



THE POSITIVE WATERS OF SPIRITUAL REBIRTH

Step three requires making a decision to turn our will and lives over to a higher power. If we make this decision, the positive waters of spiritual rebirth wash over us. Yet it is *ONLY* a decision and work must take place.

Water is life. Water is essential for a plant to grow and bear fruit, and without water, a plant will wilt and die. The waters of AA are not unlike a river of hope. It imparts a higher power and enable us to grow spiritually and bear an abundant yield of good deeds in the vineyard of life. Yet we have to use self care to weed our plant garden and care for the plant. If we do that to our full extent, then turning over our will and lives to a higher power will yield great results.

Another liquid contains water and is poison—alcohol. It is the opposite of the spiritual river waters. It pulls us away from a affirming higher power. We are positive spiritual beings at birth, and we had the promise of developing habits of goodness. As alcoholics we retreated from the river and went into the desolation of a desert. We headed down a path that pulled us away.

When one is accustomed to drinking in a society that not only fosters, but encourages every social event to be with alcohol, it becomes a habit. A hometown culture. It was “OK” for kids to drink in their teens. It was the norm. A habit. It continued in college and adulthood. Acceptable and even

encouraged. In an alcoholic mind, it can be handled. One can work and function. Eventually when faced with life consequences – death or injury to those around us or on the roads, loss of family and friends, gainful work loss, abandoning the gift of “true” giving, and ultimate death to our soul and to our body through failed health or by accident – we sought treatment. This was only the beginning. We had to admit and let those baptismal waters cleanse us. We worked the 12 Steps, and quickly realized it is a spiritual program. We saw that in steps two and three, we needed to believe again in a power greater than us and that we had to turn our will over. We needed a rebirth.

We can look at AA meetings

by using the rule of “threes”.

For many treatment was at first a “fixing” mechanism. Fix it and it shall be over and done with. About halfway through we realized that this will probably be with us for life. A fellow said “come to AA”. The skeptic in us was wary. Still fighting it, we went by the AA meeting place a few times and didn’t venture in. But then some power drew us into the building.

We can look at AA meetings by using the rule of “threes”. If it is important enough of a topic, have three things to say about it. If it’s less than two, probably not that important to you. If it is more than three the message is diluted.

So we could easily craft a plan using the “threes” – why AA ?

Continued on page 2

The Lifeline: Purpose Statement

The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Inc. 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 St. Paul Intergroup. We welcome articles on a Step, Tradition or Concept, in addition to descriptions of personal experience. We also welcome original cartoons and drawings expressing the wry side of 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.

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

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

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The Rule of Threes:

1. **Positive self care time** - Isn't it a good thing to spend time scheduling and going to and from a meeting focusing on your alcoholism? Thinking about steps two and three? The act itself is turning ones will over to another. Go to any length as the Big Book tells us.

2. **Among Fellows Who "Get" Us**— being there with similarly situated people sharing your struggles and confronting the disease – For one hour and even if you don't talk or share – isn't that a good thing? There is spirituality in the rooms. Feel it flow. An important elixir.

You've already made progress and had success just doing these 2 items. It didn't really take that much effort!! A "win-win" if you will.

3. **Learn** - Of course, there is *MORE IF YOU SEIZE IT* – others bring their experiences to the table and really all of their sponsors' advice, fellow alcoholics knowledge and explanations, etc – you gather tools to help you. Then at some point, you begin to share and offer yours. You deepen your understanding of the all the steps and see how others "live" the steps of two and three.

In the end, we want to "**live**" the steps. And be reborn and saved. The positive and clear water now begins to flow again, cleaning us from the alcohol. It pours over our soul.

*James R.
Hugo, MN*

A HIGHER POWER'S WILL

STEP 2 TO STEP 12

I have been thinking a lot lately about God's will for me. The heating oil was delivered just in time, or I left the house too late to be involved in a bad car accident and, these events were God's will. Maybe, maybe not. A speaker recently mentioned the 11th step phrase "pray for knowledge of God's will for me..." That hit me. How do we know what is and what is not?

