



Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

I came to Alcoholics Anonymous because I had nowhere else to turn. I was 46 years-old, and my beloved alcohol had stopped working for me. Not to mention that my family was fed-up with me; my friends had tired of my drunken antics; and my landlords were ready to throw me out of my apartment.

I came to an A.A. meeting in despair and with little hope of a solution to my predicaments. Listening to the voices at the meeting I came to believe there was something they had that I wanted.

After the meeting I asked a man to sponsor me. We sat down to talk. He told me about this drinking career and the twisted way his thinking kept leading him back to the first drink until he accepted the A.A. program outlined in the Big Book. He told me something that upended all my old ideas about A.A. He said, "A.A. didn't get me sober and A.A. doesn't keep me sober." I was floored. Then he said, "What A.A. did was help me to find and tap into a Power greater than myself. It is that Power which brought me into Recovery and keeps me sober today, as long as I continue to live by the Principles I learned through living in the Steps."

At that moment I too, "Came to believe that a Power greater than ourselves could restore us to sanity." That night, before I went to sleep, I commitment myself to the A.A. way of life and the Power, I call "God." I got down on my knees and quietly recited the Third Step prayer, with all my heart, as my roommate snored in his bed across from me. The next day I started writing inventory, and so began the journey of embracing the A.A. way of life in all its wondrous manifestations. It's been many years since my last drink, and I am ever grateful to A.A.

-Anonymous, St. Paul

Tradition Two: For our group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Where does A.A. get its direction? ... These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience ... The elder statesman is the one who sees the wisdom of the group's decision, who holds no resentment over his reduced status, who judgement, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines, patiently awaiting developments.

- TWELVE STEPS AND TWELVE TRADITIONS, pp. 132, 135

Into the fabric of recovery from alcoholism are woven the Twelve Steps and the Twelve Traditions. As my Recovery progressed, I realized that the new mantle was tailor-made for me. The elders of the group gently offered suggestions when change seemed impossible. Everyone's shared experiences became the substance for treasured friendships. I know that the Fellowship is ready and equipped to aid each suffering alcoholic at all crossroads in life. In a world beset by many problems, I find this assurance a unique stability. I cherish the gift of sobriety. I offer God my gratitude for the strength I receive in a Fellowship that truly exists for the good of all members.

(Reprinted from *Daily Reflections*, p. 66, with permission of A.A. World Services, Inc.)

Concept Two: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

When I think about Concept Two and how I might apply it in my life, it boils down to 4 things; delegation of responsibility, trust in another, voice to discuss and a sense of collaboration. These are great things to consider in any relationship, but pretty much essential in a marriage.

Between my marriage partner and me, we delegate to one another various responsibilities. Whether the responsibility is to maintain the car, maintain the home, maintain the yard, or any of the other areas in our environment that are in need of consistent attention. Once the responsibility is delegated – that person has a “right of decision” how to carry that out.

Since our relationship is built on trust in one another, we have confidence that the person to whom a responsibility is delegated will consider the group conscience, or collaborative direction of our lives, when making their decisions. Those decisions should always be made to further our collaboratively developed goal for our lives together.

Certainly as time goes on each of us, facing a decision related to our delegated responsibility, will need or want to get a better sense of the best approach in that specific instance. So I expect that there will be an opportunity for me to give voice to my understanding of the situation and any potential solutions I see to it.

By using the principles in Concept Two, our relationship takes on new meaning, builds trust and results in better decision-making as well as providing us with an opportunity to share a vision for our future together.

- Bonnie McC., Southern Minnesota Area 36 Past Delegate

Thoughts From Your Board

As 2017 gets under way, I am thinking about New Year’s resolutions. Every January, I see lots of new faces at my A.A. meetings. Perhaps some of them are there because they resolved to quit drinking in the New Year. If they are alcoholics of my type, they might find like I did that stopping drinking isn’t the problem. The problem is staying stopped.

When I finally surrendered and embraced the spiritual solution offered in A.A., I realized that I didn’t have to make my resolution for a whole year, or even for a whole month or a whole week. I was asked to commit to not drinking for 24 hours. What a relief! I have continued to make this “New Day’s” resolution ever since.

In 2017, I am starting a one-year term as board chair for St. Paul Intergroup. Intergroup is A.A.’s window to the public. Our office provides valuable services to people seeking a solution to their drinking problem. Some of those January newcomers may have found A.A. by calling our phone number, which is answered 24 hours a day by a sober alcoholic. If you are interested in doing that kind of service, there is information elsewhere in this newsletter about becoming a Night Owl volunteer. Or you can volunteer in a variety of ways right from our office.

