

# The Lifeline



October 2021

24-Hour Phone 651.227.5502

## STEP TEN

*Continued to take personal inventory and when we were wrong promptly admitted it.*

### All about paint?



**I**n getting an apartment ready for a new tenant, who also happened to be in A.A. and a real friend of mine, I “salvaged” three full gallons of paint from the partially decorated confines of that apartment and hid them in my own place. My scheme was to sell the new tenant the three gallons to finish the badly needed painting, for a total of fifteen bucks.

After sleeping on that plot—or not sleeping, but tossing—I awoke early feeling upset about something that I couldn’t figure out. Facing the uneasiness squarely, I began to search the 12 Steps with a desire to understand the problem. After just one inventory of the previous day’s dealings, I came up with the awareness that my old con tactics were recurring; I had tricked myself into thinking I could be comfortable with making a lousy \$15 by cheating and lying to another A.A. member.

Now being aware of what I had done, was I going to continue to let this bug me to distraction? Or should I use the honesty of the rest of the 10th Step and ask for forgiveness? I decided the best way was

to approach my friend with what I had one, and take the consequences. Whether they were good or bad, I would feel clean of the garbage. I proceeded to ask my friend if I could take a 10th Step. And I did. His answer was beautiful; “Thank you for being honest. We all have character defects, and they trigger us back to old habits that drove us to drink, because we weren’t measuring up to what we thought we should be.”

That’s what the 10th Step did for me today. This A.A. way of life has many rewards if we seek the honest way to live.

*J.M.  
reprinted from  
the Harbor Light Newsletter  
Oct 2001  
Long Beach, CA*



## Defect Creep

**WHEN** we reach Step Ten in our journey, we’ve achieved an incredible amount of progress. Coming in the front door broken, tired and desperate for change, we settle in to the program of A.A. Going to meetings, making new friends, learning how to be accountable and, finally, staying sober enough to accept life on life’s terms, we worked incredibly hard. It was like going into the deep dark corners of a closet and

*Continued on page 2*

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### **The Lifeline: Purpose Statement**

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*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 – 9:30 AM to 5:30 PM; Closed weekends and holidays

discarding all the junk that no longer serves us. Years of old habits, old relationships and old ways of thinking are cleaned up. We no longer have to be afraid to open our mail or answer the phone. Finding joy in the simple doing of life is no longer an elusive price. It's in our hands.

How can we maintain this state for which we have worked so hard? Constant vigilance for the time we lash out in fear or anger or let our selfishness creep into our day-to-day lives and go back to our old ways of behaving. The Tenth Step tell us that in order to keep these gifts, we have to always be on the lookout.

How easy is it to justify our selfishness or righteous anger? Speaking from my own experience, it's not difficult at all! Getting irritated with a co-worker for asking you to take on some additional work, a family member who rudely asks you to help them move on your day off, or shirking a service commitment because you didn't feel like showing up, are all examples of "Defect Creep" and something we need to watch for.

How come? Well, after a subtle slip back into the way we used to think and act, how much time will it take before we are back on our resentment wagon? How long will it take to start thinking we are back in the Director's Chair, arranging those players on the stage who just don't ever quite do what we tell them? The play will turn out that same way it always did—badly.

Step Ten is an action step. It requires us to do something. Sure, it's not easy to admit we are wrong, or that we have behaved badly. That requires a small dose of the leveling of our pride we experienced in previous steps. No one likes to do that. However, the peace that comes out of such a slip is something I've experienced personally.

I remember an experience at work. A colleague had some computer problems, and it was my job to fix them. I spent quite some time working on a solution. Unable to resolve the problem, my last resort was to migrate all data off the hard drive and rebuild his computer. I told him what I was going to do and he agreed. I executed the task, moved his data back and all was well, or so I thought. I found out later that he had some family pictures on his computer that were now lost. Should he have made sure this data was backed up? Should he also have understood that his computer was company

property and not his own? Absolutely. My ego told me that I was not at fault and that the problem was his own making. Why should I feel bad about all this?

Ste Ten, however, tells us that our sobriety depends on owning up to our part when conflict arises. Of course I felt awful about what happened, but I could easily justify that what he did created the problem. However, I admitted my part of not thorough checking for personal data and asked what I could do to make it right. The experience of admitting when I was wrong was a deeply spiritual experience.