Early in sobriety, I gave up my self-will and turned things over to something else; in my case a God. Over the years I learned in the rooms that my God's direction is toward love and service. You guys taught me that. So I tried to follow it, such as being unselfish and practicing sacrifice until it does not seem like sacrifice. And, I tried not to take too much credit when I had done something for another (I give myself credit but try not to let others know). With

that background, I developed a sense about events and my higher power's will for me. Most things that happened were not anyone's will— just life.

I now believe that the good things are God's will with chances for me (us) to show love and appreciation. And, the bad things give me (us) God's will to heal and help. But God is always there to lend a hand and allow me a positive angle.

Once I had a relationship with a higher power I had to learn to stay in touch. In touch mentally through the day using prayer or just thinking about what my higher power is wanting me to do. Is doing for me. Often, just being grateful for something. Flipping the switch from judging to understanding.

Today, I get a higher power's message from things people say and events as they reveal themselves. All perceived through the lens of love and service. This allows a higher power to work in my life. Of course, it works if I let it be God and not me.

I did not think too much about how to do this at first, I just believed and let it happen. I was transformed by the AA program. When I was recently laid off from my job of many years it was God's will. I did not see it right away through all the self pity, self righteousness and resentment. But God gave me a break. I had enough to live on and still had some work or could find work. I was healthy enough to work. The inspiration and understanding that came from the rooms was incredible—God moments.

And I thank my higher power, not for sparing me, but for the gifts I had been given, the ones I have and the ones I still need to deliver for God.

Bob...Red Lion

*Reprinted with permission from
Anonymous Southjersey Newsletter - March 2019*

THREE DRUNKS...

Three drunk guys get into an Uber. . .

The driver knew they were drunk. He turned the engine on and quickly turned it back off. He said "We've arrived."

The 1st drunk pays the driver, the 2nd drunk thanked him, and the 3rd drunk slapped him. He thought the 3rd drunk knew what he did, but he asked anyway "What was that for?"

The 3rd drunk replied, "CONTROL YOUR SPEED NEXT TIME! You nearly killed us!"

TRADITION THREE

The only requirement for A.A. membership is a desire to stop drinking.

This Tradition has raised a good deal of discussion and controversy over the years. While the discussion of any aspect of our AA society and how it functions is generally a good thing, the discussions around Tradition Three have often been contentious to say the least. That is truly an unfortunate thing because this Tradition, as stated, offers absolutely no need to argue or disagree.

When properly understood, disagreement is the last thing that should occur as a result of discussing this Tradition. Let's look at it more closely to see how it is possible to make that statement. First of all it's important to recognize that the central point of the Tradition Three is membership. It makes absolutely no mention of an entrance requirement. Not only do the Traditions never discuss entrance to A.A., they go to considerable lengths to ensure that anyone considering entrance has ample space and opportunity to do so.

What the Tradition focuses on is *membership*. This is something that is first and foremost a decision made by the person considering it. To become a member of any organization or fellowship first requires that the person decide they are willing to, or believe they do, meet the criteria of what the fellowship or society is about, or addresses.

Entrance requires that someone meet certain conditions in order to gain access to something, membership merely asks of the person considering it whether or not they believe they meet the conditions—it requires no judgment or interpretation beyond the individual themselves!

This Tradition assumes two critical things. First, it assumes that the person considering membership has been properly informed regarding what alcoholism is – as far as A.A. understands it. And, secondly, it assumes that this person has also been adequately informed of what the A.A. program addresses and how it goes about doing so.

Under the clock on the front wall of the St. Paul Intergroup office hangs a poster. It is a picture of Bill W. sitting at his desk at Wits End, on the Stepping Stones property, and the caption reads, "Our chief responsibility to the newcomer is an adequate presentation of the program. This quote from Bill

seems to underscore the assumptions that are made in the previous paragraph.

