Open Speaker Meeting<br/>                 New Life Presbyterian Church<br/>                 965 Larpenteur Ave West, Roseville 55113<br/> <b>Saturday, October 24th, 5:00PM</b><br/>                 Please join us for free fun, food &amp; a message<br/>                 Speaker: Patrick B from Shoulder to Shoulder Group 7PM</p>      | <p>33rd Annual<br/> <b>St. Cloud Roundup</b><br/> <b>“A Certain Simple Attitude”</b><br/>                 River’s Edge Convention Center<br/>                 10 4th Ave S, St. Cloud, MN<br/> <b>Friday, October 23rd - Sunday, October 25th</b><br/>                 For more info: <a href="http://www.stcloudroundup.org">www.stcloudroundup.org</a></p>   |
| <p><b><u>Group and Area News</u></b></p> <p><b>It’s Back!</b> The <i>St. Paul Sunday Night Speaker Meeting</i> has been revived, and will again be occurring at 7:00 pm Sundays at the Central Presbyterian Church, 500 Cedar Street in downtown St. Paul, beginning October 4.</p> <p><b>New Meeting:</b> The <i>Midway Club</i> is hosting a new Wednesday evening Closed, Mixed, All-Ages, Big Book meeting at 6:30PM. The club is located at 1161 Sherburne Ave, St. Paul, MN.</p> | <p><b>Founder’s Day Weekend 2015</b><br/>                 Celebrating 75 years of AA in the Upper Midwest<br/> <i>and Honoring A.A. members with One Year of Sobriety!</i><br/>                 DoubleTree Park Place Hotel<br/>                 St. Louis Park, MN<br/> <b>Friday, November 27th - Sunday, November 29th</b><br/>                 For More info: <a href="http://wwwFOUNDERSDAYMN.org">wwwFOUNDERSDAYMN.org</a></p> <p><b><u>Your News?</u></b></p> <p>We invite you to share your AA news here!<br/>                 Please send your items to <a href="mailto:lifeline@aastpaul.org">lifeline@aastpaul.org</a>.<br/>                 We look forward to hearing from you.</p> |






**St. Paul Intergroup  
 Annual Gratitude Night  
 Saturday, November 21st**

**>>>NEW LOCATION<<<**  
 Mount Zion Temple  
 1300 Summit Avenue, Saint Paul, MN 55104  
 ASL Available - Please RSVP with Intergroup Staff by **October 21** (651) 227-5502

St. Paul Area Intergroup Representatives' Meeting Minutes August 18th, 2015

Opened with the Serenity Prayer, introductions, and the reading of the Primary Purpose of Intergroup. Minutes from June were reviewed and approved, Peter motioned and John seconded.

Treasurer's Report, Joe W gave the treasurer's report. Bank account total is \$30,324 and prudent reserve is \$45,005. Total contributions are up. Overall there was a net income increase of \$143. Contact John M at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org)

The Office Report, welcome new PT on-call special worker, Ken S, Snelling Ave bridge reopened, see District 8 Treatment Committee service opportunities available on website, nominations for Board of Directors open seats (alt chair, alt. treasurer, at-large and secretary) next month, 48 groups and 25 indiv. Faithful Fivers contributed, see District 8 Treatment Committee service opportunities available on website, email Lifeline humor section content to [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org). Contact Frank N at [manager@aastpaul.org](mailto:manager@aastpaul.org)

The Website Report, down one meeting. Service opportunities and Night Owl opportunities are available on the website, see website for guidelines on posting events. Contact Jonathan at [webservant@aastpaul.org](mailto:webservant@aastpaul.org)

Outreach Program, need volunteers to visit meetings never visited. Contact Jestine M at [outreach@aastpaul.org](mailto:outreach@aastpaul.org)

Update from the Board, Sandy K, Spruce Tree lease is up April 2016 (rent will go up) and ad hoc location committee needs members. Contact Frank N at [manager@aastpaul.org](mailto:manager@aastpaul.org)

Night Owl Report, Scott L, welcome new Committee Chairperson Leslie D, thanks to Dan S rotating out, Night Owl Orientation is every third Sa at 10 a.m. in the Office. See website for open shifts. Contact Frank N at [manager@aastpaul.org](mailto:manager@aastpaul.org)

Liaison Reports, District 8, Meghan K, money donated to Joint Area 35/36 workshop, compiling list of treatment centers, District 15, no report, District 19, Dan R, letter to high schools offering services with 6 schools accepting, similar letter sent to treatment centers, soon to Dr's offices, upcoming workshop with District 24 on Emotional Sobriety 10/3 w/4 speakers and lunch provided, Dakota Co. Jail in Hastings, MN needs service volunteers.

