

# The Lifeline



June 2020

24-Hour Phone 651.227.5502

## JUST PICK UP THE PHONE

YOU NEED NEVER BE LONELY AGAIN

When I first came to AA, the warmth and acceptance of the program crept over me like a blanket. That blanket and God and many hundreds of meetings have kept me sober for quite a few twenty-four hours.

Then, enter illness: a back problem, lots of pain, difficulty in walking, a couple of weeks of sheer panic. I rushed to meetings on crutches, clutching my pillow. I had informed the good doctor that I was an alcoholic and a pill-abuser. "No pills," I said to him. "I'll conquer this thing." So there I was, trying to run my life again as if it were wholly in my hands--but, of course, it didn't work. Finally, I couldn't walk at all, because of the pain, and I surrendered to the medical advice.

I did what I was told--complete bed rest. My husband took a week's vacation, at home. I stayed close to my sponsor by phone, and gave up trying to run my own life. I sought counsel from my AA friends. "Will I be able to stay sober," I asked them, "if I do what the doctor says and stay away from meetings for however long it takes? He wants me to stay in bed for at least three months!" They answered: "Others have done it--for even longer when necessary."

The panic subsided with this encouragement. I went to bed with lots of good AA literature I had been meaning to read or reread for a long time, and with all the yarn I could beg from everybody, to crochet an afghan.

When I entered AA, I was promised that I need never be lonely again. So I had a phone installed next to my bed, lay back, and waited. After a few calls from some of the people in my group, there came a day when the phone didn't ring at all. That was the day when self-pity and resentments crept

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## KEYNOTE ADDRESS

70TH GENERAL SERVICE CONFERENCE

Good Morning. My name is Tom, I am an alcoholic and the outgoing West Central Regional Trustee. I want to welcome the area delegates, board members, staff, emeriti and all others with us here today. I never thought our sharp focus on singleness of purpose would be characterized by "Zooming" into the Conference, but here we are, properly distanced by our IP addresses, some of us thousands of miles from the other, as we focus on our Conference theme, "2020: A Clear Vision For You." We trust our Higher Power to connect us through the language of the heart across our Conference structure with a virtual physical presence from the Atlantic to the Pacific Oceans. I have a feeling, though, that God shall provide.

A month ago the Keynote I wrote in January became a bit trite when I was told the General Service Conference would indeed move forward with a May 16th start that would still include a keynote. Terms like "unprecedented" and "uncertainty" were constantly being used to describe current events. However, I submit to you that those words are not fitting for us in our work at this Conference. That is the last thing I want to say we should base our work on over the coming days - instead, let's think in terms of "Certainty" and "Substantial Unanimity," and utilize the one thing of extreme value that A.A.'s always rely on, which is our experience. Blend that with grace, and through divine alchemy, we shall create a bonding agent that cements our unity as we chart the course of A.A.'s future with precedence and certainty. How do we know we will be ok, and indeed, productive as trusted servants? Because we have not one but six Warranties! Now there's a real guarantee - if we practice them.

Actually, I want to provide a very practical suggestion to make us most effective, or as we say, of maximum

## 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**

Website: [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

in, with the inevitable result--loneliness. I had suffered from loneliness for over thirty years while drinking booze, and for a few years while taking mind-altering pills, so I recognize it as an old enemy. But I wasn't willing to give it up right away. I thought I'd wallow around in it for a while. After all, didn't I deserve some "enjoyment" from the self punishment that was all the "pleasure" I had known for thirty years? My sponsor called that night to see how I was doing. As I told her about my self-indulgent day, it began to strike us both a bit funny. In the end we laughed over it!

From that day to this (and I'm right now heading for my first meeting in two months), I've made many, phone calls. Why should I wait for some to call me? If I'm thinking of them, I call them and find out how they are. There is always someone out there at the other end of the line. All I've got to do is reach out my hand and pick up the phone. I am grateful for that one day when the loneliness came back. I hadn't really thought--until it came and went--of the tremendous number of non-lonely days and evenings I've been able to spend with God and my AA friends since entering the program.

Those AA speakers who said, "You need never be lonely again" were 100 percent right when they made that promise. I may have been too sick to consciously hear the other half of the promise, but it was filed away somewhere in the deep recesses of my mind, & I thank the God of my understanding that my one lonely day dredged it up for me: "You need never be lonely again--just pick up that phone!"

