



STEP EIGHT

Made a list of all persons we had harmed, and became willing to make amends to them all.

How a woman left out in the wild to die found the willingness and forgiveness to consider a most unimaginable amend.

The first time I got drunk was at my sister's wedding. I was 8 years old. My first blackout came when I was in third grade. By the time I quit high school and joined the Air Force at 17, I was well on my way to being a full-fledged alcoholic.

I was 18 when the Air Force sent me to my first permanent duty station, which happened to be Las Vegas, Nevada. In the late '70s, Las Vegas was probably the best or the worst place for me to be stationed, depending on your point of view.

I was tough and strong and knew how to fight. I quickly established a routine in my favorite bar. I would watch for the men who came in to harass women in the bar. I would humiliate these men, toss them out and then drink for free for the rest of the night as the "unofficial bouncer." It felt like a win-win situation—until one Saturday night.

I followed my old routine. This time however, when I left the bar at about 4 a.m., the guy I had tossed out earlier was waiting for me outside with four of his friends. I distinctly remember thinking that this was the first time that alcohol was a problem for me. I knew how to fight, but my body didn't do the things I wanted it to. So I lost. I wound up beaten, raped, stabbed in the back and left for dead in the desert, not far from the bar.

But God had other plans for me. I came to Sunday

afternoon, staring up at a construction truck that I'd been left under. I made my way back to the bar, got into my truck and drove myself home. I remember lying down in the bathtub so I wouldn't bleed all over the apartment and lose my security deposit.

At that same moment, 3,000 miles away, my mother, the Al-Anon of the family, "knew" that something wasn't right. She started making calls to Las Vegas. Eventually she got my landlord on the phone and convinced him to check on me. He found me and got me to a hospital.

The experience of being beaten and left for dead did not sober me up. In fact it made me a meaner, nastier drunk than I ever imagined I'd become. And now, I had no fear. I had been dead. Being dead didn't hurt; living hurt. I left the Air Force and Las Vegas and headed for Florida. After all, I reasoned, nothing good ever happens west of the Mississippi. And I proceeded to cut a swath of destruction across my life for the next several years. Eventually, I found my way to AA, thanks to another Al-Anon member who also saved my life.

My last drink was in 1986 and I attended meetings on and off for the next dozen years. One of the things I did was to be of service. It helped me feel better. I would go to "Take Back The Night" events where I would teach simple self-defense skills as a practicing black belt. I would then share my story of nearly being beaten to death.

The message I tried to teach was that no matter how tough or fast or smart you think you are, if you're in the wrong place at the wrong time, chances are bad things will happen. My hope was that I could make a difference for some young college kid, and perhaps I did.

At almost 20 years sober, I was working on my Eighth Step. My Big Book sponsor said we should put everyone from our Fourth Step onto our amends list. The guys

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, 33 Wentworth Ave E, Suite 355. W. St. Paul, MN 55118-3431. 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.

33 Wentworth Ave E, Suite 355, West St. Paul, MN 55118-3431

Website: www.aastpaul.org e-mail: lifeline@aastpaul.org Fax: 651-290-0209

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

Join Saint Paul Intergroup for an open house BBQ.

Saturday, 25 July 2020

**Come celebrate with us and check out our new
location in West Saint Paul.**



Food and refreshments provided; this is not a potluck, please do not bring any food items to share. We do ask, however, that all in attendance bring a mask. Due to Covid-19 and the city of Saint Paul's guidelines for public gatherings, we will be practicing "social distancing", and **masks will be provided for those without.** Anyone not feeling well we are asking to please not attend.

In an effort to raise money for St. Paul Intergroup **there will also be a silent auction.** Items up for bid are a handicap ramp and a snowblower. Contact Intergroup office for details, 651-227-5502.

When: 25 July 2020, 12:00-3:00 p.m

Where: 33 Wentworth Ave East West St. Paul, MN 55118-3431 Suite 355

Compliance can be a challenge!

I had twelve jugs of hard cider in my cellar and was told by my wife to empty the contents down the sink, or else! So I said I would.

I pulled the cork from the first jug and poured the contents down the sink, with the exception of one glass, which I drank.

I pulled the cork from the second jug and did likewise, with the exception of one glass, which I drank.

I then pulled the cork from the third jug and poured the cider down the sink, with the exception of the one glass, which I drank.

I pulled the cork from the fourth sink and poured the jug down the glass, which I drank.

