



Step Four: Made a searching and fearless moral inventory of ourselves.

Number one offender

Every time I've done a Fourth Step inventory and looked at my part, I seem to be facing the same three fears: fear of not being good enough, fear of abandonment, and fear of dying. For me, underneath resentment is fear and I believe fear is the number one offender; it lurks in all of my character defects.

The Big Book says, "We asked ourselves why we had (fears). Wasn't it because self-reliance failed us?" Every time I do an inventory, I face this question again. Self-reliance is not listed as a character defect but it seems to be my biggest one. Why be afraid of God? Because of my three basic fears: I believe I'm not good enough, I don't deserve God's love, and God may abandon me when I need him most. If I surrender fully to God then I (my ego) will die.

Trusting God, playing the role he assigns, asking him to remove my fear--these are actions I must take every day. Have I commenced to outgrow fear? In the essay on Step Six in the "Twelve and Twelve" it says that I must try my best, "to make progress in the building of character," plus, I'll "have to be content with patient improvement." So I pray that God reveals how my fear may be useful to others.

- R.C., Kalamazoo, Michigan

Her own part

It was years before I could do an honest Fourth Step. But I guess since I kept trying to get it right, that counted as a desire to be honest. My sponsor would say to me, "This is the same stuff you brought in last year--when are you going to let this go?" The problem wasn't letting it go; the problem was that I couldn't be honest about it. I kept trying to be honest and to find my part in my failed relationships, but I was compelled to blame others and to stay the victim. This went on for years, and it was painful. I had an ego that wanted to be right all the time, and I was miserable.

The main resentment I had was toward my ex-husband. I believed I had wasted my youth on a drunk who had battered me physically and emotionally throughout our marriage. I tortured myself with this resentment for the first 10 years of my sobriety. I was exhausted and ashamed for not having let it go like I heard other people do in meetings.

For a while I blamed my parents for not empowering me, but I knew they'd done the best they could. I had to stop blaming others. When the pain of holding onto the resentment got greater than the fear of looking at my part in it, I had to get rigorously honest and put the blame where it belonged--on myself--for allowing the abuse to go on and for not leaving my husband the first time he laid a hand on me. My resentment wasn't about my ex. It was about how I betrayed and abandoned myself by staying in the abuse and by numbing out on alcohol. I was told in AA that once I owned my part, I could forgive myself because I had been impotent to protect myself at the time.

I kept hearing it was an "inside job," so I got busy learning how to take care of myself, empower myself, and protect and love myself. The women in AA were my teachers, and some wonderful books on codependency helped.

Every morning I go to the mirror, look myself straight in the eyes and say, "I love you, and I promise I'll never abandon you." With this empowerment and without the weight of resentments, I am truly happy, joyous and free. God willing, I am finally able to be of service to others.

- Beth P., Santa Barbara, Calif.

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Tradition Four: Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Personal Conduct and the Group

Her sponsor explained to her how Tradition Four figured

Although autonomy is a ten-dollar word, in relation to us, it means that every AA group can manage its affairs exactly as it pleases, except when AA as a whole is threatened. Is it true we have no rules in AA? Using my personal experience as an example, my sponsor tells me I should:

Get to the meeting early enough to get my refreshment and be in my seat before the meeting starts;

Pay attention during the meeting. Refrain from whispering and messing around;

Count the money in the basket after, not during, the meeting; and

Keep me comments brief if the secretary/chair has stated, "Please keep your comments brief."

What is this all about? Well, my sponsor was more than happy to explain. Applying the principle of Tradition Four to myself, for example, I see that I am autonomous except in matters affecting other people in my group or AA as a whole. I can act however I choose in a meeting as long as it doesn't affect the group negatively.

When I behave in ways that are distracting, I may block the message being heard by a fellow member. If I am leaving the room during the meeting, talking to someone, or coming in late, the person next to me or sitting on the other side of the room may miss what is being said.