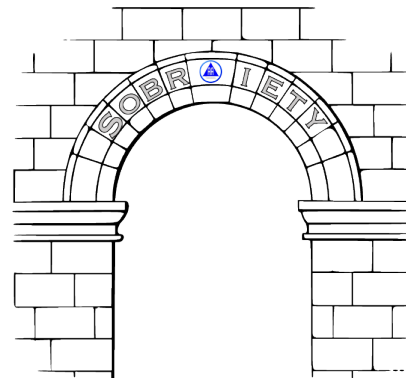
With this understanding one can quickly see that our responsibility is not to attempt to decide who should or should not be an A.A. member – but whether or not we have adequately explained alcoholism and the AA program to them in order that they may determine, for themselves, whether or not AA is the best place for them.

This means, of course, that we must have accurate and clear sense of what alcoholism is. The current 'one-size-fits-all' approach regarding addiction won't work. That thinking is what results in a high relapse rate. We must be able to communicate to the potential new person what the experience of *alcoholism* is—and how we find sobriety.

It's the 'how we found sobriety' that is ultimately critical for them to understand. Therefore, it will be vital for us to be able to communicate this. Once the potential member has the needed information to determine if they suffer from alcoholism and are willing to do what is necessary to experience sobriety—then they are in the best position to address and experience Tradition Three.

Whether they want to 'enter' Alcoholics Anonymous is up to them—they are literally betting their life on it! Should they not be alcoholic, or unwilling to 'go to any lengths', then their chance of a sober life is greatly reduced. So the real challenge for the potential new member is whether they are well informed enough to make the very best decision for themselves.

Somewhere in our literature there is the phrase, "*the good is often the enemy of the best.*" It is our spiritual responsibility to ensure that those who come to us are well informed enough not to suffer from this sad condition. So it comes down to the question of: "Is the newcomer well informed enough so that they can make the proper decision about whether they are a member or not?"



50th Annual

Iron Range Get-Together

May 1st, 2nd, 3rd, 2020

The Courage to Change

Location: Grand Rapids Eagles

1776 S Pokegama Ave. • Grand Rapids, MN 55744
(218) 326-4845

"Tropical Shirt Night" JOIN IN.

Friday, May 1st

6:30 pm ... Registration Opens

8:00 pm ... AA Speaker: Ole B., Grand Forks, ND

Saturday, May 2nd

10:00 am Outstate Panel

1:00 pm ... AFG Speaker: Sharon B., Grand Forks, ND

3:00 pm ... Call-Up Meeting

7:00 pm ... AFG Speaker: Eloy M., Fort Collins, CO

8:00 pm ... AA Speaker: Bruce B., Duluth, MN

???:till 11:00 pm ... 7th Tradition Ice Cream Social

Sunday, May 3rd

8:00 am (Open) BB meeting

10:00 am AA Speaker: Steve S., Saint Joseph, MN

IRGT Pre-Registration Form

AA \$18.00 AFG \$18.00
 Alteen \$6.00 Other \$18.00

Name _____
 City/State/Zip _____
 Group Name _____

IRGT Pre-Registration Form

AA \$18.00 AFG \$18.00
 Alteen \$6.00 Other \$18.00

Name _____
 City/State/Zip _____
 Group Name _____

Full sized flyer available at Intergroup Office.



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 year 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.

PLEASE CHECK THE WEBSITE FOR THE CURRENT LISTING OF NIGHT OWL SHIFT OPENINGS, UNDER 'SERVICE/NIGHT OWL PROGRAM' MENU ITEM.

A PANDA WALKS INTO A BAR...

A panda walks into a bar and gobbles some beer nuts. Then he pulls out a gun, fires it in the air, and heads for the door. "Hey!" shouts the bartender, but the panda yells back, "I'm a Panda. Google me!" Sure enough, Panda is described as: "A tree-climbing mammal with distinct black-and-white coloring. Eats shoots and leaves."

LOOKING FOR A SERVICE OPPORTUNITY?

Become a St. Paul Intergroup Night Owl!