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## AA IN CYBERSPACE: ONLINE & ACTIVE

**THERE IS NO SHORTAGE OF ALCOHOLICS  
IN NEED OF LOVE AND SUPPORT,  
IN ONLINE MEETINGS AND FACE TO FACE**

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For sixteen years, I was an active member of AA, doing all the usual stuff: going to several meetings a week, sponsoring people, enjoying service work in many different capacities, and meeting with AA friends throughout the week. I have always loved meetings (they have never been a "must" for me), and have been blessed with a host of dear friends in the Fellowship, including my husband whom I met in AA. Together our spiritual and social lives are centered in Alcoholics Anonymous.

Then, a little over four years ago, with no discernible warning, I was struck by several severe illnesses and struck hard. I suddenly entered into what has been, up to now, the most difficult period of my entire life.

I became so critically ill that I was barely able to eat or drink, let alone attend AA meetings.

I came very close to death. This is not how I had envisioned my early forties, or any time of my life, for that matter. Yet, as always, life must be lived on life's terms. Suddenly, I was unable to do hundreds of things that I had done before. The losses were, and are, beyond description. And do you know what I missed the most of all? Fellowship. My meetings. I felt so sad every time another meeting passed at my home group without me there. I was struggling to survive, and I needed the sustenance of my AA friends and seeing the program at work in their lives. I needed the reminders that "I am not alone," that with HP we can walk through whatever comes our way, and all the other great blessings that fellowship brings into our lives.

At first, my husband and I hoped that this would be a short illness, but that has not been the case. After seven months without a meeting, I was desperate. I got on the phone, and the outcome was that a small group of women began to come to my home once a week. These women brought hope and love to me for two years, and we all benefited from our meeting, until each of our lives changed and that meeting had to come to an end.

Fortunately, in the meantime, I had put aside my "contempt prior to investigation" and obtained access to the Internet and joined two online e-mail meetings. This was a scary step for me, because I was afraid of the Internet and dubious about online meetings. But I knew it was important for me to try.

Now, I have been blessed by the joy and fellowship of Alcoholics Anonymous once again and in a new way. This May I will have been sober twenty years, the last four of which have been maintained solely by online fellowship (and literature, including the Grapevine). Contrary to my fears, I have found very good sobriety online. I have done a more serious and in-depth study of the Big Book than I ever did in face-to-face book studies. I have made several close friends before and after the meetings, and we have cherished and enriching friendships, despite the physical distance between our homes.

Although most of my AA friends have been supportive of me, I have also heard small rumblings of criticism about online AA and how it is harming or threatening to harm our great Fellowship. I beg to differ. Quite honestly, if I could go to my home group tonight, I would be there. I would so love to get the

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service. We have the best toolkit in the world for A.A., and that is our Twelve Traditions. My suggestion to you is to begin – not just end -- your discussions in your committee and Conference work by applying the 12 Traditions to whatever subject matter we have before us. This will quickly eliminate most unknowns and options, and the short list remaining will easily be discerned by a group conscience. They will not fail you: The Traditions are the results of tests and trials and AA has the battle scars - all healed through love and service, to face whatever new challenges shall be brought to us. That, and prayer. No committee time will be better used this week than if you pause when in doubt and ask that “not my will but Thy will be done.” Yes, let’s practice these in a most altruistic fashion and recognize that all of us are fallible and flawed, but our hearts and intentions are sincere. Let us all lead by example as true trusted servant-leaders who will relinquish our own wills to a loving God’s will, speaking to us through the group conscience.

Bill wrote of a vision for A.A., which happened on his first day of sobriety. He said, “My thoughts began to race as I envisioned a chain reaction among alcoholics, one carrying this message and these principles to the next.” Bill clearly had 20/20 spiritual vision that day - likely through a new pair of glasses and an unaccountable transformation.