I pulled the cork from the next jug and drank all but one sink of it, throwing the rest down the glass.

I pulled the sink from the next glass and poured the cork from the jug.

Then I corked the sink with the glass, jugged the drink and drank the pour.

When I had everything emptied I steadied the house with one hand, counted the jugs, corks and glasses and sinks with the other, which were twenty-nine, and as the house came by, I counted them again, and finally had all houses in one jug which I drank.

I am not under alcohfluence of incohol as some thinkle peep I am, nor are I half so think as they drunk I am, but I fool so feelish I don't know who is.

As you can see by the "Liquor Purchase Record" from the Central Ohio Liquor Consumption Committee on page 7, the idea of 'tracking' someone who has an illness is not new to society. This was used during the late 10930's and early 1940's.

While it's hard to read - it's easy to understand what they were doing.

Thanks to the Akron News Newsletter, from Akron Intergorup for the permission to reprint both of these!

Restraint of Thumb and Send

I've learned to try and think carefully the method with which I communicate to exercise restraint of tongue, pen, email, text and emojis. Anything other than speaking (voice) can be misinterpreted. The problem I've encountered many times involves the differences between monologue and dialogue.

To send or receive a text expressing emotions can be dangerous.

Words and language are extremely important. Words convey what I'm trying to express. Without the inflection of my voice and yours, things can go wrong quickly.

We've evolved into a society which

uses fewer words. Everything is typed, spoken to a machine or otherwise shortened. Words have become abbreviated so now emojis replace them.

When hot button issues come up at fellowship

Here is one recent example: I do not share my first drafts with anyone. I trust my own editing skills. The more I write, the easier it has become. Recently I attended an event with a friend in recovery. I wrote about it and shared the first draft with him. He replied (via text) giving me unsolicited input. I asked him to not comment further. It hurt my feelings. I expressed this to him via text.

He immediately reacted to my words and blocked me from all forms of communication. This is our "Brave New World." I've done it, it happens to me. People act as if we can just erase each other with the click of a few buttons. This seems to be how conflicts are handled now. This is unacceptable to me.

Without inflection of my voice, things can go wrong quickly

Being in 12-Step groups, there are people I don't get along with. This is one situation: I may not jive with someone and vice versa. I completely understand this on social media. A friend or acquaintance online and one in the real world are polar opposites. It's great that we get options online to not see what we don't want to.



Social media encourages situations where all of us inadvertently go against

1. Opened with the Serenity Prayer, introductions, and read the Primary Purpose of Intergroup.
2. Last month minutes reviewed, motioned by Frank. and seconded by Anne., motion approved.
3. Treasurer's Report, Mark J – Mark J gave the report. Stronger financials than April. Contributions way up. Tapping into prudent reserve. *See Treasurer's Report for full financial details.*
4. Office Report, Bill S – Dennis B gave the report. Office has been moved and set up!! Thank you volunteers! *See Managers Report for full details.*
5. Night Owl Report, Frank N – Frank N gave the report Lower call volume. Shifts are available. *Email NightOwl@aastpaul.org or contact the office for more info.*
6. Website Report, Jonathan L gave the report. Up 18 meetings. Clubs are adding meetings to accommodate covid requirements. *Contact Jonathan & Sergey at webservant@aastpaul.org.*
7. Outreach Program, *Please contact outreach@aastpaul.org*
8. Update from the Board, Rachel P –
9. Liaison Reports: District 8: – None given. District 15: Jennifer G. District continues to meet via zoom. District 19: – None given
10. Intergroup Events:
 - a. Upcoming - Open house July 25th 12-3.
11. Old Business:
12. New Business:
13. Group AA Announcements: Hole in the Doughnut in discussions to re-open in person meeting
14. Suggestions for next month's agenda:
15. Grapevine Report, Nancy.; Volunteer for July, Jennifer.
16. Concept review, Nancy; Volunteer for Concept VI for July., Mary.
17. Mock Rep Report, Melana; Volunteer for July, Patricia.
18. Closed with the Responsibility Statement

Attendance:

- Patti M - Hole in the Donut
- Renee B - Bright Promises
- Patricia M - Women's Basic Text
- Jesse O - Basic Text
- Dan N - Rule 62.
- Joe J. - uptown club
- Jennifer G - District 15 DCM
- Peter M - One More Was Added to the Fellowship
- Frank N. - Third Edition
- Rosemary F. - White Bear Women's AA
- Greg S – Lakeview
- Andrew L. - Member at large 2020
- Paul W - Board Secretary
- Lisa L - Board Alt Treasurer
- Lauren D - Fireside Women's Big Book
- Nancy - Como Park Big Book
- Heidi - Pocketing Our Pride Alternate
- Katherine - Pocketing Our Pride AA
- Anne J - New Brighton Big Book
- Mary S. - Uptown House
- Ken S - No Time Like the Present.
- Melana M – Happy, Joyous and Free, Mathomedi

Next Meeting: July 21, 2020 7:30pm
Zoom



OPEN FOR BUSINESS! ONLINE STORE

INTERGROUP 2020 EVENTS

OPEN HOUSE - INTERGROUP OFFICE

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, Aug 15th, Sept 19th, Oct 17th
Third Saturday from 10:00 - 11:00 AM

St. Paul Intergroup Office
33 Wentworth Ave E, Suite 355
West St. Paul, MN 55118-3431
To RSVP - please call 651-227-5502



12th Step
Calls

4



Website
Visits

7,296



Temp
Sponsor
Requests

24



Night
Owl Calls

270



Meeting
Info Calls

119



Speakers
Provided

2



Literature
Purchased

125 Books

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

- Amazing Grace Group
- Came To Believe Group
- Cannon Falls Group
- Fireside Women's BB Group
- Hampden Park Group
- Highland Park Groups
- Look To This Day Group
- Pocketing Our Pride Group
- Rosemount Groups
- Sat. Morning PS Meeting
- The Book Club - Oakdale
- Third Edition Group
- Third Tradition Grp - Northfield
- White Bear Sat. AM Women's Grp

- White Bear Wed AM Women's Group
- Women's Basic Text

THANK YOU !!!!
Many groups and individuals continuing to send us more than their usual contribution. This goes along way in helping us remain actively providing the services groups expect. We are most grateful to all who did this!

- 16 A.A. Groups contributed \$2,388
- 8 Gratitude Contributions totaled \$2,005
- 26 Faithful Fivers contributed \$926
- 16 Digital Store Revenue for \$745

THANK YOU!!



Tracking an illness is nothing new to society!

CUSTOMER IDENTIFICATION

NAME Wilbur J. Akron

ADDRESS 123 Lock Street Akron

AGE	RACE	SEX	HEIGHT	WEIGHT	EYES	HAIR
46	W	M	5'7 1/2"	200	Blue	Brown

SIGNED Wilbur J. Akron

ANY ALTERING OR DEFACING OF THIS CUSTOMER IDENTIFICATION AND LIQUOR PURCHASE RECORD SHALL AUTOMATICALLY RENDER IT VOID.

LIQUOR PURCHASE RECORD

DATE	STORE NO.	ST. NO.	PT.	DATE	STORE NO.	ST. NO.	PT.
1	JUN 25 '43	174	2				
2	JUL 27 '43	174	2				
3	AUG 6 '43	174	2				
4	SEP 4 '43	174	1				
5	OCT 8 '43	174	2				
6							
7	DEC 23 '43	174	2				
8	JAN 28 '44	174	2				
9	MAR 9 '44	174	2				
10	APR 17 '44	174	2				
11							
12	AUG 8 '44	174	2				
13							
14	NOV 4 '44	174	2				
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16	NOV 2 '44	174	2				
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This CUSTOMER IDENTIFICATION AND LIQUOR PURCHASE RECORD, having been duly signed, shall entitle the holder thereof to make one purchase during a designated period from the retail liquor store from which it was obtained or such store as the Department shall otherwise specify. Each purchase may consist of such liquors as the Department shall determine to be available in that period. This record must be presented personally at the time of each purchase, and will be stamped in such manner as to indicate the holder has made a purchase. Failure to make a purchase during any period shall not constitute or otherwise entitle the holder to make more than one purchase or to purchase any additional quantity during any subsequent period.

Issued by Store
 No. 174 P. R. Hanna
 SIGNATURE OF HOLDER

STATE OF OHIO
 DEPARTMENT OF LIQUOR CONTROL

CUSTOMER IDENTIFICATION AND LIQUOR PURCHASE RECORD

No. A 808286

THOUGHTS FROM THE BOARD

DISTRICT SERVICE MEETINGS

Hello my fellow AAs. My name is John K and I am currently serving as a member-at-large for the St. Paul area.

