

St. Paul & Suburban Area Intergroup
608 Seventh Street West
St. Paul, MN 55102

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The Lifeline



October 2016

24-Hour Phone: 651-227-5502

Volume 52, Issue 10

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

Wrong Turn

The first question I had about Step Ten was: How soon do I have to admit when I am wrong? "Promptly" seemed so vague. The answer from an AA old-timer was: "How long you been sober?" Annoyed, I asked back: "What has that got to do with it?" The answer was: "The longer you are sober, the shorter the 'promptly' gets!"

The next thing I had to learn about Step Ten is that it doesn't say anything about being "sorry." When I was drinking I had a constant stream of "Sorrys." Now that I have been free of the booze for a few thousand days, I rarely have to say I'm sorry, but I often have to say that I was wrong. There is a big difference.

I've been taught that if I say "I'm sorry" and then leave it like that, it means that I am leaving a lot unsaid that should be said. I am really asking for forgiveness or some sort of "general absolution." But that's not what this alcoholic usually needs.

What I need to say is how I was wrong and where I went wrong (thinking of the exact nature of my wrongs, Step Five). And, thinking of Step Nine, how I was going to make it up to the person or set things right. What are my amends here? No empty promises of "I'll never do it again!" No begging for forgiveness. An amends makes me work to put things back to the way they were before my wrong was committed.

To say I was wrong is also part of that AA medicine of ego deflation at depth. I'm not sorry because you are hurt but rather I am admitting that I am wrong because I did something to harm you. Big difference in my book!

I have spent time figuring out what exactly I was wrong about, and I have spent time figuring out a proposal of how I am going to straighten things out, since that too is my responsibility and not yours. But I am going to confer with you about this and not impose my solution on you. I may offer several options for you to choose from. I am going to continue a radically honest (but calm and tactful) dialogue with you in whatever way is appropriate.

Another thing I had to learn about this Step was that it means that I only take responsibility for when I was actually wrong. If I wasn't wrong on one part but was wrong on another, I say so. I cop it sweet for the parts that I was wrong about but not for the rest of it.

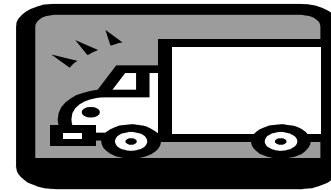
For instance, I often have to say something like: "Son, I want to tell you that I was way out of line by raising my voice and yelling at you like that. It was wrong of me to do it in a public place and in front of your friends because that is not only embarrassing but also rude and insensitive. In the future I propose to take you aside or wait until we are away from your mates. I will work on getting my volume and impulsive anger under control. Can you help me by telling me that I am yelling or that I am embarrassing you if I forget? On the other hand, I believe that what I said was correct. What you were doing was risky and a bit dangerous. I stand by my statement but was wrong to yell and embarrass you. I'll make it up to you by. . ."

Lastly, I've been taught that this Step contains the most important word out of the 200 (count 'em) words in all of the Steps. That word is "continued." Makes a nice word to meditate upon.

Chuck F., Canberra, Australia

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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 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 Seventh Street West
Saint Paul, MN 55102

St. Paul & Suburban Area Intergroup, Inc.
608 Seventh Street West - St. Paul, MN 55102

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

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

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, Is it prudent to suppose that automatically these great gifts and attributes shall be ours forever? If we are worthy, we shall probably continue to enjoy them. So, the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our AA Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our Tenth Tradition, for it deals with the subject of controversy—serious controversy.

On the other side of the world, millions have died recently in religious dissention. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society, and nation is saying to the other, "You must do as we say, or else." Political controversy and reform by compulsion have reached an all-time high. And eternal, seemingly, are the flames of religious dissention.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? That surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of the persons nor the strain of and strife of our troubled times can harm Alcoholics Anonymous. We know that AA must continue to live, or else many of us and many of our fellow alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct, we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves, And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

- Bill W., September 1948

(Reprinted from *Language Of The Heart*, pgs. 89-90, with permission of The Grapevine, Inc.)

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 Seventh Street West, 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.

