

# The Lifeline



May 2021

24-Hour Phone 651.227.5502

Volume 57 Issue 5

## STEP FIVE

*Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

**WHAT** is integrity? One definition is “the quality of being honest and having strong moral principles.” A second definition is “the state of being whole and undivided.”

When I came into A.A. I was confused. I thought I was honest, doing the right thing, generally a good person. Looking back, however, I realize that what’s true is that I was really, really good at self-justification. That person I yelled at? He needed to be taught a lesson. That other driver deserved to be flipped the bird; did you see how she was driving? Little white lies don’t hurt anyone, do they? If my dad didn’t have such stupid opinions, I wouldn’t have to scoff at him that way.

Writing an honest 4th step helped me to see what was going on with me. My behavior wasn’t just damaging to others —it was eating away at me. On some level, I really disliked how I was behaving, and the justification only dug the hole deeper. I couldn’t understand why I felt bad until I looked squarely at the causes and conditions.

Step Four showed me that while other people can certainly be annoying, it’s not my job to judge them or change them. I’m not the police of the annoying people. (I’m sure I’m among the people who are annoying, for Pete’s sake.) My job is to accept reality, whatever that looks like, and do what I can to help the suffering alcoholic. When I try to police people

by “show- ing them” I only make matters worse, at least formyself, if not for those around me.

When I did my first 5th Step, my spon- sor kept coming back to my part. As much as I wanted to point out what others had done, she continued to gently tell me that I couldn’t change other people. Did I want to be right or be happy? As much as I hated that expression, I did see what she meant. If I’m going to be comfortably sober, I need to recognize that I can only change myself.

A big piece of changing myself is taking responsibility all the time for my part. I think that every time I use some justification for my behavior, I lose some integrity, become less whole. And, conversely, when I am truly honest, I feel less fragmented.

---

### I’m not the police of the annoying people. . .

---

A.A. has given me sobriety. Now, can I be rigorously honest? Can I admit mistakes I’ve made, every mistake, no matter how much I don’t want to, and right those mistakes humbly? I am bound to continue making mistakes—I am human even though my alcoholism wants me to think otherwise. Will I be able to admit them every time?

The other day I made a trivial mistake: not following the directions for folding up a tent. When the owner of the tent wondered how it had gotten all messed up, I so did not want to say it was my fault. The shame of it! A.A. has taught me to be honest,

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](mailto: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](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 Noon

continued from page 1

though. I did 'fess up, and guess what? No one really cared except me. I helped to straighten the thing out and all was fine. Most importantly, my integrity was intact. I was honest, and even though it was a small thing, I felt good about it.

The more I am rigorously honest, the better I feel. When I take responsibility for my actions, I am more whole. Steps Four and Five, and a nightly Step Ten, help me to get there.

*by Claire A.  
reprinted from : The Point  
Intercounty Fellowship  
San Francisco/Marin, CA*

## SHARING FROM STUMPTOWN

*(Also known as Portland, Oregon)*

I took a big gasp of air followed by the utterance, "Oh boy, breathe, George, breathe." For those who know me, they know that is exactly what I do but if we must do the Steps, then let's get going. Working through Step Four, I came away learning a great deal about myself and my many shortcomings.

Step Four revealed much of what led me to drink and what kept me drinking; I am an alcoholic and that's what we do. Step Four also allowed me the willingness to trust in a sponsor. How many times as an alcoholic have I thrown my hands up in the air and screamed, "I will never trust another human being for as long as I live!" Now this Step was asking me to admit my innermost secrets to another individual. "Sure," I said to myself, "let me know how that works out. Hey! I know, being an avid liar, this shouldn't be hard."

However, I was no longer the same old liar; the guy that didn't give a crap about living. I was no longer that broken soul, stuck drowning in the bottom of a whiskey glass. Slowly peeling back the calloused layers of my heart, I found the human being I once was. Was it easy? No.

The human being I chose to share these things with was my sponsor, Gary T. He had never steered me wrong and I felt he never would. I knew he cared about me and therefore he should know about me. "So with all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us had tried to hold onto out old ideas

but the result was nil until we let go absolutely." (Big Book, Pg.10)

1

My sponsor had keys to a church where this new journey began so we sat down and worked out the Fifth Step. Gary impressed upon me the concept of, "just do the next right thing and in doing so, you'll never have to do this Step again." There are of course of events you will likely remember later. Those too can be resolved in Step 10. Remember Step 4 and Step 5 are the critical foundation on which we build our sobriety.

