

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

Change Service Requested

Non-Profit
Organization
U.S. Postage
PAID
Twin Cities MN
Permit No. 7451

The Lifeline



November 2016

24-Hour Phone: 651-227-5502

Volume 52, Issue 11

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Mike the Plumber and Airplane Tim?

Should AAs be less anonymous when we introduce ourselves to each other?

I was prompted to write this after visiting a meeting in south Florida with my wife. While talking to some people before it started, someone mentioned "Emphysema Mike." My wife almost burst out laughing. Everywhere I've lived and traveled since getting sober in 1990, people in AA have had nicknames. But never had she heard someone identified by a malady.

In my home group we have such characters as Mike the Plumber, Airplane Tim, the Good Dave (self-proclaimed) and so forth. While these monikers are descriptive and sometimes amusing, I believe they do us a disservice. Besides sounding a little like an organized crime family, more importantly they highlight the fact that we might be taking the principle of anonymity beyond its original intention.

My sponsor has introduced himself at meetings by his first and last names since I've known him. One day he told me I should do the same. By way of explanation, he had me read several passages from the book Dr. Bob and the Good Oldtimers. John, my sponsor, said we are not anonymous among ourselves. What if for some reason I have to look up your phone number or come visit you in the hospital? I think they may have a hard time finding Airplane Tim. Dr. Bob said we had taken this business of anonymity way too far.

In Dr. Bob and the Good Oldtimers there are several comments by Dr. Bob, or people recalling what he said, regarding anonymity. My favorite is a recollection by Warren C. of the doctor saying, "... there were two ways to break the anonymity Tradition: 1) by giving your name at the public level of press or radio; 2) by being so anonymous that you can't be reached by other drunks.

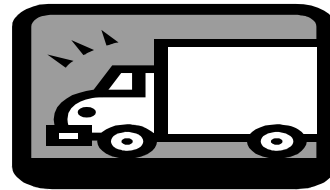
The next segment contains another quote attributed to Dr. Bob about the Eleventh Tradition: "Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition." Several more quotes follow using equally adamant language in the next several paragraphs.

If my sponsor tells me to do something, I assume it's with good reason. When he goes out of his way to tell me where to find out why he told me to do it, I'm compelled to seek out his explanation. After having read the above quotes and discussing them with my sponsor and other members about eight years ago, I now always identify myself at meetings by my full name, as do several members of my home group and the men I sponsor. While I know there are no Traditions police, I try to do what I can today to help people who want to know our founders' intent when they wrote Tradition Eleven.

—Jim T., Longmont, Colo.

(Copyright © The AA Grapevine, Inc. *Our Twelve Traditions*, AA members share their own stories of experience, pgs. 171-172. Reprinted with permission)

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

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

-On his first tour of AA duty, a drunk does it his way

On the last Thursday of each month, our Alcoholics Anonymous meeting covers one of the Traditions. Frequently, the Tradition Eleven meeting falls on Thanksgiving, and we conveniently change it into a gratitude meeting.

After all, how does the question of breaking one's anonymity in public affect most of us non-celebrities? That's the terrain of rock stars and golfers who blab in public about how they went to rehab, joined "the program," and are now sober. Then we read a news story about the car they drove into a telephone pole and their return to some exclusive recovery center in the Bahamas.

During my first failed tour of duty in AA in 1980, I learned just how easy it is for a regular civilian to break Tradition Eleven and do real damage to our treasured Fellowship. My lovely young wife had given up on me after a year of marriage. The husband-to-be she had met a year-and-a-half earlier didn't drink, although he smoked some dope. He certainly wasn't the reeling, retching, obnoxious animal she lived with now. "Either the booze goes, or I go," she said. It was a mandate; I decided to give AA a try.

After attending meetings for about a month, I had things pretty well figured out. I attended one meeting a week and showed up late. That way, I never had to say, "Hi, I'm Michael and I'm an alcoholic." I never shared and left early to avoid any chitchat with the riffraff who frequented the meetings.

