

# The Lifeline



August 2018

24-Hour Phone: 651-227-5502

Volume 54 Issue 8

## **Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.**

When we begin to wake up in recovery we start to look at the steps with a gradually improving sense of just what is meant by the word 'recovery.' That is, for most of us the first few days (hours), weeks and months in the program find us confused and bewildered by this new way of life, often seeking clarification from our sponsor or other experienced members of our group. Very often we are advised to go slow with the steps and focus on steps one, two and three- during this early phase of our recovery. I think that by and large this is very good advice. As we say in the program- "Easy does it." Try to focus initially on the basics. These basics are of course that I am (you are) a chemically dependent (alcohol or other non-prescribed, mood altering drugs) person. We are powerless over our addiction which makes our lives totally unmanageable. Further, the result of my dependency has caused me to lose my capacity to live a rational, sane lifestyle. My addiction has taken over my life and I need help to regain my physical, mental and spiritual health. Instead of relying on myself, I need to develop a healthy relationship, a healthy dependence on, a power greater than myself. This higher power can and will help provide the strength and capacity needed to make major changes in ones life. It can enable me to do things that I was unable to do for myself.

Eventually, if we are successful with our initial efforts at recovery we begin to shift our attention to the remaining nine steps of AA. At some point we will turn to step eight. Step eight states " Made a list of all people we have harmed and became willing to make amends to them all." This can be a tall order if we have people on our list that represent unresolved conflicts, most of us do. These might be folks that we just don't want to or won't or just can't force ourselves to make amends. No matter, all persons we have harmed belong on our list. Notice the step says 'became willing.' That is, it may take some time before I'm prepared to go to step nine, involving making direct amends. At this point step nine is not the issue. By the way, I think we may have the tendency to overlook some of the people that could be on our list , especially if we don't make a written one. So, when you think you are ready- begin your list, write down the names of every person you think of when you think about persons you have harmed. Keep the list open ended for awhile so you can review it and add to it from time to time. This is definitely a list not to rush through. Try to be comfortable with this as a process, even though unpleasant feelings may get triggered while constructing the list. Let the list evolve rather than rushing and hurrying to completion. As the famous psychologist Albert Ellis used to say, " we are FHP's- Fallible Human Persons!" That is, as addicted persons we have done more than our share of damage in our human relationships. This is forgivable and healing can occur. Step eight is a key part of the atonement process. Let's take our time with it and do a good job. May HP be with you.

-Wally B., White Bear Lake Area Thursday Group

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

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)

Fax: 651-290-0209

Office Hours: Monday through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

**Tradition Eight: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.**

I started working in mental health and recovery services before I got sober. Since I worked with people who had “worse problems” than I did, I never viewed my drinking as an issue. When I finally recognized how far down I had gotten, I came into AA. I wasn't entirely convinced that I belonged here or wanted the AA way of life, and I became a “two-Stepper.” I had admitted I was powerless over alcohol (Step One) and immediately began helping others (Step Twelve). But I wasn't too concerned with the rest of the program.

After nine months without a sponsor, I became just as miserable sober as I was drinking. I knew something had to change. When I began working the Steps with a sponsor, I was able to identify the character defects that had gotten me into a dry drunk and kept me there.

Then I was introduced to the Traditions. I typically avoided Twelve and Twelve meetings due to my opinion that they were boring and the fact that I didn't really know anything about them. (I was still working on my humility and didn't want to appear stupid in a meeting; after all, I worked in a recovery center!) I realized that I had violated a couple of the Traditions fairly regularly. First, I had no personal anonymity. I was still in the phase where I told anyone and everyone that I was in recovery and how awesome it was for me. My husband had to pull me aside when we were planning our wedding and tell me to stop saying I was in recovery, because it made the people at the reception hall uncomfortable. It made him uncomfortable too.