As I prepared for this keynote, I reviewed how Bill portrayed the need to use vision in our service work. I was quite surprised – and pleased – to see how he characterized vision for A.A. as first looking back and then looking to the future. He shared in a 1952 Grapevine article that a “Clear vision for tomorrow comes only after a real look at yesterday.” Bill makes the point that if we humbly meditate upon our great yesterdays, God will grant us our vision of tomorrow. Yes, what you have been doing in strengthening your recovery is exactly what is needed to be a successful delegate to the virtual 70th General Service Conference. So, I submit to you that we will be most effective in our work together if we practice the very basic principles and actions that brought us here, and that is an inventory process – or should I say “looking back” -- and then a constant application of prayer as we ask to be granted the vision of tomorrow.

Bill again gives us direction and reassurance on the vision of the future at the 1960 International Convention in Long Beach: “But the future would still lack its full use and meaning did it not bring us fresh problems and even acute perils—problems and perils through which we can grow into true greatness of action and spirit.” If Bill only knew what those fresh problems and perils could be, like a quarantined continent! He goes on that we here today symbolize the unique and loving communication that is ours in this inclusive Fellowship—to carry this message to fellow alcoholics everywhere. I’d suggest to you that our

unique situation with this virtual Conference provides us with many opportunities for spiritual growth – yes, there are fresh problems and let’s hope few if any acute perils, but regardless, our unity is paramount in envisioning the future and architecting the structure to accomplish our tasks.

The inability to have any vision whatsoever is to be blind. This concept can be quickly connected to a term Bill Wilson used to describe the behavior of our fellowship, when Bill spoke more than once of “flying blind” periods. He used it first to describe A.A. in the early years. Listen to this, when he was describing the first three years of A.A.: “It was a time of “flying blind” when we feverishly sought the principles upon which we might stay sober and assist the few alcoholics who came around and wanted to do likewise.” Please note, my Conference friends, that Bill clearly stated principles are the solution.

*But the future would still lack its full use and meaning did it not bring us fresh problems and even acute perils—problems and perils through which we can grow into true greatness of action and spirit.”*

*Bill W.*

In the early 1940’s, Bill said it again in a Grapevine article: “The expansion of Alcoholics Anonymous soon became nothing less than staggering. Reaching out into Canada, the U.S. possessions.... ...each new beachhead had to go through its flying blind and its pioneering period just as we had done in the United States.” And

finally, when Lois and Bill took the six-week trip to Europe in 1950, he wrote, “Depending on the stage of progress, the foreign groups of that day were either flying blind or reached the fearsome and sometimes quarrelsome state of adolescence.”

I share this with you because something was missing in all these cases that characterized the reason they were flying blind: in all of these cases, they did not have the principles to provide navigation tools to assist in the flying. Indeed, virtually all commercial flying today would be considered flying blind if the sophisticated electronics in the cockpit weren’t available. Rather, from takeoff to landing, a pilot today has all the tools necessary to fly without his own, limited vision. Instead, the pilot can rely on instrumentation that guarantees a successful flight. We, too, now have that instrumentation embodied in the Steps, Traditions and Concepts. With these, we cannot fail. We have the Traditions to direct us how to set up a Zoom meeting so we maintain each members’ anonymity while insuring we are available, or if it is a government check that is available to organizations that don’t have a 7th Tradition which we know that is not for us. Instead, let me share the eloquent words of one of the finest A.A. members I know: “It really comes down to a couple things: 1) do we have the faith that our Higher Power will help us find the right path to follow? And, 2) Do we really have faith that our Traditions are in fact based on spiritual principles? If #2 is true, then those principles will work in all places, under all circumstances and in all situations. The question is do we have faith in our Higher Power and our principles? Or, are we committed to proving that we

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have power in this situation? It's another one of those A.A. paradoxes: [Do] we want to prove we have power by leveraging what we "think" we can gain, when the true spiritual power is really in what we are willing to sacrifice." So, once again, we have certainty, not uncertainty, and confidence with our experience, or precedence.

I close with this: Bill tells us that vision is the very essence of prudence. Hence, as we look to the past, inventory our plans and options, and make our best calculations for the future based on differing conditions, let us search with clear vision to find the flaws and gaps in our communications and structure using imagination, courage and dedication. Let us plan for the future within the practical application of our Twelve Traditions, ever-mindful of the still suffering alcoholic who has not crossed the threshold of an A.A. meeting, while always insuring that our common welfare comes first. Bill shares in "Our Great Responsibility" that, as we move onward toward our destiny, we must always remember that God in his wisdom has granted us three precious graces: freedom from a deadly affliction; a life experience that enables us to carry the priceless freedom to others; and a vision, ever-widening, of God's reality and His love. May we of Alcoholics Anonymous remain ever worthy of these three gifts of grace and of the supreme responsibilities that are now ours, for so long as a bountiful God may wish A.A. to endure.