*George D.  
Portland, OR*

---

---

**F**EAR! Probably what most people feel, hear, and experience when they get past Step Four (as if that Step isn't enough).

Let's assume for a moment that you do a thorough searching and fearless moral inventory. Coffee stained steno pad, a box of tissues used up and your writing hand is cramped and strained beyond measure. You've reread your list, weighed your defects against what you perceive is normal, and found yourself shell-shocked and completely drained. Lacking in humanity and petrified that you will drink.

Now what? Say these things out loud? To another human being? A live, breathing one, we ask? Can't take this to the beach or the mountains and read it to the ether and call it good? Dang!

The Big Book and the 12x12 line out the potential consequences of doing it our way. We might have to make multiple attempts at cleaning up the murky aquarium mess of our past behaviors. We might be wise to remember that "past" is as recent as a moment ago. Not just ten years ago, one year ago or last month. If we drank for decades we might have to dig a bit more; yet we ask for the willingness to use an emotional shovel that will mine peace at the end of the dig.

Here we aren't asking to be stripped of all responsibility or consequence, rather than find a new depth of personal acceptance. Now the breathing part of whom do we trust? A sponsor or clergy? Someone else in the program we believe is

Continued on Page 3

closed-mouthed? We are careful not to box ourselves into what we should do, because every circumstance is a little different. As the book says, we do it.

Stop there. "We do it." We make a decision and make a date and show up and say the words and breathe—in and out. We have written our truth to the best of our ability (in the moment) and now it is going to come out in myriad ways. Say a little prayer and remember this is one more step on the road to recovery. Not the end.

Dear Higher Power, please help me to live in "what's now" and "what's true", rather than "what's next" and "what if". Thy will be done.

Move on. Keep it simple. We deserve sobriety and peace and the chance to heal.

*Anna  
From Oregon City & Beyond*

**STEP FIVE** Involves something few alcoholics have, and it is rarely discussed or even mentioned. **Trust.** Without that element, the idea of telling someone you often think of as a newfound friend, your deepest, most troubling secrets, is often overwhelming. According to NY Central Office, around eighty percent of those who come to Alcoholics Anonymous never get beyond Step Three. Meetings are great, but they are not how you stay sober. Sponsors are also important, but their primary function is to get you into the book and through steps one through twelve. You know how many people I have gotten through all twelve steps in forty-seven years? Not more than a dozen. I have gotten hundreds through steps One, Two, and Three. Probably hundreds more through inventories and then listening to inventories. Sometimes I pick up a sponsee who is interested in doing an inventory (after considerable sobriety) and then letting me hear his work. But to work with someone all the way? It's rare.

So trust, again, seems to be one of the biggest obstacles for some and it rears its head in different ways. It can cause someone to hold back valuable information discovered in their personal inventory work. This problem, unless corrected, can cause relapse later on because the Inventory, as instructed in the book, was not fearless and thorough. How

---

## DISTRICT SERVICE MEETINGS

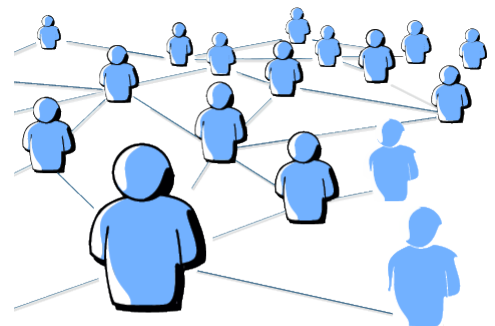
***District 8 (Ramsey Co.)***  
Fairview Community Center  
1910 Cty. Rd B West, Rm 108  
Roseville  
3rd Wed., 7:30 PM  
Email: dist8@area36.org (for Zoom info)

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

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

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

---



## CONNECTIONS





# INTERGROUP SPEAKER BUREAU TO REOPEN

St. Paul Intergroup will be accepting signups from A.A. member volunteers, from April to the end of May, for speaking at groups and facilities—sharing their experience, strength and hope. We will begin assigning speakers starting in June. This will be a completely new list—so even if you signed up before, you will need to sign up again. **We will accept signups on the web form only!** See below regarding where to sign up on our website under the “Service” menu.



