

The Lifeline



June 2016

24 Hour Phone: 651-227-5502

Volume 52, Issue 6

Step Six: Were entirely ready to have God remove all these defects of character.

The Principle Here is Willingness

My experience with this Step continues to grow the longer I stay sober. It was incredibly easy as I dragged my broken self into AA begging for help, to say, "ABSOLUTELY, YES!!!" Please God I am ready for you to remove my defects of character. NOW! Please take them ALL, and did I say NOW?! Well here is what I did not know at the time; this is an action Step, one apparently that "separates the men from the boys." See I was not ready for the willingness and honesty that this Step requires. There is no magic wand, as I thought in my fuzzy brain. I am sick; I am broken; I am the victim here! How can you expect me to do this required work right now? Do it for me....yep this is a glaring character defect that still pops up. Time has shown me that God restored my instinct to survive and I do not have to die with a drink in my hand. Was I working this Step originally from a platform of self-interest? Or was I working from a spiritual platform? I invite God to do this Step with me now on a daily basis. I am not perfect. I need help. This Step is a goal and an important Step that I can use to measure my progress. This is the Step where I work on aligning with God to be the best human I can be today. I still hold on to my defects of character, just not as tightly. I am willing to work with God to remove all of the defects that popped up in my rigorously honest Fifth Step. I think of it this way: (true story) I once stuck my hand in the cookie jar to grab a handful of cookies, and consequently could not get my full fist out of the cookie jar. I was not willing to let go. I was more willing to die of starvation! So, what is the difference between then and now - the difference between misery and happiness? Today I call on God to help me to be willing to change; to take away in such a moment this character defect: "Allow me God, to be willing to try something different. Allow me to be more like the human you would have me be. Allow me the honesty to admit where I can change these defects of character. I am now willing to work toward perfection on this Step. I also know now that I cannot procrastinate, for it states that: 'delay is dangerous.' Allow me God, to abandon myself toward the idea of giving this a try Your way."

Dear God,

I am ready for Your help

In removing from me the defects of character

Which I now realize are an obstacle to my recovery.

Help me to continue being honest with myself and

Guide me toward spiritual and mental health.

Jamie I. - The Firing Line; St. Paul, MN

Tradition Six: An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

In the early days of Alcoholics Anonymous, as people found the solution to their drinking and living problems, they began to believe that A.A. and its Twelve Steps could and should solve most of the world's difficulties. With the exuberance that comes with a shiny new sobriety, some in A.A. embarked on various attempts to rid the world of its struggles in other arenas - politics, religion, medicine, and law, just to name a few. As money, power, and prestige began to disrupt the harmony of A.A. groups, it became apparent that we "could not be all things to all men, nor should we try." Out of that chaos, Tradition Six was born.

It is natural for us, once sober, to dream big dreams, to have lofty goals, and to desire to make our world a better place. While personal wealth and fame is certainly within our rights, A.A. as a whole must remain poor and humble. "We explain this easily enough: we don't need money. The core of our A.A. procedure is 'one alcoholic talking to another,' whether that be sitting on a curbstone, in a home, or at a meeting. It is the message, not the place; it's the talk, not the alms."

St. Paul & Suburban Area Intergroup, Inc.

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

608 West Seventh Street; St. Paul, MN 55102

Tradition Six (Continued from pg. 1)

Individuals may be employed by, or refer others to, outside related agencies. However, A.A. cautions that these individuals keep their A.A. membership and their vocation separate. For example, members might be alcoholism counselors, but they are not to be called "A.A. Counselors." This is also why treatment centers must advertise "Twelve-Step based recovery" without mentioning the name Alcoholics Anonymous. The A.A. policy towards outside agencies that deal with alcoholism is "cooperation not affiliation."

Adhering to this tradition ensures that Alcoholics Anonymous stays true to its primary purpose: "to carry its message to the alcoholic who still suffers."