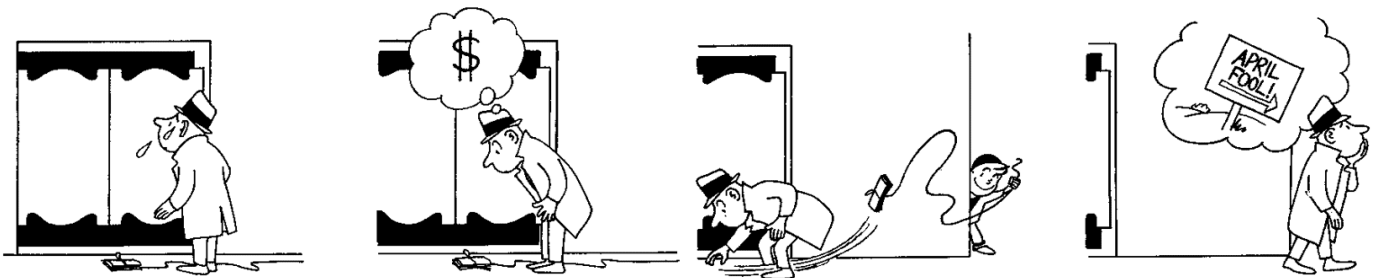
At my home group, during the Friday night meeting in Libertyville, the consciousness of the group was to include this statement at the beginning of the meeting: "In support of AA's singleness of purpose, we ask that you keep your comments confined to alcoholism and limit them to three minutes.

Apparently, what I say at the meeting when it is my turn to share affects other people in the group. It is my responsibility to do the best I can to refrain from talking on and on and to speak about recovery in AA from alcoholism. Not only does it conform to the principles of Tradition Four, but also Tradition One, which is our unity. So, part of "carrying the message" is in my behaving well in meetings.

Can I apply this principle to my work group, family group, or an other group of which I am a part? Well, I certainly aim to.

—Linda W., Lake Bluff, Ill.

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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 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.

Notes from your Office

Dear Friends in Recovery,

Your Office has seen a welcomed influx in volunteers across our service spectrum, from new Office Volunteers, to additional NightOwls, 12-Step, Temporary Sponsor, & Speakers willing to be of service. Thank you for your willingness to reach-out and be there for the still-suffering alcoholic!

We have three shifts for Volunteers to answer the phones here at the Office (608 7th Street West): 9AM—Noon; Noon – 3PM, and 3PM – 6PM. We are now seeing two to three volunteers sign-up and show-up for most shifts. But, we still have some midday and afternoon shift where we need more help! So, if you have a desire to be of service, all that is required is that you be sober and attend one of our 40-minute trainings to be a Phone Shift Volunteer at the Office. And if answering the phones isn't your preference, but you like to help out with other activities around the office, like stamping pamphlets, making newcomer packets, or helping keep us clean and tidy, please be in touch or stop on in! We'd love to hear from you! Better still: we'd love to help you, help us be of service!

- Bill S., Office Staff

Concept Four: At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Just as the preservation of the principle of “participation” in our AA service structure is of extreme importance to AA's future, so is this principle just as important in the family structure and work environment! However, along with that “right of participation” comes some responsibility!

But as the Concept explains, there will be some of each new generation that will try to weaken, modify or toss out the principle of “participation”. They may try to break down the structure and revert to one individual or group making all the decisions for the whole.

I don't know about you, but if one person were making all the decisions in our family, there would be some problems and conflict. And if one person in a working environment appointed themselves the only decision maker, and not take into consideration the ideas and talents of others, the business would probably suffer and not survive. As the Concept points out, absolute authority brings over-domination in matters big and small.

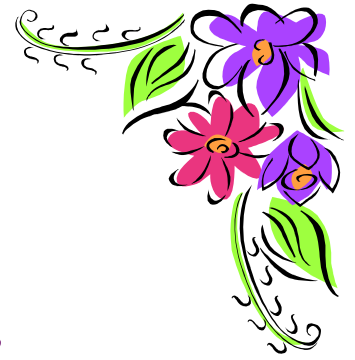
This paragraph states the essence of Concept IV. Our AA conference structure specifically allows that the Trustees, the Directors of our service corporations (AA World Services Inc. and The Grapevine Inc.), as well as their executive staff, GSO staff and Area Delegates should always have a voice and a vote at the General Service Conference.

The same aspect applies to our AA groups, the group officers, as well as the group members, have a voice and vote at group conscience meetings.

The same applies to the family structure, everyone has a voice and vote, but the parents have the “right of decision” and that gets into Concept III.

I've actually saved the best for last; the spiritual reason for “participation”! Just as the Concept points out, I have always had the desire to belong (that is one of the main reasons I drank), and Concept IV not only says I belong in AA, but it offers me the hope that I also belong to my family as well as other aspects of my life. However, I need to participate by doing the work requested so my voice and vote are spiritually based and not ego driven with harshness or misuse. It reminds me that my only aim is to bring unity and harmony wherever I participate!