It was the Eighth Tradition that held the secret to my dry drunk. I had thought that I didn't need to do Twelfth-Step work because I worked in a recovery center and that was my Twelfth-Step work. With some guidance and more involvement in AA, I began to get better. Slowly, I learned how to separate my identities. At work, I stopped presenting myself as an “AA.” In the meetings, I stopped identifying as an alcohol and drug counselor.

Just before my second year, my husband and I moved and I had to discover AA in a newer, smaller community. This time, I was a little wiser about not making my primary identity that of “counselor” and did my best to maintain my identity as “recovering alcoholic” when at meetings. My sponsor had started to allow me the privilege of sponsoring, and one of my first sponsees attempted to blur those lines again.

When we would meet to do Step work, she would avoid talking about the Step. Instead, she would start talking to me in a more client/counselor style. As time went on, I started to feel like an on-call counselor and struggled with setting boundaries. With help from my sponsor, I was able to start being firm with my position of “Step work, not therapy.” When that sponsee continued to try to engage me as her personal 24-hour therapy hotline, I would say, “How does this relate to your powerlessness?” This was not the response she was after. After a few weeks, she decided to find a different sponsor.

Today, I continue to find more and more ways to experience Twelfth-Step work without it bleeding over into my job identity. There are still times when I arrange to take a group of clients to an open anniversary meeting or when I run into a former client at a meeting. The two parts of my identity will never truly be separate. However, I know how to set boundaries with women I sponsor, and I don't identify my AA membership at work. And while I still sometimes talk like someone in the program, I choose not to break my anonymity. There are times when others break it for me, but that is their Tradition violation, not mine.

In order to safeguard my recovery and my career, I have learned to put boundaries in place. The first is that I don't go to meetings or do service work in the community where I work. The second is that I don't discuss clients with other AA members. The third is only disclosing my recovery status to co-workers on a “need to know” basis. The fourth is not breaking my anonymity to clients. The fifth is remembering that I still have to be of service in every way I can, otherwise I'll get drunk. I'm not perfect, and sometimes I slip up, but I keep working at it. I have made Tradition Eight my new best friend.

-Megan G., Prospect, Ohio

## Thoughts From Your Board

As a member of AA, I endeavor to practice what Dr. Bob says in the Big Book: "... pass on what I learned to others...because in so doing I pay my debt to the person who passed it on to me...and insure against a possible slip ... ". This practice, along with regular AA meetings, has given me sobriety and serenity for several 'days at a time'. The steps keep me sober.

An extension of that service attitude pushes me into serving 'groups' and 'AA entities' -- for without those, AA may not exist for those of us who need it. The traditions keep all of us sober.

To be of service in Alcoholics Anonymous is to thrive, and I am totally grateful to be able to serve on the Intergroup Board, the entity that offers so much to those who need it.

- Leslie, Board Chair

## Note From Your Office

Your office is excited to share with you that we now have our own Sobriety Birthday/ Anniversary Cards available for sale! Designed in-house, these can be bought "As Is," or with the Medallion of your choosing. Two templates are available: one with balloons and one with a cake (see images below).

The cards alone are \$3.00/each, tax included. Purchase the card with a standard bronze medallion for \$5.00, and save \$0.50. The same goes if you buy the card with one of our gift medallions for \$18.00; you'll also save \$0.50!



## 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](mailto: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.

*Saint Paul Intergroup's*  
*2018 Annual*  
*Ice Cream Social*  
*&*  
*Long-Timers Recognition*

*Enjoy an Ice Cream Social and join in recognition  
of those with more than a quarter century  
of continuous sobriety!*