Kendra O. - Tuesday Night Lynnhurst; Minneapolis, MN

Concept Six: On behalf of A. A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

The Concepts are an interpretation of A.A.'s World Service structure. They are the evolution of how A.A. came to be and how it is able to still survive today. Experience from the past has formed the current service structure. It is important that we practice these Concepts and pass them on so that A.A. may continue to survive. While the Concepts are spiritual in nature, several of them describe the relationship of the various service entities and how they work together.

As in any large corporation sometimes changes are necessary. And in an organization which is run upside down so to speak it can be difficult to make changes happen in an orderly and cost-effective manner. The top of the A.A. organization belongs to the Groups. Each Group is allowed to have one Group Service Representative ("GSR") to speak on their behalf. It is suggested that this GSR should participate in a District and an Area which is then involved in exchanging information with the General Service Office (GSO) in New York through an elected Delegate. These Area Delegates then participate in the General Service Conference annual meeting. Also participating in the conference are the Trustees, Directors of A.A. World Services and The Grapevine, as well as A.A. staff members of the General Service Office and The Grapevine. Issues involving A.A. are discussed at this Conference and any needed changes are approved.

Now the tricky part: how does an organization of this size make those changes happen in a timely manner with reasonable expense? This is where Concept Six comes in! As individuals we do not need to worry about this responsibility. The spiritual nature of this Concept involves trusting our Higher Power to fulfil this responsibility by using the Trustee member of the Conference. There are 21 Trustees (14 A.A. members and 7 non-A.A. members) and they are the active guardians of A.A.'s policies and its procedures.

This does not relieve us of all responsibility. By having a participating GSR each group is part of this incredible process. In addition, by each group being self-supporting through the 7th Tradition collection we make it possible for the Trustees to get the necessary work accomplished. Please support GSO with your Group contributions. Individuals may contribute to GSO as well and perhaps you would consider utilizing The Birthday Program. It is quite simple and suggests that for each year of sobriety you send in a dollar to the various entities on your anniversary date.

It is an honor to serve.

Erica J. - Como Park Big Book; Roseville, MN & District 8 Special Needs/Accessibility Chair

(Resources used include *The A.A. Service Manual Combined with Twelve Concepts for World Service 2015-2016 Edition* and the pamphlet P-8, *The Twelve Concepts for World Service Illustrated*.)

Thoughts From Your Board

As I start my first year as a member of the St. Paul Intergroup Board, I can't help but be grateful for such a wonderful opportunity for service.

Throughout my sobriety, I have participated in many Intergroup and other A.A. events. This is an exciting and challenging way to enhance my sobriety. The St. Paul area has a vibrant A.A. community, and it is a privilege to be a part of it.

Serving on the Board and doing other types of A.A. service work are great ways to meet people outside of regular A.A. meetings. It is another way to create the "fellowship we crave."

This year marks the 50th anniversary of St. Paul Intergroup. That's 50 years of A.A. volunteers dedicated to helping the still suffering alcoholic.

Join us on July 9th for our 50th Anniversary Open House celebration at 608 West 7th Street, the new location for St. Paul Intergroup. 50 years - one day at a time!

J..D., St. Paul Intergroup Board Member at Large - New Brighton Big Book Study; New Brighton, MN

Volunteer's View

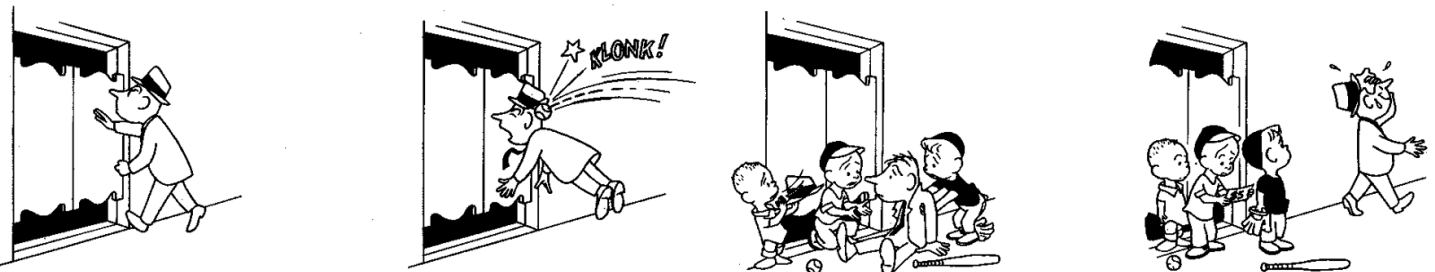
I have been in and out of the program for the better part of the last 10 years. I always had a tough time getting acclimated into A.A. I think my social anxiety held me back from reaching out and actually feeling like I was a part of the Fellowship.