Upcoming Night Owl Orientations:

Saturday, Jan 18th, Feb 15th, Mar 21st

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

UNITING THE TWIN CITIES

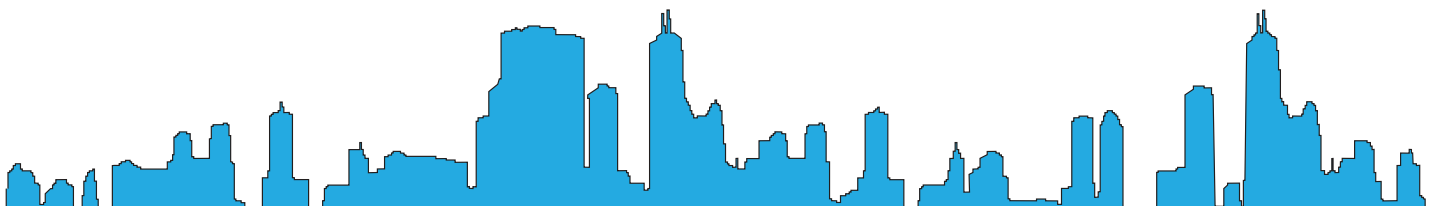


SATURDAY – JUNE 6, 2020

*A united effort of: Both Minneapolis & St. Paul Intergroups as well as
the Young People in AA International Bid Committee*

STATE FAIRGROUNDS
PROGRESS BUILDING

GAMES — MEETINGS — SPEAKER
SOBRIETY COUNTDOWN — DANCE



FINAL QUARTERLY—LESSONS LEARNED

Trustees attend four quarterly Board meetings every year. One is at the General Service Conference (GSC) and three are held in New York, predominantly for work generated from the GSC. These three meetings, one in July, one in October and the final at the end of January, have unique characteristics that emerged through these four years of my service as the West Central Regional Trustee.

I'll begin with the July Board meeting, as it is the start of a cycle. When you show up for your first Board meeting in year one, you're "the new guy". There's always one new general service trustee, two new regional trustees, a new trustee-at-large every other year, and commonly one or more Class A (non-alcoholic) trustees. In 2016 when I showed up, it was a partial day orientation – maybe like going to a new GSR orientation at an assembly – and for the rest of the weekend I was embedded in committee and board business in a somewhat overwhelming fashion. I'd like to think any AA member can relate to this, if it is your first few AA meetings, your first district meeting, your first area assembly, or your first regional event. Yes, we all share that same identification of being the "new person".

What are the changes and lessons encountered during these July Board meetings? Without a doubt is the incredible, positive changes in orientation for new trustees. The leadership, profoundly affected by the board chair that was elected at the 2017 GSC, has created a comprehensive orientation that begins in June (after election at the spring GSC, before the first Board meeting in July) so when that rush of new experiences is taking place for the new trustee, a trustee buddy, documentation, and orientation meetings all precede the start of the July business.

It's important to come prepared by having studied the Conference Advisory Actions for your committee with some thoughts to bring to the group conscience. These are the directives by 2/3 or more of the fellowship's conscience as voted on at the GSC. Predominantly, its new business being handed to the Board ("The Arm of the Conference") to accomplish before the next annual conference. By my third year (and first as committee chair) I more proactively got going on items after the GSC but before the

						
12th Step Calls	Website Visits	Temp Sponsor Requests	Night Owl Calls	Meeting Info Calls	Speakers Provided	Literature Purchased
8	10,305	27	182	78	58	258 Books

THE FOLLOWING GROUPS AND FAITHFUL FIVER MEMBERS MADE THE ABOVE SERVICES POSSIBLE:

- A Baffled Lot
- A New Light
- Arch To Freedom
- Basic Text
- Burnsville Primary Purpose
- Como Park Big Book
- Dakota Alano SAT 11AM
- EBS Groups
- Eagan Wed Nite Open Mtg
- Farmington Monday Night
- Forest Lake Alano
- Fresh Air Group
- Friday Nite 12x12 by the Book
- Gloria Dei
- Hampden Park Group
- Happy, Joyous & Free - Mahtomedi
- Hazelwood AA
- Highland Park Groups
- Highway 96er's Group
- Hole In the Donut Group
- Hugo Group
- Live & Let Live
- Macalester Group AA
- New Brighton BB
- No Time Like Present
- North Road Group
- Outright Mental Defectives
- Pages of Wisdom
- Ridge Runners II
- Ridge Runners III
- Rivertown BB - Hastings
- Roseville Wed Night
- Rule 62 Step & Tradition
- Safe Haven for Women Grp
- Sat Morning Serenity Group
- Serious Sober People
- St. Croix Alano
- St. Joe's Hospital Group
- Stepsisters of Northfield
- Third Edition Group
- Third Tradition Group - Northfield
- Uptown Club
- Valley Step Group
- Weekend Jumpstart II
- White Bear Lake Redeemer
- Women's 12x12 Monday
- Woodbury I Am Responsible