Acknowledging the messiness of life is part of the process. Just because we cleaned the closet once, it doesn't mean we can begin tossing a whole bunch of junk back in there. After all, do we really want to go through another thorough housecleaning?

Tom J.

Reprinted from the *MIRUS*  
Minneapolis Intergroup Newsletter  
2013

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**WE ARE HIRING**

St. Paul Intergroup is seeking a person to serve as an “emergency fill in” when the regular staff members are unable to be in the office. **The position is an hourly paid position.**

The duties will include the sale of AA literature and medallions, answering phones and stocking of the inventory.

For further information contact Dennis B at the Intergroup office. 651.227.5502

**NOTICE!!**

***The St. Paul Intergroup Board is in need of someone to step into the role of Alternate Treasurer. This will last for the rest of the year and the person will be trained in our POS system (Quickbooks). They will then rotate into the Treasurer position in 2022. PLEASE CONTACT: Dennis at 651.227.5502***

# 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***

Southern Minnesota 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

## WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	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	John K.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Robyn W.



### **Office Volunteers:**

Mary D, Lynn, Trey, Roger,  
Suzanne, David D, Connie, Frank  
D, Tony R, Niella M, Aric

## St. Paul Area Intergroup Representatives' Meeting Minutes, August 17th, 2021 7:30 pm

1. **Opened** with the Serenity Prayer, Introductions, and read the Primary Purpose of Intergroup.
2. **Approved** prior month's minutes (**motion: Mary S, 2nd: Mike C**).
3. **Treasurer's Report, Lisa L** – **Total Contributions: \$8,423 Expenses: \$9,383 Total Revenue: \$12,609 Net Income: \$1,721.** Revenue is up just over 2K from last month due to an increase in sales and group contributions. We are about 15K away from meeting our Prudent Reserve Goal of 60K! Thank you to all who have contributed! Please continue to support our local Intergroup and practice the 7th tradition to easily purchase your literature and medallions online at [aastpaul.org](http://aastpaul.org)! (See drop down menu on upper left hand side under *Contribute* for donations or under *Recovery* then *Merchandise* for the Online Store!) *See Treasurer's Report for complete financial details.*
4. **Office Report, Dennis B** – We have almost all of the tech equipment needed to run the Reps meeting hybrid and we can seat about 30-40 people. *The Grapevine* has published a new book titled "Prayer and Meditation." Volunteers are steady, and we would like to see more people sign up online to be on our monthly speaker list. We have a coveted second floor suite at Gopher State Roundup this year and groups are welcome to sign up to host the Suite. *Please see the Manager's Report for more details or contact the office at [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) for any info.*
5. **Night Owl Report, Robyn W** – There are 6 open shifts: and Sergey has just posted them on the website. We have two volunteers interested, please consider serving in this way! You can train either in the office on the third Saturday at 10 am or on Zoom from the convenience of your home! *Please email [NightOwl@aastpaul.org](mailto:NightOwl@aastpaul.org) to sign up!*
6. **Website Report, Sergey K** – There are 813 regular weekly meetings and 293 groups served by Intergroup; all meetings listed are assumed to meet in person unless otherwise noted as Suspended or with a Zoom link. Please contact us if you are interested in helping out with the website. You may forward any group special AA events or announcements to [webservant@aastpaul.org](mailto:webservant@aastpaul.org). *See Web Servant Report for more info & share with your group!*
7. **Outreach Program, Rachel P** – Outreach volunteers are needed to visit meetings either online or in person and share about Saint Paul AA Intergroup, its function, how it serves the AA community, and how groups can offer their support. Meetings to be visited are listed on the website in chronological order of importance, with the MIA groups listed first. Find an updated script on the website. *Please contact [outreach@aastpaul.org](mailto:outreach@aastpaul.org) with questions for Lindsey!*
8. **Update from the Board, Robyn W** – We are seeking an applicant to serve as the Alt. Treasurer on the Board (two-year sobriety requirement). *Please submit a resume to [manager@aastpaul.org](mailto:manager@aastpaul.org).*
9. **Liaison Reports:**
  - a. **District 8** (Ramsey County): *None* (Lindsey is out of town for family matters)
  - b. **District 15** (Washington County): *Heather B* – A new meeting directory has just been published. An ongoing sponsorship forum is still in the planning stages. District 15 just finished hosting the Washington County Fair.
  - c. **District 19** (Dakota County): *Brian M* - There will be a new DCM and new alt DCM. More info next month! *Please contact Brian M at [madhouse0143@gmail.com](mailto:madhouse0143@gmail.com) if interested in distributing AA literature within the county!*
10. **Intergroup Events, Rachel P, John K**
  - a. **Recap:** None
  - b. **Upcoming:** Gopher State Roundup, Sept. 3rd - 5th: [www.gopherstateroundup.org](http://www.gopherstateroundup.org) Intergroup is hosting both the Literature Booth (Board members will staff) and a Suite (AA Groups will take shifts). Call the office to sign up!  
**Unfortunately, Gopher State Roundup has since been Cancelled!**
11. **Old Business:** No old business
12. **New Business:** No new business
13. **Group AA Announcements:**