- Brenda L., Southern Minnesota Area 36 Delegate, Panel 53 (2003-04)



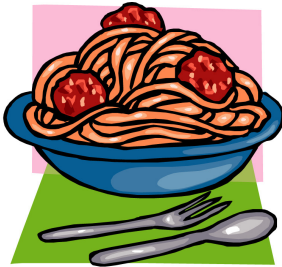
St. Paul Intergroup's annual

Spring Fling!

Saturday April 1st, 2017

NEW LOCATION

*Downtown Alano Club
520 North Robert Street
Saint Paul, MN 55101*



**Dinner 6:00PM
Spaghetti, Salad, Bread
& Dessert**

**Open Speaker Meeting 7:00 P.M.
A.A. Speaker: TBD**



LIVE BAND!
(following the Speaker)
Featuring
“Ramshackle Charmers”

Contribution: \$10 Entire Evening, or \$7 Dinner Only, or \$5 Dance Only
~~No one turned away for lack of funds~~

For More Information Call 651-227-5502



ASL Interpreted, upon request.
Please contact Staff at St. Paul
Intergroup to make arrangements:
651-227-5502



UPCOMING A.A. EVENTS!!

**Southern Minnesota Area 36
Delegate's Workshop/Area Assembly**
Bethel Lutheran Church
Northfield, MN
Saturday, April 1st - 9:30 AM—5:30PM
For More Info: www.area36.org

**January 6th Group
Open A.A. Potluck & Speaker Meeting**
Roseville City Maintenance Building
2660 Civic Center Drive Roseville, MN 55113
Sunday, April 9th
Potluck 5:30PM, Speaker Meeting 6:00PM
Featuring April O., from Main Idea Group

**32nd Annual
Lincoln Spring Fling**
Lancaster Event Center · Lincoln Room
4100 N. 84th St.
Lincoln, Nebraska
Thursday, April 20th - Saturday, April 22nd
For More Info: www.lincolnspringfling.com

**23rd Annual
Sunlight Of The Spirit**
"Becoming a Part of the Common Solution"
Holiday Inn, Fairmont, MN
Friday, 21 April 2017 – Sunday, 23 April 2017
For More Info: www.sotsweekend.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.



HOOTS!



We currently have **one open regular** shift:
1st Tuesday of each month, 10 PM to 6 AM (overnight)

Group and Area News

New Meeting: *The Fellow Traveler's* group meets Sundays 5:00PM at the Saint Anthony Park Lutheran Church, 2323 Como Avenue, Saint Paul, 55108. The meeting is Closed, Topic/Discussion, All-ages & Mixed.

New Meeting: *It's 7AM Somewhere* group meets Fridays 7:00AM in the basement of Claddagh Coffee Café at 459 West Seventh Street, Saint Paul, 55102. The meeting is Closed, Step, All-ages & Mixed.

New Meeting: *Break It Down Big Book* meets Wednesdays 6:30PM at the Faribault Alano, 217 Central Ave, Faribault, 55021. The meeting is Closed, Big Book, All-ages, Mixed & Handicap Accessible.

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

NEEDED: We currently have **three open positions** on the Night Owl Committee to take the place of those who have or are planning to rotate out (At least 1 female - we have more guys than gals). If interested, please contact Cheryl B. at nightowl@aastpaul.org, or leave a message at the Intergroup office with the Office Staff.

Committee member requirements:
+ More than one year of sobriety
+ Attended Night Owl Orientation and have experience with being a Night Owl
+ Attend quarterly committee meetings
+ Participate in rotation of carrying the "Bat Phone" bag (usually one week about every 5-6 weeks). The person who carries the bag is responsible for answering the Night Owl back-up phone.

HOOTS! is coming ...
We want to add a section in the Lifeline about your experiences in being a Night Owl. It can be something sad, or meaningful or funny. It can be a joke. This work we do is sooooo important - we want to share our experience, strength, and hope with others. We will consider all submissions for publication. You can send your ideas to either Cheryl B. at nightowl@aastpaul.org, or to our Office Manager Dennis B. at lifeline@aastpaul.org.