47 A.A. Groups contributed \$6,301 and 8 Gratitude Contributions totaled \$822 — 20 Faithful Fivers contributed \$535 as well! **THANK YOU!!**

item could benefit from an early start. I didn't want to waste those precious three months between the GSC and the July Board meeting to start working on our committee work even as the staff organized our work.

Finally, July is when committee leadership changes. I chaired a trustee committee in year three, and two in year four. Just like chairing your district or area meetings, chairing the 2-hour committee is only a small portion of chairmanship. Coordination and preparation of the resources with the staff secretary leading up to the Board weekend insures efficient and effective committee meetings. Many committees also close their meetings with plans to have conference calls, information exchanges and evaluations, and other work before the next meeting. The committee chair insures this is coordinated and accomplished. And, as a servant to the fellowship, the committee chair also communicates with the Conference committee chair for the respective committee. While Board policy is now to make the calls prior to the July, October and January meetings, some, including myself, do it on both sides of a Board meeting. This is a positive change that has taken place over the last four years, and I believe can still be improved. Indeed, as a side note, the Board spent a good deal of time at the recent board meeting discussing ways to improve communication up the service triangle. We know we need to do a better job both listening and sharing as servants to the fellowship.

The October GSB Board meeting is really the midpoint meeting. We've had three months working on GSC advisory actions, and we have three months before the January Board meeting to finalize our work to get it ready for the conference. Hence, the characteristic of this meeting is one of in-the-weeds work --- reviewing, editing, even finalizing many things so it is a draft final version for January. Knowing this, committee work is characterized by long sessions trying to cover every item because of a desire to always provide the GSC with everything they asked for, but occasions arise where results sometimes need to be "progress reports" rather than a finished product.

I've learned that the January Board meeting has several unique characteristics. By this time in my first year I was no longer able to claim "new guy" status! The board embraces everyone the same regardless of tenure, and as a trustee I was in the thick of things right from year one. By January, you're not only part of your three primary trustee committees, likely a sub- or ad-hoc committee has popped up, and by year three and four you're likely highly involved, and even chairing these are just part-and-parcel of being a trustee. Frankly, there's a great deal of joy and satisfaction with this, as they are typically matters of special importance or urgency, so at least in my case I derived a deep satisfaction and gratitude for these opportunities. Many good memories.....

Yes, we talk about the conference process as a year-around process, but the board substantially works six months (July Board meeting to January board meeting) in acting on GSC items that need work. The bookend three months on each end of that six-month process is really preliminary or post-processing on the GSC items, to work on other GSB tasks, and also to prepare for the GSC, as trustees are also delegates to the conference. Finally, I've had the opportunity to prepare and present to conference committees a trustee report at the GSC and to serve the conference committee as needed.

And finally, quarterly board meeting #4 – held after the GSC week. By the time the meeting is called to order right after the Conference "goodbye's" on Saturday morning, this board meeting is essentially to confirm the advisory actions and to install the new board leadership in formal and legal fashion. I remember my first, when I was elected to A.A.W.S. I thought, "what an experience this is going to be!" Oh, but two quick years later when I was replaced. And today, as I write this, knowing that in three months that will be the completion of the four years on the GSB.

Next month I will share final thoughts on the trustee experience outside board meetings.

Yours in service,
Tom A.
WCR Trustee

THOUGHTS FROM THE BOARD

Hello! My name is Lindsey and I am your 2020 St. Paul Intergroup Board Chair. I have been involved with St. Paul Intergroup for a few years now, first as a Representative for my home group and then last year as the Alternate Board Chair. Pretty much since my first Intergroup meeting, I was fascinated with how Intergroup functioned. I was very impressed with the amount of services that Intergroup provides to the surrounding AA community. It certainly wasn't MY plan to become the Board Chair. It feels like it just happened because I was willing. I am very grateful that I have followed the suggestions of others to get to this place and be able to serve in this capacity.