When I made the decision to start volunteering at Intergroup it began a shift in my thinking. I started to develop a sense of ownership in the program. Being a volunteer at the St. Paul Intergroup Office is like being on the front line of Alcoholics Anonymous.

When people gather the courage to call into the office and I am able to share my experience, strength, and hope with them it is a sense of fulfillment that I can't describe.

Making the choice to volunteer at the Intergroup Office has been a critical step to my early recovery process. I am so fortunate to have the experience. My name is Dustin S. and I am a grateful member of Alcoholics Anonymous.

Dustin S., St. Paul Intergroup Office Volunteer – Third Edition; St. Paul, MN



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The Lifeline: Purpose Statement

The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Incorporated. 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, in addition to descriptions of personal experience. We also welcome cartoons and drawings expressing the wry side of our A.A. experience.

Please email your article to lifeline@aastpaul.org, or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 608 W. Seventh Street, St. Paul MN 55102. 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
~50th Anniversary~

Open House

Saturday July 9th

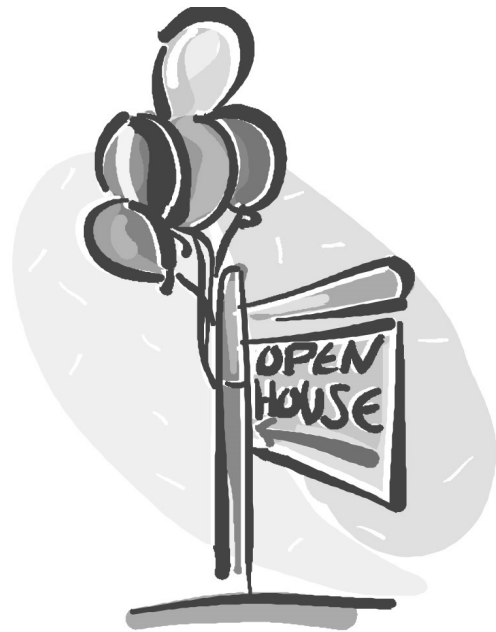
11:00 AM ~ 3:00 PM



Join us for fellowship,
food, and fun!!

At Our New Location!
608 W. Seventh Street
St. Paul, MN 55102
(Corner of Western & West 7th)

For More Info Call Us:
651-227-5502



UPCOMING A.A. EVENTS!!

Study & Action Group "Precisely How We Have Recovered"

Upcoming Sessions:

Minneapolis Summer Session will begin on Thursday June 2, 2016 in Room C-853 of the Hennepin County Government Center, 300 South 6th Street in Downtown Minneapolis from 7:30am to 9:00am. You will need to pass through security for these sessions. Enter security in the "A" tower.

Hudson, WI Weekend Session will be held on June 24, 25 & 26, 2016 at the Hudson House Grand Hotel 1616 Crest View Drive in Hudson. The session will run on Friday from 6:00pm to 10:00pm, then continue on Saturday from 9:00am to 6:00pm and conclude on Sunday from 9:00am to Noon.

Southern Minnesota Area 36 Area Assembly

New Ulm Community Center
New Ulm, MN

Saturday, June 25th - 9:00 AM—5:00 PM

For more info: www.area36.org

Southern Minnesota Area 36 Area Committee Meeting

Best Western
North Mankato, MN

Saturday, August 6th - 9:00 AM—5:00 PM

For more info: www.area36.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.