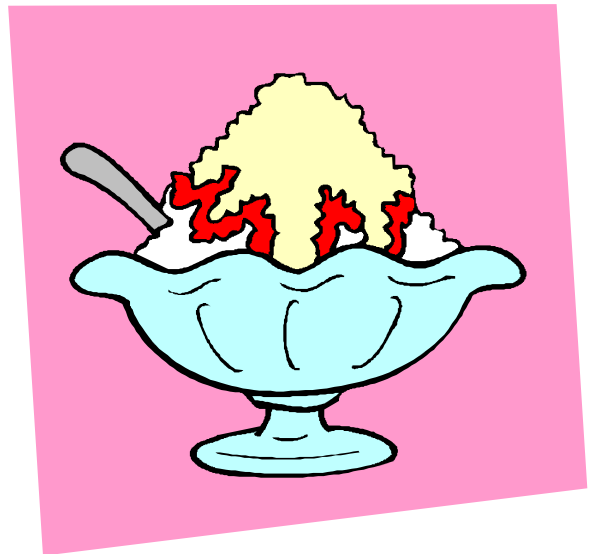
**WHEN:**

**Saturday, Sept. 22nd  
1:00PM - 3:30PM**

**WHERE:**

**Lutheran Church of the Redeemer  
285 North Dale St.  
St. Paul, MN 55103**

*Hear how they did it!*



**For More information, please contact St. Paul Intergroup: 651-227-5502**



ASL interpretation available upon request. Please contact staff at Intergroup by Wednesday, August 15th to secure arrangements.

# Announcements & Updates

## HOOTS!

Night Owls are Smart!! As I write this, we are a few days into the new phone system, and an altered process for transferring the Intergroup phone number. And it has gone very well, with nary a hitch! Thank you, Owls. We were a little worried about this, but you've all been brilliant.

### ONLY Two Open shifts at this time:

**1st Tuesday 10pm - 6am**  
**2nd Sunday 2pm - 7pm**

### WANTED: **One New Night Owl Committee volunteer**

The Night Owl Committee members take turns carrying the back-up Phone for one week at a time. We help out if a volunteer has a problem and we also make the reminder calls.

#### Requirements:

- >1 year sobriety
- >Answer the back-up phone during your rotation
- >Experience with Night Owl
- >2 yr commitment

Thank you!

Frank N.  
 Night Owl Committee Coordinator

Night Owl Tidbit: Do you have an interesting Night Owl story you want to share? Send an e-mail to [nightowl@aastpaul.org](mailto:nightowl@aastpaul.org).

### Group and Area News

**New Meeting:** The *Oasis Group* has added a Monday 9:00AM Open Topic/Discussion meeting geared towards parents in Recovery (children are welcome too). The Group meets at 7630 145th Street - #100, Apple Valley 55124.

**Meeting Change:** The *Third Tradition Group's* Friday 8PM meeting is now a Closed, Step & Tradition meeting except the First Friday of the Month when it will be an Open Speaker meeting. The address is 416 Oddfellows Lane, Northfield, 55057.

**Meeting No More:** The *Reality Check* Thursday 6PM meeting at the Assumption Church, 68 Exchange Street is no longer being held.

**Meeting No More:** The *Third Tradition Group* is no longer hosting it's Wednesday 8PM Step Meeting at 416 Oddfellows Lane, Northfield 55057.