And I assure you, grace shall fill the gaps to insure our unity in service as we gather for A.A.'s 70th General Service Conference.

Thank you.  
Your Humble and Obedient Servant,  
Tom



**MEETINGS MAY BE VIRTUAL,  
BUT INTERGROUPS BILLS STILL  
COME BY U.S. MAIL!**

Don't forget to contribute at:

- The website under the 'Unity' menu item
- Using Sqaure Cash on your phone @ cash.app/\$spintergroup
- Send a check
- Join the Faithful Fivers Club

*We are still self-supporting through the contributions of our members and groups!*

## TRADITION SIX

*An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest money, property or prestige divert us from our primary purpose.*

We alcoholics are an interesting bunch of folks, to say the least. The term "short attention span" must surely have been coined by someone observing alcoholics at work. It's no wonder that those short slogans seem to get remembered so well in our society. We are the folks who most generally focus on the 'what' of something, and completely miss the 'why' of it. That is often true when we discuss Tradition Six.

It is no wonder that confusion often reigns supreme when we get focused on the "...endorse, finance, or lend the A.A. name..." portion of the Sixth Traditions wording. Many long and heated (or in A.A. we say 'spirited') discussions have taken place in the attempt to find just the right definitions for 'endorse, finance and lend' to help eliminate the confusion.

***Spirituality is always at work in the giving or sharing, never in the acquiring or taking!***

But the confusion is rooted in simply not fully considering the full statement of the tradition, not in a definition.

If we consider the 'why' of the tradition, a whole new range of understanding becomes possible. The 'why' focuses us on three things—money, property and prestige. Surely any alcoholic can recall when he or she tried to acquire those things. Often from a sense of 'I should have this' and at other times from the standpoint of 'I really need this.' When either of those two ideas were present in our fevered brains—the epic battle to acquire the thing of our attention was on. We set aside any and all other considerations in sake of the pursuit.

When the drive to acquire was on, another very subtle but incredibly damaging thing also was happening. It came upon us like a thief in the night—without any awareness on our part. **We lost our identity!** It seems we drunks, perhaps to a greater degree than the world around us, quickly internalize the idea that the 'thing' will give us some kind of additional security, status or safety. How very quickly we begin to hold the attitude that we must have it or perish.

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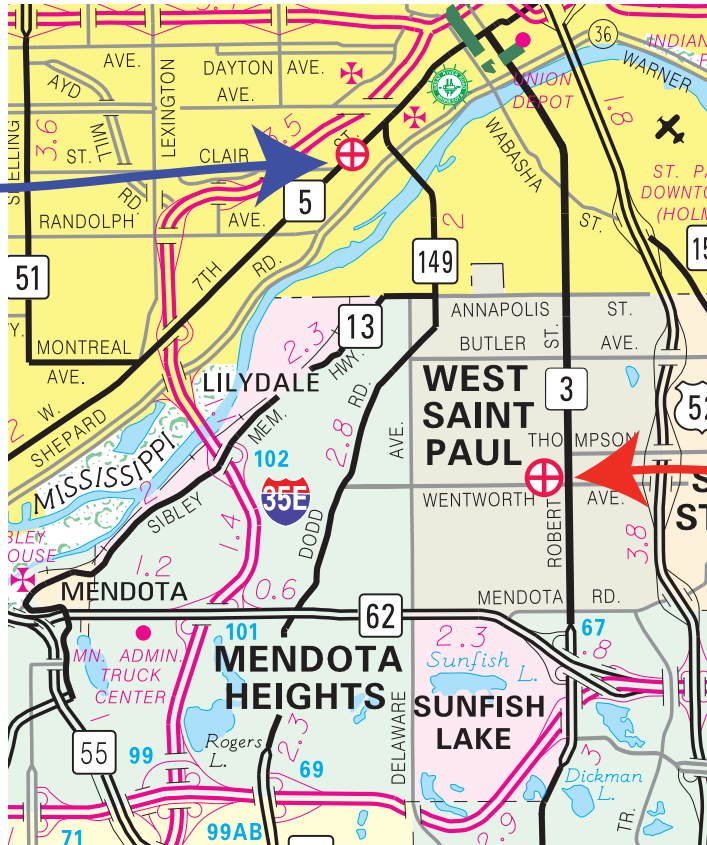
# ST. PAUL INTERGROUP IS MOVING!