*Mary S, Uptown S* – Pin Night is First Saturday of the month at the Recovery Church featuring both Alanon and AA speakers. The meeting is both in person and Zoom, and Uptown House is getting a YouTube Channel.

*Tony R, Firing Line* – 14th Anniversary Speaker Meeting & Potluck! Sunday, October 10th, 2021, 4:30 - 7:30 pm New Life Presbyterian Church, 965 Larpenteur Ave. W in Roseville -- See flyer on Intergroup website

*Brian M* – Cornhusker Roundup XLIV this Weekend for those interested, Aug. 20-22, @ [www.aa-cornhusker.org](http://www.aa-cornhusker.org)
14. **Suggestions for next month's agenda:** *Please contact Jodie at [secretary@aastpaul.org](mailto:secretary@aastpaul.org)*
15. **Grapevine Report, Brian M; Volunteer for September:** Melana M
16. **Concept VIII review, Melana M; Volunteer for Concept IX:** Robyn W
17. **Mock Rep Report, Lucia D; Volunteer for September:** Mary S
18. **Closed** with the Responsibility Statement

### Attendance:

Eli F – West End	Jeremy L - Sat. Morning Treats	Elly C - Summit Hill, Member at Large
Lucia D - OMD	John K - Member at Large	Brian M - Meeting of the Waters, Mendota
Robyn W - Alt Chair	Dennis B - Manager	Mandy O - Women's Basic Text
Laurel M - Day by Dei	Roger E - Basic Text, NW Alano	Heather B - Safe Haven Women's, Dist. 15
Mary S - Uptown House	Ken S - Como Big Book	Gary B - No Time Like the Present
Rachel P - Board Chair	Lisa L - Sat. AM WBL Women's AA	Melana M - 12X12 By the Book, Mahtomedi
Jodie W - Secretary	Amy G - Pocketing Our Pride	Ryan B - One More was Added to the Fellowship
Sergey K - Webservant	Mike C - NBAS Rep	Frank N - 3rd Ed. Big Book Study
Tom W - Firing Line	Camille K - A New Light Women's	

Next Meeting: September 21st, 2021 7:30pm

# TRADITION TEN

*Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*

**WHEN** we first come into Alcoholics Anonymous, beat up and bedraggled as many of us are, we are not likely to be looking for any controversy. A quiet spot where we can rest and heal is more likely to be our focus. In A.A. we find that quiet spot—or so we think. It doesn't take attendance at too many meetings to learn that there are differences of opinion here as well. This is especially true in the current day and age.

As we try to participate in building this new life, we have been given an opportunity for, we find the world around us seems to be coming apart. This may lead to some of us experiencing a great deal more anxiety than we had been hoping for. But take heart, there is peace to be found with A.A., and Tradition Ten is in part the reason why.

During those drunken years, we lacked the ability to discern between what we needed to be a part of and what we should leave alone. Rarely, our experience shows, did we choose wisely. We always seemed to wind up on the wrong side of the coin. Often that meant the estrangement of those close to us—family, friends and partners all kept their distance. How are we to remedy that situation now that we are sober?

It can be said that Tradition Ten is truly an extension of the principles underlying Steps Four through Eleven. The practice of those Steps leads us to new understandings and helps to prepare us for better discernment (the ability to choose well) in our lives. We often wondered how it was possible for the older members of our home group to make much better decisions than we could. We discovered it was through those Steps that they began to practice two very vital principles. The principles of honesty and humility. We might even think of these two principles like the goalposts on a football field. You can score through either one—but you have to stay on the field to do so.