However, I decided I would read the literature, study real hard, and learn how not to drink. If I did my assignments, I would pass the course with flying colors.

Months passed and things got better. Married life improved and things at work took a decided upswing. When my coworkers asked what the change was due to, I said--with pride--that I was in AA. Spouting chapter and verse, I impressed my colleagues. I came to be known as Mr. AA and did a good job of lording my superior knowledge over the others. I told my former drinking buddies that they could probably use some of what I had. After all, look at how my life had turned around. A few of them seriously considered it.

But working the Steps, getting a sponsor, practicing real honesty, acceptance, and faith in a Higher Power just wasn't part of my program. I didn't need that stuff; I could do it my way. We all know what happened.

First, I convinced my wife that I could drink wine on the weekends. Because she came from a good alcoholic family, that made sense to her. When that didn't get too far out of control, we agreed I could drink a little wine during the week. Then, some hard stuff on the weekends and, within a few months, I was back to a quart of vodka a day.

My coworkers noticed. It wasn't just that I was drinking again. I showed up for work late, had the shakes, memory loss, and erratic mood swings, and was frequently ill.

I made a foolish spectacle of myself and they let me know it. "Well, Mr. AA, what happened to you?" they asked. "I thought you AAs weren't allowed to drink? I guess that AA program isn't so good after all."

That is how I broke Tradition Eleven. I misinformed many people about AA and how it really works. My poor performance may have provided a great excuse to any number of people who could have benefited from our program. Although I did a great disservice to the Fellowship, I learned my lesson.

In 1990, I crawled back into the rooms. I was in a lot more pain than I had been a decade earlier. This time around, I arrived on time, spoke up, got a sponsor, participated, and took suggestions. Today, I keep my mouth shut unless an opportunity to help another alcoholic presents itself. Because the program saved my life, I treasure all that it has to offer me.

I may not have the opportunity to speak to the multitudes about my participation in AA, but I can abuse Tradition Eleven just as surely as if I were front and center on the latest, hottest, television reality show.

Michael F., Millington, New Jersey

(Copyright © The AA Grapevine, Inc. (November, 2008). Reprinted with permission.)

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

SEPTEMBER CONTRIBUTIONS

Number of Group Contributors:	34
Total Group Contributions:	\$4844
Number of Faithful Fivers:	10
Total from Faithful Fivers:	\$199



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 September:

Amanda P., Bob P., Burt K., Cathy S., Chris J.,
Colin K., Concetta M., Craig S., Desiree H., Dustin S.,
Frank D., Hailey W., Henry O., Jacqueline L.,
Jeff K., Jon H., Marc S., Mitch S., Sarah C.,
Sarah S., Steve W., Suzanne B., Teresa R.,
Tom P., Ty K., Woody W.

Thanks to our AWESOME Night Owls too!



Thanks to all the Groups that contributed in September 2016

Amazing Grace Group
Book Club- 'The book club'
Children of Chaos Plus
Cottage Grove Groups
Dakota Alano
Dakota Alano SAT 11 AM
Dakota Alano SAT 9 AM As Bill Sees It
Dakota Alano SUN 8PM
Fireside Women's BB Group
Forest Lake Alano
Fresh Air Group
Hampden Park Group
Happy, Joyous and Free II
Hastings Club
Highland Park Groups
Hour of Power
Main Idea
Maplewood Groups
Meeting of the Waters
Oakdale Thursday Group
Oakdale Woodbury Sun @Canvas Heath
Ridge Runners II Sat 830 AM
Rivertown BB Group-Hastings
Rosemount Groups
Roseville Centennial Group
Roseville Wed Night
Seeing Is Believing
St. Paul Park Group
St. Stephen's Tuesday Group
Stepsisters of Northfield Group
Summit Hill
Third Tradition Northfield
White Bear SAT AM Women's Group
Women's Basic Text



St. Paul Area Intergroup Representatives' Meeting Minutes September 20th, 2016

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

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

Treasurer's Report, Joe W presented the report. Bank account total is \$20,107 and prudent reserve is \$45,066. Liabilities decreased and receivables increased.