## Volunteer Sign-up

### Volunteer Sign-up

We're always in need for volunteers to participate in the following ways:

- Twelve-Step calls
- Temporary sponsor
- Speaker at AA meeting
- Temporary contact
- Group outreach
- Office volunteers
- Web team
- Event setup
- Event cleanup
- Writing an article for the Lifeline newsletter

[Click Here](#)

If you're interested in carrying the message by volunteering, please complete [this Google form](#) for your interest to be forwarded to the office.



# A.A. GREETER PROGRAM

— Reaching out the hand of A.A. —

St. Paul Intergroup will be instituting a new volunteer program called *The A.A. Greeter Program*. This will replace the old Temporary Sponsor Program which is no longer sustainable for several reasons.

The Greeter will be responsible for assisting the new person to attend 2-3 A.A. meetings of various types over a 2-3 week period, explaining how they found a sponsor and answering any questions the newcomer may have.

Signup is through the Service/Volunteer Form page on the Intergroup website. (see below)



## Volunteer Sign-up

### Volunteer Sign-up

We're always in need for volunteers to participate in the following ways:

- Twelve-Step calls
- Temporary sponsor
- Speaker at AA meeting
- Temporary contact
- Group outreach
- Office volunteers
- Web team
- Event setup
- Event cleanup
- Writing an article for the Lifeline newsletter

[Click Here](#)

If you're interested in carrying the message by volunteering, please complete [this Google form](#) for your interest to be forwarded to the office.



12th Step  
Calls

3



Website  
Visits

8,169



Night  
Owl Calls

379



Meeting  
Info Calls

83



Speakers  
Calls

4



Literature  
Purchased

158 Books

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

- Amazing Grace Grp
- Came To Believe Grp
- Clay City AA
- Dakota Alano
- Defiant Brats East
- Defogged Mens Grp
- Forest Lake Alano
- Grovers Thursdaay Night
- Happy Hour Men's Mtg
- Highland Park Grps
- Mendota 1030 AA Grp
- Midway Club
- North Dale Grp
- North Hamline Grp
- Pathways to Peace Grp
- Ridge Runners Sat 6:30 AM
- The Ringmasters Grp
- Rosemount Grps
- Sister of Sobriety
- Stepsisters of Northfield
- Summit Hill
- To Be Determined Grp
- Uptown Club
- White Bear SAT AM Women's

- 24 A.A. Groups contributed \$3,567
- 22 Gratitude Contributions totaled \$2,231
- 26 Faithful Fivers contributed \$1,065
- 35 Digital Contributions \$6,674



WE WANT TO EXPRESS  
OUR DEEPEST THANKS  
TO THE GROUPS AND  
INDIVIDUALS WHO  
HAVE SO GENEROUSLY  
CONTRIBUTED TO THE  
CONTRIBUTION DRIVE  
THIS PAST MONTH!

# THOUGHTS

FROM THE

## BOARD

---

---

WATCH THE LATEST VIDEOS PRODUCED BY OUR GENERAL SERVICE OFFICE IN NEW YORK. GO TO YOUTUBE AND SEARCH ON "ALCOHOLICS ANONYMOUS CHANNEL" TO VIEW THEM AND MANY OTHERS.

**HELLO!** My name is Lindsey and I am serving this year as the Advisor to the Board. It's the third year of my three year rotation on the Board. Like much of the Fellowship, we moved the Board and the Reps meetings to Zoom in April 2020. I really enjoyed hosting the meetings on Zoom (and in person, although I only did two of those). Zoom meetings have their challenges and advantages. I believe that we had new people attend the virtual meeting but I did miss some faces that I had previously seen in person. Our Board Elections looked quite a bit different than in years past. We continue to hold our meetings on Zoom for the time being. The Intergroup Council (the Board and the Group Representatives) meet every third Tuesday at 7:30pm. You can call the office or email us at [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) to find out Zoom info!



Intergroup needs your help! There are close to 800 meetings in the St Paul and surrounding area, yet less than 100 send representatives to our Intergroup Council Meeting and/or contribute to Intergroup. Do all of your meetings contribute time and/or money to Intergroup? Is your Group Conscious heard at Intergroup? If not, I encourage you and your Group to get involved. Intergroup is here to serve the Groups. We need your input.