What a time to be a member of AA. In 2020 I have been reawakened to the grace and power of God by watching Him work through others in these challenging times. I've been able to see Him guide us through finding a new way of conducting AA business.

I used to scoff at AA online because it didn't seem like "real" AA. However, I have found a new gratitude for it.



A special shout-out to all of our groups for the ongoing support to help our local Intergroup conduct business in a semi-normal fashion. I know it hasn't been easy to continue to carry the message and carry it forward. So thank you for giving what you can.

It has been a hard year for our fellowship and our ongoing recovery but I have seen the core of AA strengthened throughout all of this. I have really been able to see AA's promises "sometimes quickly sometimes slowly. They will always materialize if we work for them."

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



Phones: Caleb A., David D., Jimmy D., Frank D., Chris, Steve L., Pat, Neilla M., Marc S., Connie



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.....
33 Wentworth Ave E.
Suite 355
West St. Paul, MN 55118-3431

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	Lisa L.
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.

TRADITION EIGHT

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Bill W., in his description of the ideas and experience that went into Step Eight makes reference to several things that a person may think have changed over the years—especially in the field of counseling alcoholics. However, it is important, in our attempt to understand this tradition, that we focus on the underlying principles to help us develop a better sense of why it remains important to the survival of A.A.

He makes the statement, “We have discovered that at the point of professionalism, money and spirituality do not mix.” Quite a statement, and many might think he was downplaying what the medical or religious practitioners have to offer an alcoholic. That would be an unfortunate misunderstanding. This was intended to be a clarification of the effort, not a determination of its importance!

Here is a real-life example of what I believe Bill was trying to convey to us. Some years ago, a person came to me with something that had been bothering them for years. I was told that they had worked with many professionals in an effort to rid themselves of the fear that had continued to haunt them. While there had been some success, the fear had never fully been unseated or eradicated.

What we did was simply to utilize the principles of the Fourth and Fifth Steps in addressing the memories that had managed to take such a foothold in this person’s psyche. By ‘principles’ I mean to say that we had first examined the inner life of the person—as it was connected to these memories—and then attempted to discover a new way to understand them. To see them in the broader scope of things and right size them. In other words, to remove the two forms of insanity mentioned on pages 5 & 37 in the Big Book. The insanity of an improper perspective and the insanity of a lack of a sense of proportion about them.

The end result was that the fear left. In a later conversation the person quizzed me about what we had done and why it worked. Their statement was, “I have seen many professionals—religious, medical, psychiatric, etc.—and each gave me some relief, but the fear never left. Why did this process that we used accomplish what those professionals couldn’t?”

What followed I cannot take any credit for. Without any thought process at all, the words that came out of my mouth were along the lines of: “Well, those professionals did what their professions taught them to do—attempt

to make sense out of the human world. But the process we used has a different purpose. Its purpose is to help us develop an understanding of the Divine World. Your fear could only be eradicated with faith. The faith of the Divine World is the only thing that can truly conquer the fear of the human world.”

That is why Bill could make the statement he did. He simply was reporting the A.A. experience as I have just done for you. Certainly, there are those professionals who can assist in a person having an experience similar to the one just described. However, a thorough examination will likely reveal that those who can do so are fairly rare and are really operating in accordance with AA’s Twelfth Step—they are not operating by their professional training, but rather are sharing their own experience and the enlightenment they experienced through it!

Now for those ‘special workers’ that are mentioned. The term “special” is often misunderstood in this context. It implies no ‘superior’ qualifications held by those who work in our service centers. It describes more of an “understanding” than a particular talent. It is much like those who provide direction in office or factory settings. They need to know the “product” being produced in order to effectively do their work. In Alcoholics Anonymous we really have two “products.” One of these products focuses on the individual and the other targets our whole society.

Let’s take the society level one first. In order for the AA members and the groups, in which they enjoy their sobriety, to practice the Twelfth Step certain things need to be present. First, there needs to be literature to assist in the Twelfth step work—to ensure that the message remains consistent and clear. Secondly, there needs to be a way for the still-suffering alcoholic to find a contact or connection to A.A.—or the Twelfth Step won’t happen. Lastly, there needs to be a way for the groups to coordinate their efforts. (Note: this is often done collaboratively between an Intergroup/Central Office and the local General Service District)

On the personal level, there simply needs to be someone who can coordinate the opportunity for the still-suffering alcoholic to reach out and ask for help—be it through a phone call, text message, or email. There may be requests for assistance on how to find a sponsor, or how to find information about a specific part of the AA program.