The Intergroup office will be moving to a new location by May 31st of 2020. We are currently in the process of arranging for transitioning our technology (phone & Internet) services. While you can expect some disruptions -- the office will be open during regular hours and conducting regular business — before, during and after the move.



## CURRENT

Location  
608 W 7th Street



**NEW**  
Location  
33 Wentworth Ave

Intergroup Representatives for the groups that support St. Paul Intergroup can expect a full description on the new location at the next Reps Meeting - either in person or digitally. The new location is 1 block west of the intersection of Robert Street and Wentworth - across from the West St. Paul Dome structure to the north and Carbone's Pizza to the east.

**Double-check the Intergroup website ([aastpaul.org](http://aastpaul.org)) to learn which groups are meeting, the clubs that are open, which groups are meeting online. and which clubs/groups are not available until further notice.**



# OPEN FOR BUSINESS! ONLINE STORE

## INTERGROUP 2020 EVENTS

### OPEN HOUSE - TO BE DECIDED

July 25, 2020 - Hosts: Rachel P. & Andrew LaB.

### ICE CREAM SOCIAL - REDEEMER CHURCH

September 12, 2020 - Hosts: Jeremiah W. & Mark J.

### GRATITUDE NIGHT - REDEEMER CHURCH

November 21, 2020 - Hosts: Rachel P. & Jimmy D.

### FOUNDERS DAY HOSPITALITY ROOM - BLOOMINGTON

November 27-29, 2020 - Hosts: Andrew LaB. & Tom O.

### NEW YEARS EVE - REDEEMER CHURCH

December 31, 2020 - Hosts: Lindsey D. & Jimmy D.



St. Paul Intergroup has launched an online store for your convenience and to help us navigate through the difficulties at hand. You can purchase all the items we normally carry through the store (we are adding items every day until we have everything there). To access the store, you can go to the Intergroup website and navigate to "Recovery/Merchandise" and there is a link that will take you to the store. Or you can go there directly by typing "aaspi.ecwid.com" into your browser. Enjoy your shopping! *You can also contribute on the website at: "Unity/Contribute"*

### LOOKING FOR A SERVICE OPPORTUNITY?

*Become a St. Paul Intergroup Night Owl*

Upcoming Night Owl Orientations:  
Saturday, May 16th, June 20th, July 18th  
Third Saturday from 10:00 - 11:00 AM

St. Paul Intergroup Office  
608 7th St. West  
St. Paul, MN 55102

To RSVP - please call 651-227-5502



12th Step  
Calls

0



Website  
Visits

6,393



Temp  
Sponsor  
Requests

3



Night  
Owl Calls

154



Meeting  
Info Calls

103



Speakers  
Provided

0



Literature  
Purchased

0 Books

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

- 11th Step FINE Group
- Basic Text Group
- Cliffhangers I - Thursday Night
- Fairview Riverside Group
- Forest Lake 12 x 12 Group
- Forest Lake Alano
- Gloria Dei AA
- Gratitude in Action
- Happy Joyous and Free - Mahtomedi
- Highland Park Groups
- Hugo Groups
- Joy of Living Group
- Oasis Group - Apple Valley
- One More Was Added

- Rivertown BB Group - Hastings
- Rosemount Groups
- Stepsisters of Northfield
- Third Traditoin of Northfield
- Uptown Club
- Woodbury Primary Purpose

*The St. Paul Intergroup Office was closed for virtually all of April - dramatically affecting all our numbers - including contributions.*

- 21 A.A. Groups contributed \$2,363
- 6 Gratitude Contributions totaled \$305
- 21 Faithful Fivers contributed \$540
- 5 Digital Contributions for \$210!

THANK YOU!!