A few final thoughts... In December, I led my last Board and Reps meetings. I loved leading those meetings. If I am honest, I loved the attention and praise I received. In true Alcoholic form, I found it difficult to give them up. It was another wonderful lesson on how to let go and how to let others take the reins. Being on the Board has taught me so many life skills; has taught me how to continue to grow up. 2020 was a very hard year for many of us and, at least for me, 2021 has not been a whole lot easier. I am so grateful for the continuity of serving Intergroup in these difficult times.

*With Love and Gratitude,  
Lindsey D.*

---

---

**Minnetonka Big Book Study Group**  
of  
**Alcoholics Anonymous**  
presents its  
**27<sup>th</sup> Annual Serenity "Breakfast"**  
**Sunday May 23, 2021**  
Using a virtual Webinar format



**Guest AA Speaker**  
**Butch M. from Barrie, Ontario**

  
Speaker will be ASL interpreted

to register, go to  
[SerenityBreakfast.EventBrite.com](https://www.EventBrite.com)

Webinar logon information and passcode will be sent upon registration

Speaker Meeting: 10:30 am to Noon

## St. Paul Area Intergroup Representatives' Meeting Minutes, March 16th, 2021 7:30 pm

1. Opened with the Serenity Prayer, Introductions, and read the Primary Purpose of Intergroup.
2. Approve prior month's minutes (motion: Rosemary F, 2nd: Sarah J).
3. **Treasurer's Report**, Lisa L – Total Contributions: \$8,030 Expenses: \$7,006 Total Revenue and Net Income: \$11,566 and \$2,792. The Board plans put another \$10,000 into the Prudent Reserve Account this month. The online contribution portal and sales capabilities have helped keep sales and individual and group contributions steady.
4. **Office Report**, Dennis B – We are providing the Spanish Speaking Community with their own “Bat Phone” much like the Night Owl Program. A Temporary Contact Program has been implemented to replace our Temporary Sponsor Program to provide awesome opportunities for 12-step service. Our Speaker Program is beginning again at the end of April. Consider serving! Volunteers will need to sign up again. Two year sobriety requirement. *Please email [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) for further info!*
5. **Night Owl Report**, Robyn W – There are 6 open (mostly overnight) shifts posted on the Intergroup website. There is a one-year sobriety requirement. Orientation is offered the 3rd Saturday at 10:00 am. *Please contact Robyn W at [NightOwl@aastpaul.org](mailto:NightOwl@aastpaul.org)*
6. **Website Report**, Jonathan L – There are 786 regular weekly meetings and 295 groups served by Intergroup and listed on the website, up 3 meetings and groups from last month. The volunteer forms are working now! Please forward your group's special event or speaker flyers to be posted on the website. *Please contact Jonathan & Sergey at [webservant@aastpaul.org](mailto:webservant@aastpaul.org).*
7. **Outreach Program**, Lindsey D – Outreach volunteers are needed to spread the word about Intergroup, its function, how it serves the AA community, and how groups can offer their support. *Please contact [outreach@aastpaul.org](mailto:outreach@aastpaul.org) if you are interested in serving as there is a protocol, a script to follow, and a list of meetings from which to choose.*
8. **Update from the Board**, Robyn W – We are rejuvenating Intergroup and considering offering workshops about Inventory Steps, Amends, Sponsorship, Spirituality, etc. We also need volunteers to form committees regarding the new Temporary Contact and Speaker programs. If you are interested in volunteering, please use the new volunteer sign-up forms on the Intergroup website.
9. **Liaison Reports**:
  - a. **District 8**: Mike C, There are still open positions. Info for the zoom meeting ID#: 84682476414, passcode #: 758891
  - b. **District 15**: Melana M,
  - c. **District 19**: Brian M, discussed placing brochures in clinics, hospitals, and jails. Contact [madhouse0143@gmail.com](mailto:madhouse0143@gmail.com)
10. **Intergroup Events**, Rachel P
  - a. Recap:
  - b. Upcoming: Look for the Spring Fling flyer soon on the website! It will be on zoom April 17, 2021
11. **Old Business**: You can find the Lifeline under Unity on the Intergroup website. *Please contact [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) to subscribe to Intergroup's email blast the “Scoop”!*
12. **New Business**: No new business.
13. **Group AA Announcements**:

OMD has a potluck, medallion, and speaker meeting on the first Friday of the month, both in zoom and in person.  
Sunday AM Big Book meets both in person and online, follows state Covid guidelines.  
Uptown House has blended AA and Alanon Medallion Meetings on the first Saturdays at the Recovery Church at 7 pm., hosted both online and in person
14. **Suggestions for next month's agenda**: *Please contact [secretary@aastpaul.org](mailto:secretary@aastpaul.org)*
15. **Grapevine Report**, Ken S; Volunteer for April Brian M.
16. **Concept III review**, Duane M; Volunteer for Concept IV: Melana M
17. **Mock Rep Report**, Ryan B; Volunteer for April: Duane M
18. Closed with the Responsibility Statement

### Attendance:

Lisa L - Board Treasurer  
Gary - No Time Like the Present  
Ryan B - One More Was Added to the Fellowship  
Katherine A - Pocketing our Pride  
Ken S - Como Big Book Study  
Lindsey D - Advisor to the Board  
Rachel P - Board chair  
Brian M - Meeting of the Waters, Mendota  
Jenny T - Fireside Women's Big Book  
Mary S -Uptown House Co-Chair  
Jeremiah W - Member at Large  
John K - Member at Large  
Duane M - OMD

Ryan R - Basic Text  
Emily H - Rule 62  
Laurel M - Dei by Day  
Jonathan L -- Webservant  
Elly C - Member at Large  
Jeremy L - Saturday Morning Treats  
Robyn W - Alt Chair  
Sarah J - Bright Promise Women's AA  
Jeff W - Lakeview AA Big Book  
Frank N - Third Edition Big Book Study  
Dennis B - Office Manager, Intergroup  
Melana M - 12 by 12 By the Book in Mahtomedi  
Rosemary F - Saturday Morning White Bear Lake Women's AA  
Mike C - District 8, New Brighton  
Heather B - Safe Haven  
Ben G - Main Idea  
Sergey K - Webservant  
Jodie W - Secretary

Next Meeting: March 16, 2021 7:30pm

# TWO EYES CRYING

ONE can only wonder, regardless of your beliefs, that if indeed Bill and Bob are staring down at us from the Big Meeting in the Sky with all the other AA members who have passed, they have tears of sadness for what the world is going through in one eye, while they have tears of joy in the other from what they are witnessing in the fellowship they passed on to us of Alcoholics Anonymous. I am sure that Lois and Anne have the same tears for what they are witnessing in Al-anon.

What a huge debt we owe all these AA members who have passed on to the Meeting in the Sky! They left us Three Legacies so strong that it's members have risen up in a time of crisis the world has never seen since June 10th, 1935, when AA began. Who would have known the 81st anniversary of the publishing of our great big book would occur during a global pandemic, when alcoholics need the message and solution found in that book like never before?

Bill and Bob, I am sure, have watched us with the occasional laugh and occasional tear, as we sometimes can't help ourselves. We get sober and want to change the program that saved our life, and we go from loving the worst newcomer ever, to spending too much time judging others and other groups.

However, I am confident that Bill and Bob are witnessing a rebirth of AA love, and love of the fellow alcoholic that maybe has not been seen since that Mother's Day in 1935 in a gate house in Akron, OH, that was technically before AA even started.

There are plenty of days one can ask themselves if Bill and Bob are proud of how the current members of AA are treating, and taking care of, these great three legacies they left in our care. I am sure there are plenty of days they are disappointed.

The last five weeks, I am sure, includes no days of disappointment. I look forward to the future AA convention play, showing Bill and Bob at the Big Meeting in the Sky, giving a play-by-play of everything they witnessed during these days. Tears in their eyes, witnessing the miracles made possible by the power of Alcoholics Anonymous love.

It is easy to imagine them looking at us attending meetings on Zoom, speaking on the phone with a newcomer we met in a Zoom meeting, calling an older member of our group to make sure they are ok, taking someone through the Big Book, or just taking the time off to read some AA literature.

It is also easy to imagine them being proud of seeing the instructions they left for us being carried out. Because many AA members are not

just attending Zoom meetings, but because of their sobriety, they are on the front lines fighting this pandemic as doctors, nurses, paramedics, fire fighters, police officers, National Guard, clerks at the grocery store, and on and on. What a gift these two men left us, and it's evident that not only have we preserved this gift, but we are using it to be of maximum service to God and those about us, inside Alcoholics Anonymous and outside.