16th Annual Midwest Motorcycle Alcoholics Anonymous Convention "Reality is A Wild Ride"

Winnebago County Fairgrounds
500 West First Main St.; Pecatonica, IL
Friday, June 24th - Sunday, June 26th
For more info: www.MMAAC.org

Group and Area News

New Time: The *Downtown Alano Saturday Open Speaker Meeting* is now being held at 7PM. All are welcome!

New Location: The *Way Out - Senior Recovery* and *Senior Recovery Groups* are now meeting in Maplewood at 235 Roselawn Avenue East. See the website for times: www.aastpaul.org.

Meeting Ended: The *Women in Dignity Group* is no longer holding its Wednesday meeting at 2720 Maplewood Drive in Maplewood, 55109.

Meeting Ending: The *Happy Hour—Lindstrom Groups* suspended their two women only meetings at the Trinity Lutheran Church in Lindstrom, on the 2nd and 4th Fridays at 6:30PM.



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

Upcoming Night Owl Orientations:

Saturday, June 18th, July 16th, August 20th

Every Third Saturday from 10:00 -11:00 AM

St. Paul Intergroup Office
608 W. Seventh Street—St. Paul, MN 55102
To RSVP please call: 651-227-5502



St. Paul Intergroup Annual Ice Cream Social & Long-Timer Recognition



Saturday, August 20th 4:00PM - 6:30PM

Location: TBD

Check back with your Intergroup for more info!



St. Paul Area Intergroup Representatives' Meeting Minutes April 19th, 2016

Opened with the Serenity Prayer, introductions, and Johni B. read the Primary Purpose of Intergroup. Minutes from last month were reviewed and approved, Shawn motioned and JD seconded. Treasurer's Report, Joe W. gave the treasurer's report. Bank account total is \$29,919 and prudent reserve is \$45,013. Total contributions are up from last month. Overall, a net decrease of \$2,771. Contact Joe W. at treasurer@aastpaul.org

The Office Report, Johni B. - Office was moved this weekend and really experienced the "We" of the program thanks to the many volunteers who moved and set up the office. We invite everyone to come and have a cup of coffee and check out the space and make it our home. Frank N. retired 4/1 and are grateful for his dedication and service and his continued service. We are looking for writers from the community to submit articles about recovery and humorous entries for the Lifeline. Newcomer Packets are updated and there are new Treasurer's Packets from AAWS. Looking forward to working with all of you! Contact Johni B. at manager@aastpaul.org

The Website Report, 667 meetings and 287 groups total. Up 1 group from last month. Jonathan L. announced the new website is up and running, both desktop and mobile versions, and that they continue to be refined. Site has been modified for the new office location. Stats are up this month except for referrals. Please submit comments and suggestions for the new website as well as notices of Special Events for posting. Contact Sergey K. or Jonathan L. at webservant@aastpaul.org

Outreach Program, no report, Contact Jestine M. at outreach@aastpaul.org

Update from the Board, no report, Jenni S.

Night Owl Report, Lesli D. - see website for 1 open shift. Night Owl Orientation is every third Sa at 10 a.m. in the Office. Contact Lesli D. at nightowl@aastpaul.org

Liaison Reports, District 8, Meghan K. - no report; District 15, Julie H. - preparing for Washington Co. Fair in Aug; District 19, Dan R. - looking for partners for Fall workshops, 3rd round of outreach refilling literature racks in Co. High Schools, 2nd run refilling of literature racks at District hospitals, printing mini meeting directories.

Upcoming Intergroup Events

Spring Fling, St. Mark's Lutheran Church, Sa 4/30 3pm, BBQ chicken, AA speaker Ted G. and Al-Anon speaker Frank G. with "Graham & Megan" live band and dance, Mike C. and Tim B.

Gopher State Roundup 43, 5/27-29, "Acceptance Is The Key," need hospitality suite volunteers, JD and Matt R.

Office Open House and IG's 50th Anniversary, Sa 7/9, J.D. and Sandy K.

Old Business, None

New Business, Location for May/June meetings here, July's meetings TBD, investigating St. Stanislaus Church, Mike C.