OK, you say, I get all that—but what about ‘things’ like an Intergroup Office, or our General Service Office in New York? Aren’t groups being asked ‘endorse, finance or lend the A.A. name’ to those enterprises?

It is at this point that the ‘why’ becomes of critical importance in our understanding of Tradition Six. It is because of a real sense of what we are trying to avoid that we now realize that we must understand the difference between *affiliation* and *extension*.

The use of the word extension here means that something moves out from the original source to increase that source’s original intent. It extends the original intent. On the other hand, the word affiliation is when something is acquired from an external source with the intention of adding value to its acquirer. The Tradition uses the word “related” in the same way it might use “affiliated.”

Another way to understand it is to say that *extension* is the sharing of internal values, while *affiliation* is taking of external value. Spirituality is always at work in the giving or sharing, never in the acquiring or taking!

So, when an A.A. group endorses, finances or lends the A.A. name to a related enterprise whether intended or not, there is a “taking” that occurs. The enterprise may well be related to recovery—but it is not A.A. The facility, in essence, “takes” the goodwill that A.A. has acquired over the years in the 12th Step work and business relationships it has engaged in. Even though it is not the intention—that is generally the experience and the public perception.

At the same time the A.A. group begins to lose its identity—just like the individual. It begins to draw its value from the entity it supports. Not long into this kind of arrangement, it becomes difficult to separate the two and they develop a symbiotic relationship. Each dependent on the other for survival. The very freedom that we alcoholics so earnestly seek and enjoy is sacrificed in an unfortunate marriage of best of intentions and the poorest of considerations.

When, on the other hand we look at an Intergroup or the General Service Office—those enterprises

are an *extension* of the spiritual nature of the A.A. groups that support them, and with meeting directory listings—even the groups who do not provide support. The activity is a sharing, not a taking. And it is clearly understood by all that this is the case. The relationship is not a symbiotic one—it is a master and servant one. The master (the groups) provide guidance through the representatives and the office serves according to that guidance. Without the support and endorsement of the A.A. groups—the offices simply cease to exist. A lesson that is being manifested in our current world.

However, there is caution built into this idea. That caution is that these entities are separately incorporated. Therefore, they can be discarded if necessary. Much like the way you and I purchase a home or car. If the situation becomes one in which the home or car no longer serve their purpose, or the cost of their purpose exceeds what can be paid for—they can be discarded. Generally, in both cases, that is accomplished the same way—through a bankruptcy. Which means the needed financial support is no longer possible.

***It can be said that the virus circling the globe has also killed the “dollar-in-the-basket” luxury that A.A.’s enjoyed for so long.***

I would also like to note that each set of principles in AA—the Steps, Traditions and Concepts—is an extension of the previous set. So, the preceding 5 Traditions have created an environment in which we can discard any services we can no longer afford, or no longer see necessary. This is the true power of the A.A. groups. Just as with our personal lives, the power to support what is needed is a decision of prudence. Do we support affiliations outside of A.A., or do we support extensions of our A.A. groups and the spiritual message they carry?

In these difficult times, this becomes a very real question. A question that will need to be answered in many places by many groups. It can be said that the virus circling the globe has also killed the “dollar-in-the-basket” luxury that A.A.’s enjoyed for so long. This means that those who can do so will have to decide what they want to support, and those who are currently unable to contribute financially may have to find a way to contribute with their talents. In a very interesting way, the virus has resulted in our being ‘refocused’ on the “why” of Tradition Six. When money, property and prestige are no longer present on the landscape—the questions become much simpler to answer!



# THOUGHTS FROM THE BOARD

# DISTRICT SERVICE MEETINGS

**H**ello! My name is Lindsey and I am currently serving as your Board Chair. What a time it is to have this responsibility! I am honored and humbled. The Covid-19 pandemic has been challenging for all communities, our AA community included.

I have been very impressed with how our Saint Paul Intergroup office staff, including our volunteer Websevant team, have jumped into action. We have made numerous improvements to our website, including 100s of meeting updates, adding a “Virtual” meeting search criterion, an online contribution portal and an online store. While the physical office was closed, Intergroup continued to answer the phones 24/7. Also, during all of this, we planned our move to West St. Paul!