7th Tradition Suggestions for Groups

"Every A.A. 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 Seventh Street West
St. 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

AUGUST CONTRIBUTIONS

Number of Group Contributors:	36
Total Group Contributions:	\$4174
Number of Faithful Fivers:	11
Total from Faithful Fivers:	\$207



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
Rosemount
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 of the FANTASTIC Office Volunteers who helped in August:

Alex Y., Alice V., Amanda P., Brent B., Bob P., Colin K.,
Dustin S., Emma H., Frank D., Hailey W., Henry O.,
Jason L., Jon H., Lindsay L., Marc S., Marianne L.,
Mike C., Mitch S., Noah R., Pat W., Sarah S.,
Scott K., Shelly R., Suzanne B., Tom P.,
Ty K., Wilfred R., Woody W.

Thanks to our AWESOME Night Owls too!



Thanks to all the Group that contributed in August 2016

- Amigos III
- Anoka Day By Day
- Apple Valley Keep It Simple Sun
- Arch to Freedom
- Burnsville - Primary Purpose
- Cannon Falls Group
- Cliffhangers I Thursday Night
- CRC Friends of Bill W.
- Dakota Alano
- Dakota Alano THUR 1145AM
- Dakota Alano THUR 730PM
- Day by Dei Saturday
- Fellowship Club AA
- Fellowship of the Spirit
- Forest Lake Alano
- Fourth Dimension
- Friday Night Fellowship Group
- Gratitude in Action
- Happy Hour Men's Meeting
- Highland Park Groups
- Jumpstart 12 & 12
- Midway Club
- North Branch Community Groups
- North Dale Group
- Pocketing Our Pride
- Ridge Runners III Sun 830AM
- Rosemount Groups
- Shoreview 12 x 12
- Students of Life
- Summit Hill
- Third Tradition Northfield
- Una Luz en el Camino
- Unity, Service & Recovery
- Uptown Club
- White Bear Wed AM Women's
- Women's 12 & 12 Monday



St. Paul Area Intergroup Representatives' Meeting Minutes August 16th, 2016

Meetings Represented: A New Found Freedom, St. Paul; District 19; Fireside Women's BB, St. Paul; The Firing Line, Roseville; Gratitude in Acton, Mahtomedi; Happy, Joyous & Free, Mahtomedi; Highland Sun. Night BB, St. Paul; Hole in the Doughnut, Roseville; Main Idea, St. Paul; Maplewood Alano Groups, Maplewood; Midway Club, St. Paul; MNYPAA St. Paul Bid Committee; Outright Mental Defectives, St. Paul; Pocketing Our Pride, St. Paul; Problems & Solutions, St. Paul; Rule 62 Step & Tradition, St. Paul; Shoreview 12x12, Shoreview; St. Paul Speaker Meeting; Students of Life, St. Paul; Summit Hill, St. Paul; Third Edition BB, St. Paul;; West End Groups, St. Paul; Women's Basic Text, St. Paul

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

Minutes from last month were reviewed, Matt motioned and John seconded, and were approved.

Treasurer's Report, Joe W presented the report. Bank account total is \$23,718 and prudent reserve is \$45,066. Liabilities decreased and receivables increased from last month. Total contributions are up, group contributions are up and office sales are up since last month. Expenses are up. Overall there was a net decrease of \$367. Contact Joe W at treasurer@aastpaul.org

The Office Report, Sandy K gave a brief report due to Office Manager opening. Office Manager position will be posted on website. There are 3 open Night Owl shifts. Night Owl Orientation is every 3rd Sat. at 10 a.m. in the Office. Contact Office at nightowl@aastpaul.org Contact Office at manager@aastpaul.org

The Website Report, Jonathan S gave the report and thankfully noted Sergey K's contributions. 663 meetings and 280 groups total. Down 7 meetings and 3 groups from last month. 10 service opportunities and 3 open Night Owl shifts. All site statistics are up. Content and event suggestions encouraged. Contact Sergey at webservant@aastpaul.org