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



Upcoming Night Owl Orientations:
Saturday, April 15th, May 20th, June 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

St. Paul Intergroup **The Lifeline** renewal form:

Did you know that you can receive your monthly Lifeline subscription by email in PDF? If you would prefer to have your Lifeline sent each month by email, please complete this form and return it to your Intergroup office.

~Yes! Please Keep Sending The Lifeline by email:

1. Contact information:

Name _____

Address _____

City _____ State _____ ZIP _____

Phone Number _____

Email _____

**PLEASE COMPLETE
THIS FORM & RE-
TURN IT BY TO CON-
TINUE RECEIVING
YOUR LIFELINE
SUBSCRIPTION BY
EMAIL**

Mail to:

Saint Paul Intergroup
608 West Seventh Street
Saint Paul, MN 55102

St. Paul Area Intergroup Representatives' Meeting Minutes February 21st, 2017

Minutes Delayed.

Meetings Represented: District 15; The Firing Line, Roseville; Hole In The Doughnut, Roseville; Main Idea, St. Paul; Maplewood Alano Groups, Maplewood; Midway, St. Paul; New Brighton Big Book; New Brighton, No Time Like the Present, Roseville; Outright Mental Defectives, St. Paul; Problem & Solution, St. Paul; Rule 62 Step & Tradition, St. Paul; Sober Goats, St. Paul; St. Paul Speaker Meeting, St. Paul; Students of Life, St. Pau; Summit Hill, St. Paul; Third Edition, St. Paul; Uptown, St. Paul; Women's Basic Text, St. Paul.

2017 Steering Board:

Chair:	Jenni S.
Alternate Chair:	Lesli D.
Secretary:	Rob C.
Treasurer:	Matt R.
Alternate Treasurer:	Karen C.
Members-at- Large 2017:	J.D. & Carolyn M.
Members-at- Large 2018	Tom S. & Eric M.
Advisor to the Board:	Sandy K.
Manager	Dennis B.

Office Calls/Visitors—February 2017

Meeting information	102
Inventory/hours	39
12th Step calls	5
Temporary sponsor	12
Speaker request	34
Special events	4
Outside issues	9
Info for professionals	8
Administrative	67
Other	51
Total Calls	331
Average Calls/Day	16.6
Total Visitors	216
Average Visitors/Day	9.0

April 2017 REPS' MEETING: Tuesday, April 18th @ 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

FEBRUARY CONTRIBUTIONS

Number of Group Contributors: 35
Total Group Contributions: \$3553
Number of Faithful Fivers: 14
Total from Faithful Fivers: \$200



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 February!**

- Amazing Grace Group
- Amigos III
- Andover Day by Day
- Came to Believe
- Como Ave Step & Topic
- Dakota Alano
- Dakota Alano FRI 6PM
- Dakota Alano THUR 1145AM
- Dakota Alano WED 6PM Women's
- Dakota Alano WED 8PM
- Fellowship Club AA
- Fourth Dimension
- Happy, Joyous and Free - Mahtomedi
- Highland Park Groups
- Mahtomedi Happy Hour 12 & 12
- Mahtomedi Tuesday Step
- Maplewood Groups
- Meeting of the Waters
- Midway Club
- North Branch Community Groups
- North Dale Group
- Rosemount Groups
- St. Joseph - Houlton/Hudson
- Stillwater Morning Groups
- Stillwater Rivertown Group Sun PM
- Students of Life
- Summit Hill
- There's a Better Way
- Third Edition Group
- Uptown Club
- White Bear Lake Redeemer
- White Bear SAT AM Women's Group
- Women's 12 & 12 Monday
- Woodbury Primary Purpose
- Woodbury Serenity Sisters

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

Abel, Bob B., Bob P., Burt K., Carol R., Chuck L., CJ M.,
David M., Deb E., Don C., Ernest S., Frank D., Henry O.,
James H., John G., Kathleen S., Keith I.,
Lonnie A., Pat W., Santana O., Sean M., Steve W.,
Suzanne B., Taylor G., Ty K., Woody W.

Thanks to our AWESOME Night Owls too!

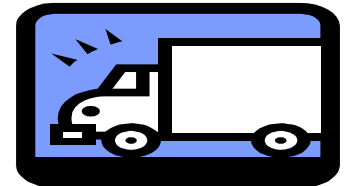


St. Paul & Suburban Area Intergroup
608 Seventh Street West
St. Paul, MN 55102

Change Service Requested

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Organization
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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