We made the decision to cancel the March Intergroup Representative meeting and met only as a Board. During this meeting, we voted on our new location and discussed how to conduct Intergroup business during the “stay-at-home” order. In April and in May, Virtual Intergroup Representative and Board meetings were held. The June meeting will likely be virtual as well. We hope to see you there! Every third Tuesday at 7:30. – Please call the office for the Zoom link.

I have also been impressed with how our Fellowship “went virtual” so quickly. This is a “we program” and I am so grateful that I can still participate in the program via computer. I believe that AA members are blessed with an ingrained support system, especially useful in times like these. I am also grateful for the countless people that have reached out to me in a personal capacity and to Intergroup wanting to help.

Big thanks to our office manager Dennis, our Webservant team, all our Night Owl and other volunteers, my fellow Board members and, of course, YOU for all your input, suggestions and support. Thank you all for helping me and our AA Fellowship navigate this challenging time. If you can help Intergroup with a financial contribution you can do so directly on our website, by calling the office, or by mailing a check.

Thank you again. WE will ALL get through this together.

**District 8 (Ramsey Co.)**  
Fairview Community Center  
1910 Cty. Rd B West, Rm 108  
Roseville  
3rd Wed., 7:30 PM  
Email: dist8@area36.org

**District 15 (Wash. Co.)**  
Christ Lutheran Church  
11194 N. 36th St.  
Lake Elmo  
4th Mon., 7:00 PM  
Email: dist15@area36.org

**District 19 (Dakota Co.)**  
Rosemount Community Center  
13885 South Robert Trail  
Rosemount  
2nd Wed., 7:00 PM  
dist19@area36.org  
Email: dist19@area36.org

**District 26 (SE Ramsey Co.)**  
Grace Lutheran Church  
1730 Old Hudson Rd.  
St. Paul  
2nd Sun., 7:00PM  
Email: dist26-area36.org



## FOUR SAFETY PRACTICES FOR YOUR ZOOM OR ONLINE MEETINGS.

- **Don't** share meeting passwords unless you know the person is a real AA member.
- **Host** - set your meeting to place people in the Waiting Room until you allow them in.
- **Host** - set your meeting so that people are automatically muted when they enter the meeting - until you un-mute them.
- **Host** - set your meeting so that only hosts & co-hosts can share their screens.



# 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



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

# 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. Call to schedule training.

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

David D., Frank D., Harry D., Laurie P.,  
Jimmy D., Rachel D.,

hugs and smiles and tears in person that I can only read about online. But that does not mean that my online meetings are “less than” or “not real AA” or any of the other criticisms that are, I believe, based in fear. I cherish these online meetings just as dearly as the face-to-face meetings I wish I could attend.

I believe that if there are people avoiding face-to-face meetings and “hiding out” online, they are not the kind of people who are active online either. They would not suddenly overcome their shyness, resentment, or fear, and show up at face-to-face meetings if they were forced to by having no online AA to go to. The people I know who are active in my e-mail meetings are people who always have chosen to be active in AA. They are, like me, ill and very grateful to have meetings they can still attend on the Internet, or they are people who are active both online and at face-to-face meetings (as I hope to be someday).

In the meantime, I have found plenty of opportunities for service in Alcoholics Anonymous online: there is no shortage of newcomers and not-so-newcomers needing support and love; there are always jobs that need doing. The Twelfth Step is being worked in a myriad of ways among us, along with the other Steps, Traditions, and Concepts of our program.

My Higher Power has once again given me the tools I need to stay sober and to live as comfortably as I can with unresolved difficulties. If possible, my sobriety has grown even deeper and more meaningful to me during the last four years, partly because of my experiences, which have drawn me very close on a daily basis to my HP and taught me a lot about present-moment living, acceptance, compassion, and patience. Definitely, my life has been enhanced by the sharing and fellowship I find here on my computer, twenty-four hours a day, seven days a week.

Please do not be afraid of online Alcoholics Anonymous. As in meetings everywhere, there are positive and negative folks, newcomers and old-timers, wisdom to be shared, and friends to be made online. Alcoholics Anonymous is alive and well on the Internet; as usual, it’s all a matter of perception. Looking through the lens of deep gratitude, I see a new medium that has given me the opportunity to be an active and vital member of this great family of Alcoholics Anonymous, a family who has saved my life and continues to enhance it daily.