Outreach Program, Sergey gave the report, 3 meetings reported inactive per Fred, service opportunities available for updating meeting data. Contact Jestine M at outreach@aastpaul.org

Update from the Board, working on Office accessibility, elections in November, Jenni S

Liaison Reports: District 8, Matt D, contributions are up. ASL doing well and in high demand with costs outweighing contributions; District 15, Julie H, no report; District 19, Dan R, elections on Wed. 11/9, planning District inventory, partnering with District 24 on CPC breakfast. Upcoming Intergroup Events

Ice Cream Social and Long-Timers' Recognition, Sat. 8/20, 4-6:30pm, 3M/3F speakers 25+ years sobriety, location St. Mark's Lutheran Church, 550 7th St W, Tim B and Joe W

Gratitude Night, Sa 11/12, Mount Zion Temple, 1300 Summit Ave, St. Paul, MN 55105, Jenni S and Mike C

Founder's Day, 11/25-27, Literature Sales (Office Mgr) and Hospitality Suite (Scott L and Joe W), Double Tree Bloomington

Old Business, None

New Business, None

Group AA Announcements: OMD Potluck 1st Fr 9/2 7pm potluck, speaker and medallion ceremony, 1221 Marshall Av; Maplewood Alano's Sat. Night Live- Sat. 8/20 7:30pm; Sunday BBQs at 862 Summit Ave. in August.

Suggestions for next months's agenda: request to have election job requirements at next month's meeting.

Grapevine Report, Sandy K gave report; volunteer for September, Tony and David

Concept VIII, Cheryl gave report; volunteer for Concept IX for September, Dan R

Mock Rep Report, Erica; volunteer for September, Kate

Closed with the Responsibility Statement

2016 Steering Board:

Chair:	Sandy K.
Alternate Chair:	Jenni S.
Secretary:	Scott L.
Treasurer:	Joe W.
Alternate Treasurer:	Matt R.
Members-at-Large 2016:	Jestine M. & Mike C.
Members-at- Large 2017:	J.D. & Lesli D.
Advisor to the Board:	Tim B.

Office Calls/Visitors—August 2016

Meeting information	103
Inventory/hours	31
12th Step calls	3
Temporary sponsor	15
Speaker request	34
Special events	2
Outside issues	16
Info for professionals	2
Administrative	67
Other	54
Total Calls	333
Average Calls/Day	14.5
Total Visitors	317
Average Visitors/Day	10.2

October 2016 REPS' MEETING: Tuesday, October 18th @ 7:30 PM
 SAINT STANISLAUS CHURCH
 398 West Superior Street; St. Paul, MN 55102

Thoughts from the Board

It's that time of year again! I know what you're thinking; pumpkin spiced latte's and Halloween? Close but not quite. It will soon be time to elect new board members for your St. Paul Area Intergroup office. You ask why?

Did Alcoholics Anonymous save your life? Is service work a vital part of your program? If you answered "yes" to either one of these questions then serving on the board might be just what the doctor ordered to boost your recovery!

For me personally it has been a HUGE learning and growth opportunity. I could have never imagined all of the new and interesting experiences I have had during these past two years. Getting outside of my comfort zone is always challenging for me but the rewards are many. Being smack dab in the middle of AA is exciting and I guarantee you will feel a part of our wonderful community.

Please consider a position on the board. Job descriptions will be available at both the September 20th and October 18th group representatives meetings, which are always held on the third Tuesday at 7:30pm at St. Stanislaus Church, 395 W. Superior St, St. Paul, 55102. If you have any questions please come to the meeting, talk to current board members, or call the office at (651) 227-5502. A new adventure awaits you!

St. Paul Intergroup Board elections will be held on Tuesday, November 15, 2016 at 7:30pm.