Group AA Announcements; Stephanie H., Gopher State needs volunteers for tickets and registration, see website.

Suggestions for next months's agenda, None

Grapevine Report, Lesli D. gave report; volunteer for May, Susanne B.

Concept IV, Erin K. gave report; volunteer for Concept V for May, Chris B.

Mock Rep Report, Kate; volunteer for May, Rich B.

Closed with the Responsibility Statement

Meetings Represented: Como Park Big Book; District 15; District 19; Fireside Women's Group; The Firing Line; Gratitude in Action; Happy, Joyous & Free; Hole in the Doughnut; Look to This Day; Main Idea; Maplewood Groups; New Brighton Big Book; Outright Mental Defectives; Pocketing Our Pride, Problems and Solutions; Rule 62; Sober Goats.; St. Paul Speaker Meeting; Summit Hill; Uptown Groups; Women's Basic Text.

<u>2016 Steering Board:</u>		<u>Office Calls/Visitors—April 2016</u>	
Chair:	Sandy K.	Meeting information	95
Alt. Chair:	Jenni S.	Inventory/hours	35
Secretary:	Scott L.	12th Step calls	3
Treasurer:	Joe W.	Temporary sponsor	17
Alt. Treasurer	Matt R.	Speaker request	15
Members at Large 2016:	Jestine M. & Mike C.	Special events	3
Members at Large 2017:	J.D. & <i>Open Position</i>	Outside issues	22
Advisor to the Board:	Tim B.	Info for professionals	2
Office Manager:	Johni B.	Administrative	80
		Other	49
		Total Calls	330
		Average Calls/Day	15.3
		Total Visitors	317
		Average Visitors/Day	14.4

June 2016 REPS' MEETING: Tuesday, June 21st @ 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

608 West Seventh St.
Saint Paul, MN 55102

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

APRIL CONTRIBUTIONS

Number of Group Contributors: 43
Total Group Contributions: \$5667
Number of Faithful Fivers: 11
Total from Faithful Fivers: \$2677



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 Groups
that contributed in
April 2016**

- 24 Hours of Hope
- A Baffled Lot
- Amigos III
- Apple Valley Monday BB
- Como Park BB
- Cottage Grove Groups
- Dakota Alano
- Dakota Alano FRI 6PM
- Dakota Alano FRI 8PM
- Dakota Alano SAT 6PM There is a Solution
- Dakota Alano TUES 6PM
- Forest Lake 12 & 12
- Forest Lake Alano
- Fourth Dimension
- Hampden Park Group
- Happy, Joyous and Free II
- Highland Park Groups
- Hole in the Doughnut Group
- Hugo Group
- Joy of Living Group
- Jumpstart 12 & 12
- Look to This Day
- Main Idea
- New Brighton Alano
- New Brighton BB
- No Time Like the Present
- North Branch Community Groups
- North Dale Group
- Pocketing Our Pride
- Rosemount Groups
- Roseville Centennial Group
- S.O.S. Group
- St. Joseph - Houlton/Hudson
- St. Stephen's Tuesday Group
- Stepsisters of Northfield Group
- The Promises Meeting
- Third Tradition Northfield
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear SAT AM Women's
- Women's 12 & 12 Monday
- Woodbury Primary Purpose

Thanks to all of the FANTASTIC Office Volunteers who helped in April:

Angie R., Bob P., Brent B., Burt K., Colin S., Dustin S.,
Frank D., Henry O., Ian R., Jake S., Jason S., Jean R.,
Jennifer L., Jon H., Kelly W., Matt P., Matt M.,
Natalie S., Pat W., Suzanne B.,
Steve W., Ty, Zel

Thanks to our AWESOME Night Owls too!

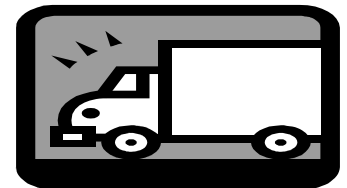


St. Paul Intergroup
608 West Seventh Street
St. Paul, MN 55102

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 our 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
608 West Seventh Street
Saint Paul, MN 55102