## THOUGHTS ON DISAPPOINTMENT AND COMPASSION

- What can I do with being disappointed in myself?
- The 4th through 10th Steps help me to come to grips with shame, but people also need help before they get to these Steps.
- I can pray for guidance and compassion.
- I can ask others to pray for me.
- I can talk it over with a sponsor or trusted friend and ask what works for them.
- I can make a gratitude list.
- It is impossible to feel self-disappointment and gratitude at the same time.
- I do much better when I can be grateful for God and AA in my life.
- And I can also do better if I learn to have compassion for myself as an imperfect human being.
- God wants me to try but doesn’t expect me to be perfect. I have found that perfectionism is just one more way of hurting myself.
- So I try to be compassionate with myself.
- God loves me, some people love me—especially AA members—and I am free to try and learn to love myself.
- I think that self-compassion is not a form of self-pity.
- Self-love, along with the love of God and AA, lets me see that I am not an isolated island of dirt—but that I am one among many, not better or worse.
- Self-pity is a set-up to drink or use to ease away the pain and fear of behavior that is not consistent with my values.
- Self-hatred is sometimes being unkind to myself in ways I would never treat a friend.
- I would have a much worse time loving and feeling compassion for myself without working the Steps.
- Compassion for myself is something to pray and work for. It can actually help me with the fear of looking at my wrongs and trying to amend the past.
- It is just one more help in life and the program. I won’t get this perfectly, but it will help.

**EASY DOES IT!**

Anonymous - St. Paul, MN

St. Paul Area Intergroup Representatives' Meeting Minutes, April 21 2020 7:30pm.

1. Opened with the Serenity Prayer, introductions, and read the Primary Purpose of Intergroup.
2. Last month minutes reviewed, motioned Mary. and seconded by Paul C, motion approved.
3. Treasurer's Report, Mark J – Total Contributions: \$4,255 Expenses: \$10,436 Total Income: \$7,762
4. Office Report, Bill S – Moving at the end of May to new location. Online store is now up and running. *Please email [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) for further information.*
5. Night Owl Report, Frank N – The orientation packet is online and the password can be obtained by contacting Dennis. *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 – 746 meetings, and 291 groups. Contributions can be made on our website. There is a Virtual meeting search option in the meeting directory *Contact Jonathan & Sergey at [webservant@aastpaul.org](mailto:webservant@aastpaul.org).*
7. Outreach Program, Jimmy D – *Please contact [outreach@aastpaul.org](mailto:outreach@aastpaul.org).*
8. Update from the Board, Rachel P – Moving to new location at end of May.
9. Liaison Reports: District 8: Mike C – No report. District 15: No report. District 19: – No report..
10. Intergroup Events:
  - a. Recap - All upcoming events currently cancelled
11. Old Business: Might need assistance moving to new location, Dennis will email out requests for help as needed.
12. New Business:
13. Group AA Announcements: No announcements
14. Suggestions for next month's agenda:
15. Grapevine Report, ; Volunteer for May, Jimmy.
16. Concept review.; Volunteer for Concept IV for May Dan.
17. Mock Rep Report; Volunteer for May, Tom.
18. Closed with the Responsibility Statement

Attendance:

Tom W. Firing Line	Jesse O. Basic Text	Trish Women's Basic Text	Peter M. One More Was Added	Ben G. Main Idea
Mary S. Uptown	Cindy H. Pocket Our Pride	Greg S. Lakeview AA	Lauren DelP. Fireside Women's	Rosemary F, WBL Women's
Heidi B. Pocketing Our Pride	Paul C. St. Paul Speaker Mtg	Joe J. Uptown	Dan Rule 62	Patti M. Hole in the Donut
Jonatan L. Webservant	Lindsey D. Chairperson	Paul W. Secretary	Rachel P. Alt Chairperson	Jimmy D. Member-At-Large
Mark J. Treasurer	Dennis B. Office Manager			

Next Meeting: May 19th 2020, 7:30pm  
St. Stanislaus Church, 398 Superior St W, St. Paul, MN 55102

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

Change Service Requested

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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: \_\_\_\_\_  
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