I have been thinking a lot about how service keeps me sober. It gives me a chance to get out of my head and my selfishness and think of how I can help others. In terms of serving as the Board Chair, this means that I try to think of what's best for the whole of the AA groups that we serve, instead of what I personally might want to see Intergroup do. When I am thinking in this way, it keeps me connected with my Higher Power and away from that first drink. It truly is an honor to have this responsibility, although it is overwhelming at times. When that happens, I just remember, one day at a time.

The monthly Board meeting takes place just before the Intergroup Representatives' meeting; every 3rd Tuesday of the month (more info in the online meeting directory). I urge anyone who attends an AA meeting that does not currently have an Intergroup Representative to volunteer to be the Rep. and join us at the Rep. meeting at 7:30pm! We work for the AA groups and we want each AA group to have a voice in the decisions we are making. Hope to see you soon!

If you have any questions or suggestions, please feel free to talk to me at the Rep. meeting, call the office or email lifeline@aastpaul.org. Thank you so much for helping me stay sober and for letting me be of service.

With Love and Gratitude ~ Lindsey D.



DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)

Fairview Community Center
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 our wonderful volunteers
and Night Owls who sacrifice their
time to lend a helping hand to the still
suffering alcoholics!!!***

Angie R., Brent H., Brett B., Chris G., Caleb A.,
David D., David F., Dillon D., Ed T., Frank D.,
Harry D., Isaac F., Laurel E., Lydia S., Jensen O.,
Jimmy D., Jodie T-W., Josie L., Marc S., Marcia,
Mike D., Neilla M., Pat S., Robert F., Tomas S.

SELF-SUPPORT 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

***What started as a \$1.00 in the basket,
with inflation would be \$9.83 in the
basket today!***

***SOBRIETY IS STILL CHEAPER
THAN A RELAPSE!***

2020 INTERGROUP BOARD OF DIRECTORS

Advisor to the Board	Rob C.
Chairperson	Lindsey D.
Alternate Chairperson	Rachel P.
Secretary	Paul W.
Treasurer	Mark J.
Alternate Treasurer	Tom O.
2020 Member-At-Large	Jimmy D.
2020 Member-At-Large	John K.
2021 Member-At-Large	Jeremiah W.
2021 Member-At-Large	Andrew LaB.
Manager	Dennis B.

VOLUNTEERS NEEDED!



St. Paul Intergroup is in need of volunteers to answer the phones during business hours (9 am-6 pm) Monday through Friday, as well as assisting with the mailing of the Lifeline and stocking of literature. Shifts are available from 9:00 AM-Noon, Noon-3:00 PM, and 3:00 PM - 5:30 PM. You can sign up for one or more of the shifts that fit your schedule. ***We need people we can count on to be there.*** Drop by to sign up. Training takes about 45 minutes and is at a scheduled time — generally Friday morning.

GRATITUDE FOR THE HOME GROUP



Thank goodness someone came up with the home group idea, and that my sponsor is a strong believer in this. It was around November 2017 (I think – my sense of time can be off) that Saturday Roxas became my home group. I was on the phone with my sponsor and she was asking what meetings I'd gone to that week. It had become increasingly clear that I was very sporadic with my meetings, going to lots of different ones. I'd been a meeting secretary for six months so I at least had consistency with that, but once that commitment was up, so was my regular attendance (now I'd attend that meeting just occasionally).

My sponsor assigned me to select a home group. She mentioned, among other things, that this would probably help me feel more grounded. And what do you know, she turned out to be right, as she usually is. Oh wait, another thing, I told my husband about three meetings I was deciding between. I said I was leaning towards such and such “since I thought it'd be easiest on our family's schedule...”

He pointed out that I should maybe pick a different one—the one of the three my sponsor attended. Upon reflection, I realized that yes, this was definitely an idea I agreed with. I had been focusing too much on what I thought was “best” for my family, and really glad I had expressed what I was thinking to my husband.