Therefore, our ‘special workers’ need to understand, in a very literal sense, exactly what kinds of needs require a response, and what the response might be. It is that understanding that adds the ‘special’ designation to their description as a worker. Other than that, general office skills are what provide the need to employ someone. The salary is for office work, not 12th step work. The office staff only provide the vital link between the 12th Stepper and the still-suffering alcoholic—whether they be out

continued on Page 11

there drinking, or here in A.A. just suffering.

In smaller communities, this 'point of contact' work can effectively be done by volunteers as the need is often not as great. However, in larger cities the requests can create a full-time need. A need to be able to organize the information so that the AA response can be effective. In A.A. we strive for *effectiveness* rather than efficiency.

A review of AA's history shows that this approach is generally how the AA program got carried across not only our country, but the world. It was the people who populated the central offices/intergroups that kept the communication flowing which allowed for those critical 12th Step calls to be made.

Restraint of Thumb and Send - continued from Page 4

the meaning in Tradition Ten. I remind myself it's not a meeting! I find it magical that in A.A. we manage to navigate through life steering clear of topical issues. Outside of meetings, it is easy to accidentally start discussing current events, etc. When hot button issues come up at fellowship, I change the subject and we move on. A.A. must feel safe for new people, especially if new people are out with us at fellowship. My behavior should reflect this.

As I child, I learned about the five senses. They are sight, hearing, touch, taste and smell. I must retain my learned knowledge of words, language and speech. Words allow me to read, communicate, understand and interact with the world. I hope to not lose my senses. My senses and speech, words, and voice make me the human being I am.



Often when I meet new young people, they want to be friends via texting. I'll go along with this for initial getting to know you interactions. I make it clear early on, though, that I cannot be "text" friends. My 55-year-old mind can't handle it.

I utilize technology as I'm able. Today's world encourages dependence on machines. Efficiency, short cuts and expediency are all emphasized—great, wonderful, amazing. And I try to bear in mind that today's lack of restraint can quickly become tomorrow's 10th step. I do dislike having to keep on making amends over and over, especially as a result of the same thing. As a general rule, I need to steer clear of electronically communicating feelings. Stick with facts,

plans, and yes or no situations when possible. Wish me luck!

*Reprinted from an article by:
Gregory F.*

*The Point Newsletter- August 2017
San Francisco-Marion County Intergroup*



Each day in Alcoholics Anonymous is more of a gift from God than the day before! My gratitude towards the AA program and way of life that the program has to offer hasn't always been easy. I imagine I'll have days ahead that I revert to old thinking, such as, "I don't want to be here"; "I can do this without the meetings/program."

However, I have proven to myself over and over that I CAN'T.

Today, the softer and easier way for me is to work the 12 steps, go to meetings, tell my sponsor everything, and work with others. It's overwhelming to think of doing all these things at the same time, so I don't. I take each day, each step, and each opportunity to work with others separately. This makes it manageable and doesn't seem impossible or the feeling as if I'm not doing enough.

By continuing to work the steps, applying the traditions and concepts, and staying close to the fellowship of AA is the only way I know to ensure I live a spiritual life and stay sober. I am naturally a self-absorbed, selfish person who only thinks of himself rather than having God in the forefront of my mind and looking for ways to be of service. But when I'm doing what the people in AA are doing, it's a little easier to work the program and get out of myself. By the grace of God, the longer I stick around, the more I'm able to stay out of my mind and be useful to the still suffering alcoholic.

I'm not sure when I started believing that my primary purpose is to help the still suffering alcoholic as opposed to just staying sober. Regardless, I feel very grateful that today I'm in the middle of AA not just to stay sober, but to keep God in my life and help others.

Scott B.

*Reprinted from:
Pikes Pint Newsletter - Colorado Springs, CO*

St. Paul & Suburban Area Intergroup
33 Wentworth Ave E
Suite 355
West St. Paul, MN 55118-3431

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 Tennes* (\$10.00/month), or *Fantastic Fifteneers* & \$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 Fifteneer (\$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
33 Wentworth Ave E, Suite 355
West St. Paul, MN 55118-3431