*Billy N. — Buford, GA  
reprinted from the Memphis Intergroup  
The Tippler Newsletter*

---

Continued from Page 3

could it be? Imagine the guilt that can foster later on.

And lack of trust can cause a person to doubt their sponsor's worth. Building a relationship with someone means that not only will they find out about you, but you might be shocked about something your own sponsor tells you about himself or (worse yet) you hear or overhear gossip and don't want to let your sponsor know that information you discovered about him, even wondering whether or not it is true. My own belief is this: anything you wish you knew for certain about your sponsor, you have the right to ask. And you should be willing to risk that with him or her. If you are not willing, it is a sure sign you don't trust the individual and perhaps you should find someone else you can trust. And by the way? You are entitled to that. You deserve that kind of integrity.

Books have been written about the intimate stranger relationships we have with each other in Alcoholics Anonymous. Often, for us, the people who know us best are people we know little or nothing about. Yet we are expected to share and reveal things which are often embarrassing or have other potential ramifications which are complex and scary. I was lucky that I had a belief in a Higher Power which made the leap much easier. For those who don't, I would suggest getting advice and help from folk who have been around a while and perhaps would give recommendations. The importance of the Fourth and Fifth Steps of the program cannot be overstated. It's one of the few things Bill W. wanted AA's to understand-- if you don't do these two Steps, you are most likely going to relapse.

*Luke  
Portland, OR*

*The Stumptown articles are reprinted from the Portland, Oregon Intergroup Newsletter entitled "Sobriety in Stumptown"*

# Founder's Day Weekend 2021

November 26, 27 and 28, 2021

Celebrating 81 Years of AA in the Upper Midwest  
and Honoring AA Members With One Year of Sobriety!

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

## Friday, November 26

4:00 PM Registration Opens  
7:00 PM History of AA and Al-Anon in the  
Upper Midwest  
9:00 PM \*AA Speaker:  
**Paul G. (Brecksville, OH)**

## Saturday, November 27

10:30 AM Panel of Weekend Speakers  
1:00 PM AA Open Call-Up Meeting  
1:00 PM Al-Anon Open Meeting  
3:00 PM \*Al-Anon Speaker:  
**Beverly B. (Louisville, TX)**  
6:00 PM Banquet  
7:30 PM \*AA Speaker:  
**Patt O. (Los Angeles, CA)**  
9:00 PM Dance

## Sunday, November 28

10:00 AM AA Speaker:  
**Christina G. (Brecksville, OH)**

\*These meetings are ASL Interpreted



**Pre-Registration \$20.00**

**At the Door \$25.00**

Registration required and must be paid to attend Founder's Day Weekend events.

**Banquet (Limited Seating) \$45.00**

The Banquet begins at 6:00 PM Saturday evening.

## Archive Room

Friday  
Saturday  
Sunday until 10:00 AM

## Founder's Day Weekend Dance

Saturday 9:00 PM

## Activities and Accommodations at

**DoubleTree by Hilton Bloomington - Minneapolis South - Bloomington, MN**  
7800 Normandale Blvd, Bloomington, MN 55439 • 952.835.7800 or 800.222.8733

**Special Room Rates are available with early reservations.**

Please make reservations directly with the DoubleTree by Hilton Bloomington Hotel.  
Indicate they are for Founder's Day Weekend.



# 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

### LOOKING FOR A SERVICE OPPORTUNITY?

*Become a St. Paul Intergroup Night Owl*

If you are interested - Contact:  
Nightowl@aastpaul.org  
to schedule training.

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

# 2021 INTERGROUP BOARD OF DIRECTORS

Advisor to the Board	Lindsey D.
Chairperson	Rachel P.
Alternate Chairperson	Robyn W.
Secretary	Jodie T-W.
Treasurer	Lisa L.
Alternate Treasurer	Renee B.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Jeremiah W.
2021 Member-At-Large	Andrew LaB.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Robyn W.