I started attending Roxas regularly. But just a few weeks in, I couldn't attend one Saturday. I was surprised when it left me feeling really out of sorts. I really appreciated the home group habit; it made me feel a part of, among other things. I also like routine a lot (too much sometimes—have trouble when plans get changed that aren't my choice).

I've enjoyed watching certain people get more

sobriety in that meeting, enjoyed just seeing some of the same people, and of course—if I'm being honest—I've definitely been annoyed sometimes and reminded myself 'principles before personalities.'

As I'm writing this, I realize that I don't reach out to the newcomer at my home group...that's something I need to change! As both a regular member of the group, and a representative of someone with several years of sobriety. I'm glad I came to a GrapeSCCIN writing prompt group and did some writing so I could have this important realization.

— T.W.

*Reprinted with permission from Grape-SCIIN
Santa Cruz County Newsletter
February 2019*



THE NEWS FROM YOUR GROUP

Have an AA potluck, holiday or special event you're planning? We invite you to share your AA news here!

Please send flyers to: lifeline@aastpaul.org

We are happy to publish any AA-Related flyers in the Lifeline at your request. Please submit 1 month prior to event.

DRINKING BUDDIES...

Two guys are out drinking when one of them falls off his barstool and lies motionless on the floor.

“One thing about Fred,” his buddy says to the bartender. “He knows when to stop.”



The Twenty-Sixth Annual
Sunlight of the Spirit Weekend

April 17th, 18th, & 19th, 2020

Holiday Inn
 Fairmont, Minnesota
 Email: sotsweekend@gmail.com

Becoming a Part of the Common Solution

Our Primary Purpose

We, of the Sunlight of the Spirit Weekend, hope to carry the message that recovery, unity, and service are life essential elements of any spiritual program.

It is our goal that as our guests leave the weekend's events, each will better understand the potential for applying the principles, found in both the AA and Al-Anon programs, in their home, community, and the world around them.

Hampton Inn **Quality Inn**
 507-235-2626 507-238-5444

Holiday Inn **Super 8**
 507-238-4771 507-238-9444

Special Room Rate — Up to 4 persons per room

Please call the hotel directly and identify yourself as being with the Sunlight of the Spirit Weekend when calling for reservations.

Friday, April 17th

5:00 p.m. Registration
 7:00 p.m. Lori G., Oklahoma City, OK - AFG
 9:00 p.m. Hector E., Los Angeles, CA - AA
 Ice Cream/Pie Social**

Saturday, April 18th

7:00 a.m. Early Bird Open Meeting
 8:00 a.m. Breakfast Buffet* - Meet the Speakers
 10:00 a.m. Ellen C., Addison, TX - AFG
 1:00 p.m. Alateen Speaker
 2:30 p.m. Speakers Sponsorship Panel
 4:00 p.m. Open Big Book Meeting
 7:00 p.m. Cliff G., Oklahoma City, OK - AA
 9:00 p.m. Bunch M., Toronto, Canada - AA
 Ice Cream/Pie Social**

Sunday, April 19th

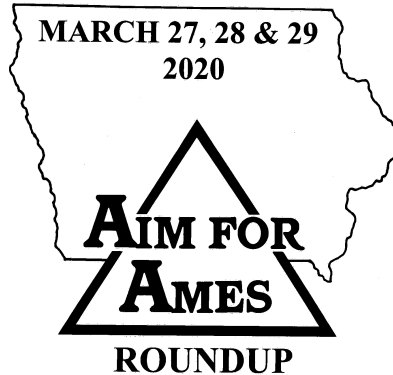
7:00 a.m. Early Bird Open Meeting
 9:00 a.m. Judith R., Bismark, ND - AA