At times, I’m a little overwhelmed by this commitment to serve as board chair. But then I remember our slogan: One day at a time. I can do what’s in front of me for the next 24 hours. When I look at it this way, I’m excited to be of service. I’m also grateful for the offers of help from other board members, past and present. It’s an honor to be among a group of people who care so deeply about St. Paul Intergroup.

I wish newcomers to A.A. well—always, not just in the New Year. I hope the January crowds stick around throughout 2017 and beyond.

- Jenni S., Board Chair

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.

UPCOMING A.A. EVENTS!!

Southern Minnesota Area 36

Area Committee Meeting,

Mankato City Center Hotel, 101 E Main St,
Mankato, MN 56001

Saturday , February 18, 9:30am – 5:00pm

For More Info: www.area36.org

53rd

International Women’s Conference

“The Language Of The Heart Will Be Spoken Here”

Renaissance Cleveland Hotel

24 Public Square

Cleveland, OH 44113

Thursday February 16th - Sunday, February 19th

For more info:

Registration Chair: Edith F. (216) 254-5793

Southern Minnesota Area 36

Trusted Servant Leadership Training

Featuring :

Comprehensive Training for GSRs, DCM,
Committee Chairs, & the Area Committee

Focus:

The Three Legacies

Parliamentary Procedures & Minority Opinion
Flow of Information in the Conference Structure
Past Delegate’s Panel

Saturday, February 25th 9:00AM - 4:00PM

Bethel Lutheran Church

1321 North Avenue

Northfield, MN 55057

All Are Welcome

7Th Tradition Lunch Provided

For More Info: www.area36.org

Group and Area News

NEW MEETING: The *Open Hospital* group is meeting at 7:00PM on the 3rd Thursday of the month at Regions Hospital, 640 Jackson Street, St. Paul, 55101 in Room C2000. The meeting is Open, Big Book, Orientation, All-ages, Mixed, & Handicap Accessible.

MEETING CHANGE: The *Saint Joseph’s Group* is meeting at 8:00 PM on Mondays at the Redeemer Lutheran Church, 1097 Scott Road Burkhardt, WI 54016. The meeting is Closed, Topic, Step, All ages, Mixed, & Accessible.

-Please let the Intergroup office staff know about any changes to your meeting-
Email: lifeline@aastpaul.org or call 651-227-5503

Notes From Your Intergroup Office

Effective March 1st, The AA Grapevine is raising the price on all it's books and other materials.

Your Intergroup will sell all current inventory at the old prices until we need to reorder.

We currently carry 22 different Grapevine titles - come visit us and see if one or more might interest you or your group!



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



Upcoming Night Owl Orientations:

Saturday, February 18th, March 18th, April 15th

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

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

Opened with the Serenity Prayer, introductions, and Mark read the Primary Purpose of Intergroup.
 Minutes from last month were reviewed, John motioned and Mark seconded, and were approved.
 Treasurer's Report, Joe W, bank account is \$31,454 and prudent reserve is \$45,094. Liabilities increased and receivables decreased. Total contributions are up, group contributions are down and office sales are up. Expenses are down. Overall a net increase of \$10,770. Contact Joe W at treasurer@aastpaul.org
 Office Report/Night Owl Report, Dennis B, need more volunteers to answer the phones as well as perform other office duties. We would like at least two volunteers for three shifts Monday-Friday: 9am-Noon, Noon-3pm and 3-6pm. Please call the Office at 651-227-5503 to arrange for training. Color photo found of most former Intergroup office locations will be framed and on display soon. 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 gave the report. 655 meetings and 275 groups total. Up 2 meetings and up 5 groups. New volunteer Seth is working on the mobile application. Sergey attended the Annual Technology Workshop of AA in NC and presented a report of highlights including platform sustainability, digital payments and mobile device and app considerations, including a commonly used meeting locator app for potential future involvement. There are service opportunities and 1 open Night Owl shift. Contact Sergey at webservant@aastpaul.org
 Outreach Program, Jistine M, need volunteers to visit meetings. Contact Jistine M at outreach@aastpaul.org
 Update from the Board, approved \$1,200 for a handicap accessibility ramp for the Office, Jenni S.
 Announcement: Sandy K for Mary M, Alt Chair not present, Area 36 AA Recovery Unity and Service Conference "Ensuring Our Future" to be held January 20-22, 2017; title reflects the upcoming General Service Conference and topics include the Steps, Traditions and Concepts
 Liaison Reports: District 8, Matt D, elections held, Jeff new DCM, Kaylene new Alt DCM, soon to be a new ASL Fund coordinator; District 15, Julie H, no report; District 19, Dan R, elections held and budget approved, Dan R new DCM, Patrick new Alt DCM.
 Upcoming Intergroup Events
 New Year's Eve, 12/31, Dennis B speaking, Little Miss Anarchy live DJ, need groups to volunteer to host marathon meetings, Jistine M & Sandy K
 Old Business, vote and approval of Proposed 2017 Budget, Matt R
 New Business, None
 Group AA Announcements:
 Midway Club, Christmas Eve/Day events and New Years Eve/Day events
 St. Paul Speaker meeting, 7pm Christmas Eve, Gratitude call-up speakers, 500 Cedar St
 OMD 1st Fr 1/6 7pm potluck, speaker and medallion ceremony, 1221 Marshall Av
 Suggestions for next months's agenda: None
 Grapevine Report, Carolyn; volunteer for January, JD
 Concept XI, Erica; volunteer for Concept XII for January, Chelsea
 Mock Rep Report, Scott; volunteer for January, Gunney
 Closed with the Responsibility Statement.