### Office Volunteers:

Jimmy D., Chris, Mary D., Lindsey P., Lynn E., Angela, Trey B., Roger, Neilla N., Melanie, Adi B., Connie, Brooke, Frank D., Tommy, Anne, Peggy

# TRADITION FIVE

*Each Alcoholics Anonymous group ought to be a spiritual entity **having but one primary purpose**—that of carrying its message to the alcoholic who still suffers.*

**MANY** of us, myself included, when we were new to A.A. were true ‘evangelists’ of what we saw as a way to make the world a utopia of existence. No doubt the centuries old principles embodied in A.A.’s Twelve Steps, Twelve Traditions and Twelve Concepts could indeed make this a much better world. It took me some time in A.A. to learn why that approach by the Fellowship of Alcoholics Anonymous could, and most likely would be, our downfall. I once suggested this to my sponsor by saying, “The world would be a great place to live if everyone just practiced the Twelve Steps.” His reply was direct and to the point, “Yes it certainly would, my friend, but it would be even a greater place if you practiced them!” And so, as a dear friend of mine once said of himself, “I had to take my white horse of evangelism out in the woods and shoot him in order to be restored to some sanity.”

So, what is it we are to do in our groups with all the excitement and enthusiasm that exists there? It seems a waste to just let it dissipate. Well, I discovered that’s what Tradition Five is all about. It provides some guidance for the direction we might take with that spiritual energy in our home group.

I was ever so fortunate that I found myself in a part of Alcoholics Anonymous where the people I spent the most time with were actually ‘students’ of the A.A. way of life. They saw our A.A. experience as a classroom in which we studied and learned what the A.A. program was trying to teach us. We did this by reading the literature and discussing what it was trying to communicate to us in our meetings. Not just the regular meetings—but the business/group conscience meetings as well. It was in those ‘other’ meetings where we experimented with what we had learned in the regular meetings. So, the business meetings became the ‘lab’ in which we experimented with A.A.’s principles.

“Why go to all that bother?” you might ask. It’s really pretty simple—we wanted to truly know what ‘our message’ was. What was it we were trying

to carry to the new person who walked into our rooms? Think about your own experience. When starting a new job or some other adventure, if you get too many different, and sometimes conflicting, kinds of information regarding what you are to do—it makes your new job considerably more difficult and challenging. We didn’t want the newcomers to our group to have to suffer through that. We wanted to be able to give them somewhat of an A, then B, then C, etc. kind of message in order for them to be able to really get hold of the A.A. program. (This actually resulted in the initiation of a Newcomers Meeting for which we had 4 distinct sessions we suggested new people attend.)

What we discovered is that, in essence, we all thought we were saying the same thing—but, in fact, we were saying it differently. It was no wonder some of our new folks struggled so hard. They were often faced with conflicting loyalties to members and conflicting suggestions from them. It was no wonder some just drifted away—sobriety just became too big a challenge for them to sort out. Unknowingly, we were extending the baffling part of their alcoholism.

Once we sorted out all the things we wanted to communicate and put them in some kind of reasonable priority list, our newcomers began to do much better. Almost nobody left the group, or if they did, they just went to another group—but they maintained their sobriety. They also learned better ways to carry their own personal message as well. It really taught us all a great deal about communication, not only in A.A. but in our personal lives as well.

Of course each of us had to give up his or her desire to be the ‘Group Guru’ for the newcomer, as well as those often well-intentioned ideas for what they needed to do which can often lead to what the military often calls ‘unintended consequences’ in order to seek out the best solution. But an interesting thing happened along the way. Just another one of those ‘A.A. Paradoxes’ that as we focused on being better for the new person—we became better A.A. members and human beings.

GOD GRANT ME THE  
SERENITY TO ACCEPT THE THINGS  
I CANNOT CHANGE...  
COURAGE TO CHANGE THE THINGS I CAN...  
AND WISDOM TO KNOW THE DIFFERENCE.

WE'RE BACK!



THEME:

---

---

## ROCKETED INTO A FOURTH DIMENSION

---

---

The Gopher State Roundup returns to the A.A. calendar in 2021! The Gopher State Roundup Board has determined the roundup dates will be September 3rd—5th, 2021.

Please continue to monitor the Gopher State Roundup website for upcoming details, and a flyer for the event, at:

**[www.gopherstateroundup.org](http://www.gopherstateroundup.org)**

*The guidelines of the World Health Organization and the U.S. Centers for Disease Control organizations will be followed.*

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