Total contributions are down, group contributions are up and office sales are up. Expenses are down. Overall a net increase of \$654. Contact Joe W at treasurer@aastpaul.org

Office Report, Frank N, acting Office Mgr, presented. 2 new literature Grapevine titles "The Twelve Traditions" and "Un Dia A La Vez [One Day at a Time]."

Hospitality Suite at Founders Day weekend is poolside. Need meetings to volunteer as hosts. Received almost \$4,200 from Gopher State Roundup. 36 different groups and 10 individual Faithful Fivers contributed. 2 open Night Owl shifts. Night Owl Orientation is every 3rd Sa 10am at the Office. Contact Office at manager@aastpaul.org; Night Owl at nightowl@aastpaul.org

Website Report, Jonathan S presented. Sergey K is continuing updates. 671 meetings and 280 groups. Up 0 groups and 8 meetings. 10 service opportunities and 2 open Night Owl shifts. All site statistics are up except for meeting searches. Content and event suggestions encouraged. Contact Sergey at webservant@aastpaul.org

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

Update from the Board, reviewed open position up for elections in November, Jenni S

Liaison Reports: District 8, no report; District 15, Julie H, Sponsoring Your Professional workshop in Oct; District 19, Dan R, assist District 15 w/workshop; printing more mtg directories, elections 11/9.

Upcoming Intergroup Events

Gratitude Night, Sa 11/12, Bob N speaker, 1 yr. speaker TBD, Mount Zion Temple, 1300 Summit Ave, St. Paul, MN 55105, Jenni S and Mike C

Founder's Day, 11/25-27, Travis W presented FD history and seeking volunteers, Literature Sales (Office Mgr) and Hospitality Suite volunteer sheet

circulated (Scott L and Joe W), Double Tree in Bloomington

New Year's Eve, 12/31, Jestine M and Sandy K

Old Business, Ice Cream Social, consider acquiring a PA system for future speaker events, Sandy K and JD

New Business, elections in November, proposed budget will be available for approval next month, Joe W; accessibility for the new office being researched, Sandy K

Group AA Announcements: OMD 1st Fr 7pm potluck, speaker and medallion ceremony, 1221 Marshall Av; St. Paul Speaker Mtg, 1 year celebration Su 10/9 potluck 5:30pm speaker 7pm, Central Presbyterian Church, 500 Cedar St; Uptown Group Sa 10/1 Pin Night and speaker 7pm, Recovery Church; Men's Blue Book Study Group, Thur nights starting 10/20, St Johns the Evangelist Church, 60 Kent St; Summit Hill Annual Open Speaker meeting and pin night and potluck Mo 11/7, Mt Zion Temple; no meetings currently at the Downtown Alano (check with Office for current info).

Suggestions for next months's agenda: None

Grapevine Report, Tony gave report; volunteer for October, David

Concept IX, Dan R gave report; volunteer for Concept X for October, Tony

Mock Rep Report, Rob; volunteer for October, Kate

Closed with the Responsibility Statement

Meetings Represented: A New Found Freedom, St. Paul; Como Park BB; District 15; District 19; Fireside Women's BB, St. Paul; The Firing Line, Roseville; The Firing Line; Gratitude in Acton, Mahtomedi; Hole in the Doughnut, Roseville; Main Idea, St. Paul; Maplewood Alano Groups, Maplewood; Midway Club, St. Paul; MNYPAA St. Paul Bid Committee; New Brighton BB; Outright Mental Defectives, St. Paul; Pocketing Our Pride, St. Paul; Problems & Solutions, St. Paul; Rule 62 Step & Tradition, St. Paul; St. Paul Speaker Meeting; Summit Hill, St. Paul; Third Edition BB, St. Paul; Uptown Groups, St. Paul; Women's Basic Text, St. Paul