Meetings Represented: District 8; District 15; District 19; Fireside Women's Big Book, St. Paul; The Firing Line, Roseville; Hour of Power, St. Paul; Maplewood Alano Groups, Maplewood; Midway Club, St. Paul; New Brighton Alano, New Brighton; No Time Like The Present, Roseville; Outright Mental Defectives, St. Paul; Rule 62 Step & Tradition, St. Paul; Summit Hill, St. Paul; Uptown, St. Paul; West End, St. Paul; Women's Basic Text, St. Paul.

<u>2017 Steering Board:</u>		<u>Office Calls/Visitors—December 2016</u>	
Chair:	Jenni S.	Meeting information	98
Alternate Chair:	Lesli D.	Inventory/hours	22
Secretary:	Rob C.	12th Step calls	9
Treasurer:	Matt R.	Temporary sponsor	16
Alternate Treasurer:	Karen C.	Speaker request	31
Members-at- Large 2017:	J.D. & Carolyn M.	Special events	1
Members-at- Large 2018	Tom S. & Eric M.	Outside issues	9
Advisor to the Board:	Sandy K.	Info for professionals	7
Manager	Dennis B.	Administrative	52
		Other	42
		Total Calls	287
		Average Calls/Day	13.1
		Total Visitors	192
		Average Visitors/Day	7.1

January 2017 REPS' MEETING: Tuesday, January 17th @ 7:30 PM
 SAINT STANISLAUS CHURCH
 398 West Superior Street; St. Paul, MN 55102

**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

DECEMBER CONTRIBUTIONS

Number of Group Contributors: 38
Total Group Contributions: \$7274
Number of Faithful Fivers: 20
Total from Faithful Fivers: \$2725



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 the Groups
that contributed
in December 2016**

- Apple Valley Daily Reflections
- Apple Valley Mon AM Women's Mtg.
- Burnsville - Primary Purpose
- Como Park BB
- Cottage Grove Groups
- Dakota Alano
- Dakota Alano THUR 1145AM
- Defogged Men's Group
- Eagan Wed Night Open Meeting
- Fellowship Club AA
- Firing Line
- Forest Lake Alano
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Hour of Power
- Lindstrom Groups
- Little Canada Happy Hour
- Maplewood Groups
- Mendota St. Peter's Sat 9AM
- Midway Club
- North Dale Group
- River Rats
- Rivertown BB Group-Hastings
- Rosemount Groups
- Roseville Centennial Group
- Rule 62 Step & Tradition Group
- Shoreview 12 x 12
- Short Stories
- Sober Goats
- South Suburban
- St. Paul Sun Night Speaker Meeting
- Summit Hill
- Third Tradition Northfield
- Thursday 630 AM 11th Step
- Una Luz en el Camino
- Uptown Club
- Weekend Jumpstart II



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

Auggie, Bob P., Burt K., Cathy S., Chad C.,
Chuck L., Colin G., Cookie, Dee J., Don C.,
Frank D., Henry O., Jeff K.,
Kathleen S., Mark D., Natalie B., Steve W.,
Suzanne B., Ty K., Will S., Woody W.

Thanks to our AWESOME Night Owls too!

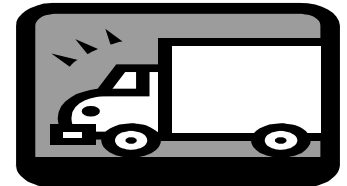


St. Paul & Suburban Area Intergroup
608 Seventh Street West
St. Paul, MN 55102

Change Service Requested

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

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