### 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.



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

Upcoming Night Owl Orientations:  
**Saturday, Aug 18th, Sep 15th, Oct 20th**

**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, June 16th 7:30pm**

1. Opened with the Serenity Prayer, introductions, and read the Primary Purpose of Intergroup.
2. Last month minutes reviewed, motioned by Bob B and seconded by Carl C, motion approved.
3. Treasurer's Report, C.J. M – Total Contributions: Down - \$3,884.00 Total Sales: Up due to Gopher State (we came out about even). Cost of Goods: Up +\$4,102.00. *See Treasurer's Report for full financial details.*
4. Office Report, Bill S – Intergroup Literature Sales were the same as last year at Gopher State – even though there were 1,000 less people at the event this year! Birthday cards will be sold at the office next month. *Please email [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) for further information.*
5. Night Owl Report, Frank N – Intergroup's Night Owl Phone Transition will take place in the beginning of July – the Night Owl Workshop/Training session for the new phone system will be held on Saturday, June 23rd starting at 11:30 am. 1 N.O. Shift available and 1 N.O. Committee Volunteer. *Please contact Frank N at [NightOwl@aastpaul.org](mailto:NightOwl@aastpaul.org) or leave a message at the Intergroup Office.*
6. Website Report, Jonathan L – 730 regular meetings supported by 287 groups in our area. 10 service opportunities available on the Website. If you want your group's event flyer posted on the Website it must contain AA content. *Contact Jonathan & Sergey at [webservant@aastpaul.org](mailto:webservant@aastpaul.org).*
7. Outreach Program, Carolyn M – There are 0 "MIA" meetings on the list. *Please contact Carolyn M at [outreach@aastpaul.org](mailto:outreach@aastpaul.org).*
8. Update from the Board, Rob C – The board appointed the new Alt Treasurer, Justin D. Since Guillermo resigned – there is a 1 year Member at Large position open: 2 year sobriety requirement.
9. Liaison Reports: District 8: Mike C – Potluck will take place before the Area 36 Delegate presentation on Wednesday, June 20<sup>th</sup> @ 6:30 PM District 15: N/A District 19: Dan R – N/A
10. Upcoming Intergroup Events: Saint Paul Intergroup's Open House on Saturday, June 23<sup>rd</sup> @ 11 am at the Intergroup Office & Saint Paul Intergroup's Night Owl Workshop on Saturday, June 23<sup>rd</sup> starting at 11:30 AM (occurring every half hour) at St. Stanislaus Church.
11. Old Business: Update on phone changeover
12. New Business: Report from Area 36 Delegate, Curt. 68<sup>th</sup> General Service Conference's Theme: Solution for All Generations. Additional information available on the website: [www.area36.org](http://www.area36.org)
13. Group AA Announcements: N/A
14. Suggestions for next month's agenda: N/A
15. Grapevine Report, Volunteer for July: Julie K
16. Concept IX Volunteer July: Brian L
17. Mock Rep Report Volunteer for July: Carl C
18. Closed with the Responsibility Statement

**Meetings Represented:** District 8; Basic Text, St. Paul; Como Park Big Book, Roseville; Defogged Men's Group, St. Paul; Hole In The Doughnut, Roseville; Lakeview AA, Maplewood; Look To This Day, St. Paul, Main Idea, St. Paul; Outright Mental Defectives, St. Paul; Pocketing Our Pride, St. Paul; Problems & Solutions, St. Paul; Roll of Nickels, Hudson, WI; Rule 62, St. Paul; Summit Hill, St. Paul; Third Edition, St. Paul; Uptown, St. Paul; West End, St. Paul; Women's Basic Text, St. Paul.

<b><u>2018 Steering Board:</u></b>		<b><u>Office Calls/Visitors—June 2018</u></b>	
Chair:	Lesli D.	Meeting information	79
Alternate Chair:	Rob C.	Inventory/hours/location	23
Secretary:	Carolyn M.	12th Step calls	6
Treasurer:	C.J. M.	Temporary sponsor	15
Alternate Treasurer:	Justin D.	Speaker request	40
Members-at-Large 2018:	Tom S. & Erik M.	Staff & Other Calls	118
Members-at-Large 2019	Brian L. & TBD	Total Calls	281
Advisor to the Board:	Jenni S.	<b>Average Calls/Day</b>	<b>13.4</b>
Manager:	Dennis B.	Total Visitors	338

**August 2018 REPS' MEETING: Tuesday, August 21st @ 7:30 PM**  
 SAINT STANISLAUS CHURCH (Church Basement)  
 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

**JUNE CONTRIBUTIONS**

Number of Group Contributors	31
Total Group Contributions:	\$3459
Number of Faithful Fivers:	14
Total from Faithful Fivers:	\$455