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—September 2016

Meeting information	85
Inventory/hours	19
12th Step calls	9
Temporary sponsor	7
Speaker request	36
Special events	0
Outside issues	8
Info for professionals	1
Administrative	62
Other	43
Total Calls	269
Average Calls/Day	12.2
Total Visitors	263
Average Visitors/Day	10.1

November 2016 REPS' MEETING: Tuesday, November 15th @ 7:30 PM

SAINT STANISLAUS CHURCH

398 West Superior Street; St. Paul, MN 55102

Thoughts from the Board

For me, November is a time for giving thanks. Also, for me, November is a time for reflection as another year winds down. With Fall in full swing, I am excited to explore the wisdom of the 11th step on so many levels. I am always trying to "improve conscious contact," yet I find it especially necessary at this time of year. With winter's low temps and shorter days upon us, it is this time that I need to continue to stay in good communication all of those around me; friends, family and loved ones. I need to be mindful so as not to isolate heading into winter. I can't let the transition, from one season to another, affect my routine in a negative way. A big part of that routine starts with a strong 11th Step.

This month I will try to work on taking extra time in the morning and at night to meditate on all of the gifts I've received as a result of my sobriety. I would like to reflect on all of the new relationships I have formed with so many wonderful people. Further, I will try to reflect on those old relationships that continue to provide for me the "power to carry that out". Interesting to me is that the 11th step can be an introspective step in a lot of ways with respect to some of my traditional attempts at prayer and meditation. Yet, often times, it is people around me who show me the strength, wisdom and knowledge of how to live a better life which is free from alcohol. It is people in the rooms who show me by example what it means to challenge self-will, and set ego aside for something better. It is people, like you, who I look to for guidance while navigating towards a spiritual way of life.

Have a most wonderful Thanksgiving and we hope to see you at Gratitude Night!

Mike C., Member at Large

**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.

New Location!!!

One Year Speaker - Olea H.

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.

UPCOMING A.A. EVENTS!!

Founder's Day Weekend 2016

*Celebrating 76 Years of AA in the Upper Midwest
& Honoring AA members with One Year of Sobriety*

New Location in 2016!

Doubletree by Hilton Bloomington
7800 Normadale Blvd.

Bloomington, MN 55439

Friday, Nov. 25th - Sunday, Nov. 27th

Register online: [www.FOUNDERSDAYMN.org](http://wwwFOUNDERSDAYMN.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.

Group and Area News

New Location: The *Island Lake* AA group has moved to Presbyterian Church of the Way, 3382 Lexington Avenue, North, Shoreview, MN 55126. the group hosts a Sunday 6:30PM Closed, Step, All-Ages, & Mixed meeting.

New Meeting: The *Oasis Group* has added a Saturday Noon meeting to its weekly schedule. The new meeting is Closed, Big Book, All-Ages, and Mixed. *Oasis Group* hosts its meetings at 7630 145th Street—Suite 100, Apple Valley, MN 55124.

Meeting No More: The *Golden Tyme Café* is no longer hosting their Monday & Wednesday 6:30 AM meetings.

~Please let the Intergroup office staff know about any changes to your meeting~

Email: lifeline@aastpaul.org or call 651-227-5503

The Three T's of Tradition Seven
*Practicing the Principles of Self-Support
with Our Time, Talent & Treasury*
Interactive Workshop Hosted by District 8 & 18
Holy Cross Lutheran Church
1720 E. Minnehaha Pkwy, Minneapolis 55407
Saturday, November 5th 9am - 1PM
~Light breakfast provided~

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.

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



Looking for a Service Opportunity?

Become a St. Paul Intergroup Night Owl!

Upcoming Night Owl Orientations:
Saturday, 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