**At your own expense

Register online at: www.sotsweekend.org

REGISTRATION FORM	REGISTRATION FORM
Full Name _____	Full Name _____
Address _____	Address _____
City, State, Zip _____	City, State, Zip _____
Telephone _____	Telephone _____
Name wanted on badge _____	Name wanted on badge _____
Home Group _____	Home Group _____
<input type="radio"/> AA <input type="radio"/> Al-Anon <input type="radio"/> Alateen <input type="radio"/> Friend \$16 Pre-registration (before April 1, 2020) \$19 at the door - Alateen - Free Mail to: Sunlight of the Spirit Weekend P.O. Box 748, Fairmont, Minnesota 56031-0748 Your cancelled check is your receipt	<input type="radio"/> AA <input type="radio"/> Al-Anon <input type="radio"/> Alateen <input type="radio"/> Friend \$16 Pre-registration (before April 1, 2020) \$19 at the door - Alateen - Free Mail to: Sunlight of the Spirit Weekend P.O. Box 748, Fairmont, Minnesota 56031-0748 Your cancelled check is your receipt

Full sized flyer available at Intergroup Office.



ROUNDUP
"Follow The Path"
 to be held at the

Quality Inn & Suites — East 13th St. & I-35

Friday, March 27
 *Mike A. — Nashville, TN (A.A.) 8:00 p.m.
 Followed by Ice Cream Social, Big Book Trivia and Al-Anon Meeting

Saturday, March 28
 *Diane A. — Nashville, TN (Al-Anon) 10:00 a.m.
 *Clif G. — Oklahoma City, OK (A.A.) 1:00 p.m.
 Followed by *Lori G. — Oklahoma City, OK (Al-Anon)
 *Polly P. — Jacksonville, FL (A.A.) 7:30 p.m.
 Followed by Dance

Sunday, March 29
 *John E. — Bellevue, NE (A.A.) 10:00 a.m.

*Signed speaker meetings — for hearing impaired if needed.

Preregistrations must be received by March 16, 2020

Ask for Roundup rates when you call the hotel for room reservation
 Rooms \$99.00 plus tax
 Quality Inn & Suites (515) 232-9260
 For Hospitality Rooms contact Sandy E. (515) 231-5632
 Hotel reservations must be made by March 16, 2020.

NO VENDORS ALLOWED

AIM FOR AMES ROUNDUP REGISTRATION

Please preregister. Roundup Registration: \$20 Ea. AA/Al-Anon/Alateen. Enclose this form with your Registration.
 Preregistrations must be received by **March 16, 2020**.
 Check here if you are hearing impaired and need an interpreter, your registration must be received by March 16, 2020.

Name _____	Email _____	CHECK ONE: <input type="checkbox"/> AA
Address _____	(CITY) _____ (STATE) _____ (ZIP) _____	<input type="checkbox"/> AL-ANON
Name _____	Email _____	<input type="checkbox"/> OTHER
Address _____	(CITY) _____ (STATE) _____ (ZIP) _____	CHECK ONE: <input type="checkbox"/> AA
Name _____	Email _____	<input type="checkbox"/> AL-ANON
Address _____	(CITY) _____ (STATE) _____ (ZIP) _____	<input type="checkbox"/> OTHER

Full sized flyer available at Intergroup Office.

Downtown Club New Open Door Schedule

DAY	Morning		Afternoon		Late Afternoon	
	OPEN	CLOSE	OPEN	CLOSE	OPEN	CLOSE
Sunday	9:00 AM	Noon	2:30 PM	9:00 PM		
Monday	10:30 AM	Noon	2:30 PM	3:30 PM	5:30 PM	9:00 PM
Tuesday	CLOSED	CLOSED	2:30 PM	9:00 PM	CLOSED	CLOSED
Wednesday	CLOSED	CLOSED	2:30 PM	3:30 PM	5:30 PM	9:00 PM
Thursday	CLOSED	CLOSED	2:30 PM	9:00 PM	CLOSED	CLOSED
Friday	10:30 AM	1:00 PM	2:30 PM	9:00 PM	CLOSED	CLOSED
Saturday	9:00 AM	Noon	2:30 PM	9:00 PM	CLOSED	CLOSED

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 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 Tanners (\$10.00/month)*, or *Fantastic Fifteeners & \$15.00/month*.

1. Contact Information:

Name: _____
Address: _____
City: _____ State: ____ ZIP: _____
Phone: _____
Email: _____

2. Amount & Frequency:

Amount \$ _____
Frequency: (check 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
 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