**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](http://www.district26-area36.org)



**Thanks to all the Groups  
that contributed in June**

- Amazing Grace Group
- Anoka Day By Day
- Birds of a Feather
- Cliffhangers III
- Eagan Burnsville Savage - Sat Speaker
- Fellowship Club AA
- Forest Lake 12 & 12
- Forest Lake Alano
- Gloria Dei AA
- Grovers Thursday Night
- Highland Park Groups
- Holy Redeemer Parish AA Group
- Inver Grove Heights Club 84
- Lake City Group
- Mendota 1030 AA Group
- No Time Like the Present
- North Hamline
- North Road Group
- Prescott Saturday Morning BB
- Ridge Runners II Sat 830 AM
- Rosemount Groups
- Rule 62 Step & Tradition Group
- Saturday Morning PS Meeting
- Saturday Morning Serenity Group
- Shivering Denizens
- Shoreview 12 x 12
- South Suburban
- Summit Hill
- Third Tradition Northfield
- Uptown Club
- White Bear SAT AM Women's Group

**Thanks to all of the FANTASTIC Office Volunteers who helped in June**

- Angie R., Anne B., Barb M., Bob P.,
- Chris H., Christian C., Chuck L.,
- Dan, Debbie L., Desiree C., Frank D.,
- Henry O., Jimmy D., Marc B.
- Marc S., Pam M., Patrick C.,
- Steve R., Suzanne B.,

**Thanks to our AWESOME Night Owls too!**



## **What's In A Commitment?**

What I've learned about recovery and how I act on it are tied very closely to the groups I attend and the sponsors I've had over the years. Those are matters that I can't take much credit for. Like most of us in the Fellowship, I was spurred by the usual set of disasters that make a person desperate enough to seek out A.A. But when I look back, it is a complicated set of circumstances, timing, and geography that added up to me being fortunate enough to have found A.A. Once here, I've had even more good fortune to cross paths with people and groups that are active, engaged, and from whom I have learned how to make and keep a commitment. And those same people and groups have taught me when to decline – though it took me until recently to learn this. Contrary to some popular A.A. sayings, I have been taught that it's sometimes the best thing for A.A. for me to say no to a commitment. It's my home group and sponsor who can help guide me when to say yes and when to say no.

The kind of commitments we face depends on our time of sobriety, the size of the group we're part of, whether we volunteer at an Intergroup, or if we're serving on any committees of a District or an Area. Taking a commitment could be agreeing to show up each week an hour before our home group to set up chairs. A commitment could be agreeing to attend monthly District and Area meetings as our group's General Service Representative (GSR). Each commitment requires a different set of experience and a different amount of time.

To be of any service to anyone in A.A. or anywhere else, I've had to learn how to follow through when I say I'll do something or be somewhere. Regardless of my zeal and enthusiasm at the time I say yes, it is a true test of my word when the commitment I've taken first becomes inconvenient to me. One of the gifts of sobriety is that my life becomes richer and fuller in all aspects – work, family, social activities, travel. When I take a commitment, even if it is as routine as passing the 7<sup>th</sup> Tradition baskets at my home group each week, I will inevitably be faced with the dilemma that another life event conflicts with keeping the commitment. How do I successfully fulfill a commitment and still respond to the good, full life A.A. has now given me?

Being asked to take a job at a group, or to stand for an officer position at a District or the Area, can be a heady thing. Some people react with fear, some people react with ego. The hope of recovery in A.A. is that we react instead with inventory. Are we well-suited to the commitment that we are being asked to consider? Do we have the specific experience that would make us useful for that particular job in our group, the District, or at the Intergroup office? Do we have the time available to complete the job fully and well? Are the others in our life – our families and our employers and our friends – also on board with our decision to take a commitment?

Bill W.'s essay about leadership found in Concept Nine in the back of the A.A. Service Manual talks about the importance of matching a person's skills and experience with the job at hand. Bill's message about picking the best person for each role in A.A. goes counter to the cliché we sometimes hear that A.A. doesn't choose the qualified, but instead qualifies the chosen. While the spirit of this quip is to be inclusive, Bill's essay instead emphasizes that for A.A. to be successful we should take choosing the right people for each kind of job in A.A. seriously. Which means that as I consider whether to volunteer for a particular A.A. commitment, I should consider whether I am the right person for the job. Fortunately, that is exactly where talking to my sponsor and seeking out the wisdom of others in my home group can be of help.