Upcoming Intergroup Events, Ice Cream Social, Sa 8/22, 4-6, Recovery Church, 6 speakers with 25 years plus sobriety, Gratitude Night, Sa 11/21, Mt. Zion Church, speaker Pat N, Founder's Day Weekend 11/27-29, DoubleTree in St. Louis Park, MN, sign up sheet will be passed next month.

Old Business, none  
 New Business, none  
 Group AA Announcements, none  
 Suggestions for next month's agenda, none  
 Grapevine Report, Topher, volunteer for Sep., Nick  
 Concept VIII, Dan R, volunteer for Sep., Concept IX, Christa W  
 Mock Rep Report, Mike C volunteer for Sep., Catherine  
 Closed with the Responsibility Statement

**ATTENDANCE:**

|   |                                    |                                 |                                      |                                   |                                    |
|---|------------------------------------|---------------------------------|--------------------------------------|-----------------------------------|------------------------------------|
| Tim B.,<br>Board Chair                              | Sandy K.,<br>Alt. Chair            | Christa W.,<br>Board Advisor    | Scott L.,<br>Secretary               | John M., Treasurer                | Joe W.,<br>Alt. Treasurer          |
| Hillary B., Member<br>at Large                      | Jestine M., Mem-<br>ber at Large   | Mike C.,<br>Member at Large     | Paul T., Member at<br>Large          | Frank N.,<br>Office Manager       | Jill J.,<br>Como Park BB           |
| Dan R.,<br>District 19                              | Catherine K.,<br>Fireside Women's  | John K., Gratitude<br>in Action | Nick A.,<br>The Firing Line          | Chris P., Happy,<br>Joyous & Free | Ken S.,<br>Hole in the<br>Doughnut |
| Shawn Y.,<br>Maplewood Alano                        | James D., New<br>Brighton Big Book | Christopher D.,<br>OMD          | Kalene M.,<br>Pocketing Our<br>Pride | Tony A.,<br>Rule 62               | Meghan K.,<br>Students of Life     |
| Cheryl B.,<br>Night Owl Coordi-<br>nating Committee | Sara G.,<br>Third Edition BB       | Meghan K.,<br>Students of Life  | Peter O.,<br>Up In Smoke             | Michael C.,<br>Uptown Club        | Larry W.,<br>West End Groups       |

**October MEETING: Tuesday the 20th, 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. #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

**AUGUST CONTRIBUTIONS**

|                               |        |
|-------------------------------|--------|
| Number of Group Contributors: | 25     |
| Total Group Contributions:    | \$1947 |
| Number of Faithful Fivers:    | 18     |
| Total from Faithful Fivers:   | \$293  |

**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 August**

Adam P., Bob P.,  
Brian C., Burt K., Colin K.,  
Deb B., Derek M., Derrick R.,  
Devin R., Frank D., Henry O.,  
Jack S., James L., Jason S.,  
Jim C., Landon, Lily W.,  
Melissa G., Mike C., Mo M.,  
Natalie S., Pat W., Steve H.,  
Steve W., Ty

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



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

- Anoka Day By Day
- Apple Valley Mon AM Women's
- Como Park BB
- Dakota Alano Thurs 1145 AM
- Easy Does It group
- Fellowship of the Spirit
- Forest Lake Alano
- Grovers Thursday Night
- Hastings Club
- Highland Park Groups
- Live and Let Live
- Meeting of the Waters
- North Dale Group
- North Hamline
- Ridge Runners II Sat 830 AM
- River Rats
- Shoreview 12 x 12
- Sisters of Serenity
- St. Croix Alano
- The Grind
- Third Tradition Northfield
- Una Luz en el Camino
- White Bear Wed AM Women's
- Women's 12 x 12 Study Monday
- Women's Basic Text

**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.

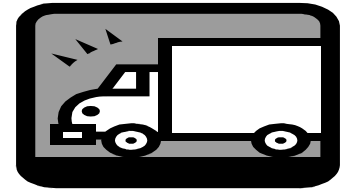


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

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