Sandy K., Board Chair

**St. Paul and Suburban Area Intergroup
 2016 Board Elections**

**for Board Members & Officers
 Tuesday, November 17th, 7:30PM**

**at the Representatives Meeting
 St. Stanislaus Church
 398 Superior Street West, St. Paul, MN 55102**

Open Positions:

Alternate Chair

(3-year commitment—become Board Chair)
 (Sobriety Requirement—3 years)

Alternate Treasurer

(2-year commitment—become Treasurer)
 (Sobriety Requirement - 3 years)

Secretary

(1-year commitment)
 (Sobriety Requirement - 3 years)

Two Member-at-Large

(2 year commitment)
 (Sobriety Requirement - 2 years)

Nominations will be accepted at the Intergroup office, or at the October and November Representative Meetings. Please submit to the office a service resume with relevant AA and non-AA experience by October 15th.

Feeling Called to Serve?

The 2016 Board Elections for the St. Paul Intergroup Board will be held at the November 17th Representatives Meeting. Nominations will be accepted at the Intergroup office, or at the October and November Representative Meetings. Please submit to the office a service resume with relevant AA and non-AA experience by October 15th.

UPCOMING A.A. EVENTS!!

Archives Alive
Historical A.A. Controversies
"We Could Blow This Whole Thing Up"
 712 E. 10th Street,
 Glencoe, MN
Saturday October 8th, 10:00 AM - 2:00 PM

St. Paul Speaker Meeting
Potluck Dinner
 Central Presbyterian Church
 500 Cedar Street, St. Paul 5501
Sunday, October 9th
5:30PM - Potluck & 7:00PM - Speaker

Sponsor Your Professional Seminar
 Brought to you by the District CPC Committees of
SMAA Area 36
 Christ Lutheran Church
 11194 36th St. N., Lake Elmo 55042
Saturday, October 29th 11:30AM - 1:30PM

St. Paul and Suburban Area Intergroup
2016 Board Elections
for Board Members & Officers
Tuesday, November 17th, 7:30PM
 at the Representatives Meeting
 St. Stanislaus Church
 398 Superior Street West, St. Paul, MN 55102

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.

Open Positions:
Alternate Chair
 (3-year commitment—become Board Chair)
 (Sobriety Requirement—3 years)
Alternate Treasurer
 (2-year commitment—become Treasurer)
 (Sobriety Requirement - 3 years)
Secretary
 (1-year commitment)
 (Sobriety Requirement - 3 years)
Two Member-at-Large
 (2 year commitment)
 (Sobriety Requirement - 2 years)

Group and Area News

New Location: The *Up In Smoke* group moved to Vape Pro's, 681 Snelling Avenue N. The group meetings Thursdays at 8:00PM. They are a Closed, Big Book, Mixed, Young People meeting with smoking permitted.

New Name & Location: The *Macalester Plymouth Group* is now the *Fairmount Monday Night Group* and moved its Mondays 6:00PM meeting to the Fairmount United Methodist Church, 1523 Fairmount Avenue, St. Paul, 55105. The group hosts a Closed, Step-Study, Mixed, All-Ages meeting.

New Meeting: The *Rising Tides/Deep Blue Sea* group meets Tuesdays 7:00PM at Trinity Church, 1849 Marshall Avenue, St. Paul, 55104. They host an Open, Step Study & Literature-based meeting that is Mixed, All-Ages, with a focus on helping AA members with Dual Diagnosis.

Nominations will be accepted at the Intergroup office, or at the October and November Representative Meetings. Please submit to the office a service resume with relevant AA and non-AA experience by October 15th.

For more information
 please visit the Intergroup website:
<http://www.aastpaul.org/?topic=14&article=28>
 or call us between 9:00AM – 5:30PM, Mon -Fri
 Please ask to speak with staff.
651-227-5502

New Location!!!

One Year Speaker - TBA

Main A.A. Speaker - Bob N.
 Duluth, MN

St. Paul Intergroup's Annual Gratitude Night

Saturday
November 12, 2016
7:00 pm

New Location!!!
 Mount Zion Temple
 1300 Summit Avenue
 St. Paul, MN 55105

 ASL Interpreted.



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



Upcoming Night Owl Orientations:
Saturday, October 18th, November 19th, December 17th
Every Third Saturday from 10:00 - 11:00 AM
 St. Paul Intergroup Office
 608 Seventh Street West - St. Paul, MN 55102
To RSVP please call: 651-227-5502