Before taking a commitment, I have inventory to do. Do I have the time, skills, and support I need to complete the assignment? Do I already have other A.A. commitments that will compromise my ability to successfully complete this new responsibility? There's really no need to take all the



## **What's In A Commitment? (Con't)**

commitments offered to me at the same time. If I intend to stay sober and active in A.A., I'll have plenty of chances in the future to take on each commitment. A thoughtful, prayerful inventory – shared with my sponsor – is a great place to start in figuring out what path to take.

This coming Fall will bring elections to many groups, Districts, the Area, and some Intergroup boards. Now is a good time to start our inventory process. What commitments would give me the best opportunity to serve A.A.? Have I consulted with the people in my life who would be most affected? Is this the right time and the right job for me? Ask all these questions and be willing to serve wherever the answers point to yes. A.A. needs all the most enthusiastic members joyfully taking and completing their commitments. I hope you will consider being one of them.

Thanks for all your service,

Curt K.

Panel 67 Delegate, Area 36 – Southern Minnesota

delegate@area36.org

## **GSO's New Technology Endeavor**

The General Service Office (GSO) has an array of new software systems being installed during 2018. It's safe to say that a total assessment has taken place, putting virtually every database and functional area under the microscope. From the basics – servers, security software, etc, to Fellowship New Vision that contains information of our groups and trusted servants, modernization and integration are the code words. Additionally, an entirely new web site is under development, and the Technology – Communications -Services (TCS) Committee has proposed an "AA App" that would include a meeting locator, have the Big Book and other basic features on its rollout.

As in any organization, core financial software was used for business management and operations. The software that has been in place for well over a decade, Traverse, which is a business software product for financial and inventory control, was proving a challenge to maintain. Custom programming had been done over the years to provide bridges such as bringing contribution data from a custom system into Traverse. Other hybrid software of a similar nature had been adopted and based on the technology and data structure that was current has served to maintain our records, track inventory, requests for proposals, literature versions, licensing, and all the information unique to Alcoholics Anonymous.

A software consultant was retained to assist in the selection of the cornerstone piece of software. After a thorough review, Netsuite, a product from Oracle, was selected. NetSuite delivers a powerful integrated package for all of the financial and accounting needs. What was a home run for AA was the ability to tailor (with no custom programming) the Netsuite customer relationship management (CRM) module to replace the aging Fellowship New Vision (FNV) software. FNV is a piece of custom software designed specifically for GSO and is used to maintain group and trusted servant information. Because the CRM system is one of several Netsuite modules being implemented at GSO, information from other mod-

## **GSO's New Technology Endeavor**

-ules will now flow seamlessly into the group records. Connections are all in place for a literature order to be retrieved from a group record, multiple ways to view contribution information, trusted servant information is easily accessible, and a myriad of new features never before available for broader access. Plus, moving away from custom software makes it a wise choice for long term ease-of-support.

A new "shopping cart" for online ordering – another Netsuite module – will provide a more robust ordering platform for everyone. New payment types are planned, and there has been discussion of a unified shopping cart experience that would include AA Grapevine and AAWS collaboration. While only in discussion stages, this feature would not have been feasible to even be discussed if a product the caliber of Netsuite hadn't been chosen. Stay tuned for some possible exciting developments in this area.

For many years, AAWS has maintained a custom contributions tracking system. Once again, standard, tailorable Netsuite functionality will provide a new experience in this area, both to facilitate contributions, as well as allow various service entities access to information about their contributions. In fact, an online, on-demand contribution entry and reporting system is on the horizon, again with expanded payment options. Yes, the 21<sup>st</sup> century has arrived for AA!