When they told us that they were now able to look at a situation, and because of their honest view of

it and humble realization of their responsibility to it, they were now able to make better decisions about how to participate. This was something we could easily aspire to.

As we became better citizens of the world around us, we began to see things about which we had strong feelings and deeply held convictions. We wondered if A.A.'s principles would help us understand what to do and where to do it. Here is where Tradition Ten really began to pay handsome dividends.

It didn't take us long to realize that some controversy was quite attractive to us. It excited us and motivated us in exciting ways. Was A.A. going to demand that we give that all up? The good news is that A.A. doesn't ask that of us, it merely suggests that we learn where and when we can make our best efforts. As we began to try and sort through this by having discussions with other members before and after the meetings, we quickly became aware that our group had some very diverse opinions on virtually every issue. Halfway through the conversation we began to wish we had never started it. As we stole a quick look at some of the oldtimers sitting at the edge of the discussion, we noticed that they had a funny grin on their faces. This disturbed us greatly and so we asked them what they thought was so funny, thinking they were laughing at us. It turns out the grins weren't about our discussion—they were remembering, with a great sense of humor about themselves, some of the times they had done what we were now doing now.

They helped us understand that it's easy to learn what to talk about in A.A. and what needs to be done in society as at large. They suggested that the initials AA ought to be the guide when deciding what should be discussed at a meeting. "Just discuss the Attitudes and Actions of you and your group" was the offering. If it isn't an attitude held by you or your group, or an action taken by you or your group—it has no place in an AA meeting.

All we can change is our own attitudes and actions. On top of that, the focus for our attitudes and actions in an AA meeting is the still suffering alcoholic—our single purpose for existing. Discussions not related to that purpose are outside issues.

Our literature points out that "the best ideas are simple." Here was a 3-part prescription for peace and serenity: 1) does it meet AA's primary purpose?

*Continued on page 8*

# ST CLOUD ROUNDUP

## "This Too Shall Pass"

October 22-23, 2021



### Speakers Lineup

#### Friday

7:00pm **Colleen C-D.** - Al-Anon  
Mayer, MN

8:30PM **Neil D.** - AA  
Mayer, MN

#### Saturday

1:30pm **Jim K.** - AA  
Lake Shore, MN

3:00pm **Alateen**

3:30pm **Julie G.** - AA  
Duluth, MN

7:00pm **Juanita U.** - Al-Anon  
Santa Fe, NM

8:30pm **Tom U.** - AA  
Santa Fe, NM

**EXCELLENT  
SPEAKERS**

**FUN  
WORKSHOPS**

**GREAT  
FELLOWSHIP!!**

**Hospitality  
Rooms**

**Ice  
Cream**

Meetings and Workshops

Saturday

#### 3 Legacies Workshops

9:00 - 9:50am Recovery

10:00 - 10:50am Unity

11:00 - 11:50am Service

#### Meetings

8:00 am Big Book Meeting

8:00am Al-Anon Meeting

### The Park Event Center

500 Division St.

Waite Park, MN 56387

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

Hotels-refer to **St Cloud Roundup** room block by 9/23/21

Residence Inn by Marriott 500 Division St, Waite Park, MN  
(King \$134/night; 2 Queen \$154/night)

Hilton Garden Inn - 500 Division St.; Waite Park, MN  
(King \$129/night; 2 Queen \$138/night)

\$15.00 Pre-Registration Ends 10/15/21 Make Checks payable to SCR

Information:  
320-296-1693  
[stcloudroundup@gmail.com](mailto:stcloudroundup@gmail.com)