The consolidation of databases has resulted in the reduction of servers, a very measurable cost savings for AA. Databases that were maintained separately, sometimes on separate virtual servers, now are maintained on the SQL servers that house the Netsuite data. These are long-term cost savings that help us to soon achieve the ideal of being fully self-supporting through our own contributions. A dollar of cost reduction is just as valuable as a dollar of contributions, and the AAWS Board has been consistently focusing on cost reductions, efficiencies and vendor management to reduce costs.

AA has an incredible amount of information on [www.aa.org](http://www.aa.org). The content currently on the web site spans all areas of recovery, unity and service, plus furnishes information for the non-AA professional and for the still-suffering alcoholic looking for a way to recover. With such a massive amount of information and differing focuses to the people with varying needs navigating to [www.aa.org](http://www.aa.org), a comprehensive bidding process took place to select a vendor to redo the web site, and GSO is in the thick of it right now. It takes constant participation by virtually everyone at the office at different times to keep this project moving along, but the fruits of everyone's labor will be a next-generation site that will benefit AA members and the person looking for AA. Fortunately, the new CRM system (mentioned earlier) will likely provide a new portal for group and trusted servant updates for GSO-listed groups and servants.


Recognizing that we live in an app-based society for many people, AAWS has been actively pursuing the development of an app in conjunction with the new web site. An "app committee" developed what turned out to be a significantly large list of potential items for the app that would be of benefit to the fellowship. While the Big Book was on the top of the list, there's a very good possibility a meeting locator will be on the initial roll-out of the new app. Communication and ease of access to information is a priority besides these two items, so stay tuned for what will roll out, likely in early 2019.

## GSO's New Technology Endeavor (Con't)

Putting it mildly, the impact and management of this endeavor that started in 2017 and will continue into 2019 is challenging for employees and management, always keeping in mind the work of AA that also has to be done. Any new software requires the user to not only continue to do their current job but also learn the new system, and the switchover time is especially demanding. Considering that this year we have replaced a very high percentage of the software subsystems in use, the demands being placed on staff have been especially acute. As a director, it has been heartening to see the cooperative, even anticipatory attitude of staff, and our management team has been adept at scheduling resources to not interfere with the day-to-day operation, so the AA fellowship does not see an interruption of services during this transitory time. There will be a one-week shutdown for change-over in early 2019, but the fellowship will be given adequate notice of this taking place, it will take acceptance and cooperation from everyone in AA, from the home group to the General Service Board, to achieve this quantum leap in technology change. A new technology era will unfold to provide the best technology support system AA has ever had to perform the services needed for the AA fellowship.

Tom A.


West Central Region Trustee & AAWS Director



### ST. CLOUD ROUNDUP

*"The Spiritual Program of Action"*

**October 26-27, 2018**

<p><b>SPEAKER LINEUP</b></p> <p><b>FRIDAY</b></p> <p><b>7:00 pm Vicki A. - Al-Anon</b> Blaine, MN</p> <p><b>8:30 pm Mike M. - AA</b> Cedar Rapids, IA</p> <p><b>SATURDAY</b></p> <p><b>1:30 pm Mike J. - AA</b> Hibbing, MN</p> <p><b>3:00pm Alateen</b></p> <p><b>3:30 pm Brian P. - AA</b> Dallas, TX</p> <p><b>7:00 pm Cathleen T. - Al-Anon</b> Dallas, TX</p> <p><b>8:30 pm Peter M. - AA</b> Hollywood, FL</p>	 <p><b>St. Cloud River's Edge Convention Center</b> 10 4<sup>th</sup> Ave South St. Cloud, MN</p>	<p><b>MEETINGS/WORKSHOPS</b></p> <p><b>SATURDAY</b></p> <p><b>3 Legacies Workshops</b></p> <p><b>9:00 - 9:50 am Recovery</b></p> <p><b>10:00 - 10:50 am Unity</b></p> <p><b>11:00 - 11:50 am Service</b></p> <p><b>Meetings</b></p> <p><b>8:00 am Big Book Meeting</b> <b>8:00am Al-Anon Meeting</b></p>
--	--	--

**Hotels**

Kelly Inn (connected to convention center): 320-253-0606  
 Le St. Germain Suite Hotel (next to Kelly Inn): 320-654-1661  
 Country Inn & Suites 320-252-8282  
 120 7th Ave SE St. Cloud

**Ice Cream After Speakers Both Nights!!**  
\$4.00

**On Line Registration**  
Now Available with PayPal  
[www.stcloudroundup.org](http://www.stcloudroundup.org)

Registration Badge is Required for the Entire Roundup

## Founder's Day Weekend 2018

### November 23, 24 & 25, 2018

**Celebrating 78 Years of AA in the Upper Midwest and Honoring AA Members With One Year of Sobriety!**

*Register Online at: [www.FOUNDERSDAYMN.org](http://wwwFOUNDERSDAYMN.org)*

**Friday, November 23**

4:00 PM Registration Opens

7:00 PM \* History of AA in the Upper Midwest  
Dick C. (Orono, MN)

9:00 PM \*AA Speaker:  
Myers R. (Dallas, TX)

**Saturday, November 24**

10:30 AM \* Panel of Weekend Speakers

1:00 PM AA Open Call-Up Meeting

1:00 PM Al-Anon Open Meeting

3:00 PM \*Al-Anon Speaker:  
Craig M. (Alexandria, VA)

6:00 PM Banquet

7:30 PM \*AA Speaker:  
Rose E. (Brooksville, FL)

9:00 PM Dance

**Sunday, November 25**

9:00 AM Breakfast

10:00 AM \*AA Speaker:  
Judith R. (Bismarck, ND)

\*These meetings are ASL Interpreted

**Pre-Registration \$15.00\***  
**At the Door \$18.00\***  
Registration required and must be paid to attend Founder's Day Weekend events.

**Banquet (Limited Seating) \$39.00\***  
The Banquet begins at 6:00 pm Saturday evening.

**Breakfast \$20.00\***  
The Breakfast begins at 9:00 am Sunday morning. Theatre seating will be provided at 9:45am for the Speaker Meeting.

**Founder's Day Weekend Dance**  
Saturday 9:00 pm

\*Prices subject to change prior to event

\$15.00 Pre-Registration Ends 10/22/18 Make Checks payable to SCR

Information: 320-761-4137 stcloudroundup@gmail.com	Pre-Registration \$15.00 Registration \$20.00	Mail To: St. Cloud Roundup PO Box 125 St. Cloud, MN 56302
--	--	---

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email (SCR use only) \_\_\_\_\_

Pre-Registration \$15.00    AA \_\_\_\_\_    Al-Anon \_\_\_\_\_    Other \_\_\_\_\_

**Activities and Accommodations at**  
**DoubleTree Bloomington - Minneapolis South - Bloomington, MN**  
 7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

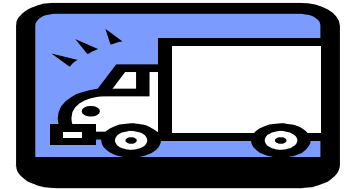
Special Room Rates are available with early reservations.  
 Please make reservations directly with the DoubleTree Bloomington Hotel.  
 Indicate they are for Founder's Day Weekend.

St. Paul & Suburban Area Intergroup  
608 7th Street W.  
Saint Paul, MN 55102-3010

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 *Individual Contribution* Enrollment Form

Your Intergroup strives to be self-supporting, and with your personal support we can 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. Please consider becoming one of our *Faithful Fivers* (\$5.00/month), *Terrific Tenners* (\$10.00/month), or *Fantastic Fifteeners* (\$15.00/month).

### 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 \_\_\_\_/\_\_\_\_/\_\_\_\_  
 *Faithful Fiver* (\$5.00/month)  
 *Terrific Tenner* (\$10.00/month)  
 *Fantastic Fifteener* (\$15.00/month)

### 3. Choose a Payment Method:

Credit Card/Debit Card\*  
 Visa  MasterCard  AMEX  Discover  
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 7th Street W.  
Saint Paul, MN 55102-3010