Pre-Registration \$15.00  
Registration \$20.00

Mail To: St. Cloud Roundup  
PO Box 125  
St. Cloud, MN 56302

Name \_\_\_\_\_

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

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

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

Copy at will



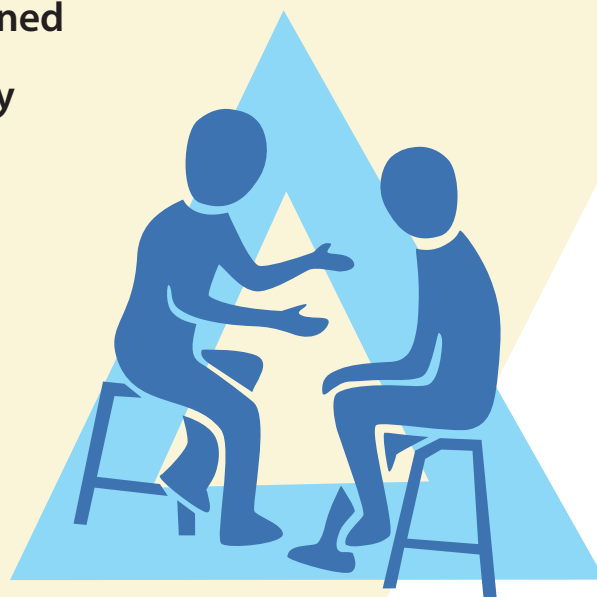
## DISTRICT 15

# SPONSORSHIP FORUM



### ***Come to this forum if you'd like to:***

- ***Listen*** to an AA member share their personal experience as a sponsee and what it's done for their sobriety
- ***Listen*** to another AA member share their personal experience as a sponsor and what they've learned
- ***Stay*** for a Q & A session followed by fellowship and a chance to meet other members of AA



*I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.*

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**WHO:** District 15

**WHERE:** Christ Lutheran Church  
11194 36th St. N.  
Lake Elmo, MN

**WHEN:** 2nd Wednesday of  
each month at 6:30 pm

- |              |               |
|--------------|---------------|
| • October 13 | • November 10 |
| • December 8 | • January 12  |
| • February 9 | • March 9     |




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If you have questions please contact: Rachel B. at 651-491-0513

Listen on ZOOM\* at: 839 2701 9525

Passcode: 217801

\*Listen only -- not interactive

If not it is a personal issue and not one for an AA meeting. 2) Is it about my attitude, or an attitude of the group? Whichever of those two it is – that's who needs to address it with honesty and humility. 3) Is it about an action of mine or my group? As before, whomever is the owner of the action—that is who must address it with honesty and humility.

So, with this very simple prescription, we can now find that quiet and serene spot from which we can enjoy life as it presents itself to us. Participating where and when we see something that enlivens or motivates us in larger society, knowing that we will be offering our support and energy where it may be helpful. Our efforts within A.A. will also benefit as they will allow us all to focus more clearly on our primary purpose.

*Anonymous*

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fear, what I had learned about myself from looking at it.

I remember thinking I would create the great American autobiography. He told me to limit myself to listing one of the seven deadly sins that my behavior illustrated. About four months later, when he asked what I had learned, I was able to list the deadly sins that most frequently appeared on my list. He accepted that list as my Fifth Step. "The exact nature of my wrongs."

For the last fifteen years, I have attended a Step and Traditions meeting. We go over and over the Steps and Traditions year after year. In this meeting, and in all our service work, we are constantly focused on the solution presented in the Alcoholics Anonymous program.

In my Fourth, Fifth, Sixth and Seventh Steps, I came to recognize that my anger, fear, and alcoholic behavior was very much like my father's. He probably lived with the same disorder that I have. But Dad never got sober. My greatest regret is that he died before I learned to make amends—to accept myself and others as we are. When he died, I was not able to say goodbye to him or to tell him that I loved him.

When I entered AA, my son had been so angry with me that he didn't invite me to his wedding. My daughter had cut off contact with me soon after her wedding. My program—and particularly my sponsor—helped me keep the door to my heart

open to them. As they realized I was behaving differently and was no longer a danger to them or their children, they slowly accepted me back into their lives. Today, we see each other frequently and their children call me Grandpa or Opa.

In the seventeen years since entering AA, I have been given much more than I could have imagined.

I remarried several years ago. Alcoholics Anonymous and my family taught me how to love others and how to let others love me.

*Patrick H., Roseville, MN  
Reprinted from the  
Sooner Sobriety Newsletter  
2012, Oklahoma City. OK*

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## HE CALLED



**ON** May 23rd of 2009 I was sitting in my living room with an opened bottle of scotch and contemplating suicide. I was drunk and couldn't stop drinking.

Actually I knew what to do: I had almost 10 years of sobriety back in the nineties. But that was 10 years earlier. I failed and now there was no hope for me. But I had nowhere else to go so I called Intergroup. It was about 2:00 AM, I hoped no one would answer the phone. I was wrong.

The phone was answered. It was just an answering service but the phone was answered. They told me that a member of AA would call me back. Again, I hoped they wouldn't. Within an hour I received a call from a member of AA. He listened to my drunken ramblings. Then he told me a little about his drinking and how he got sober. He gave me a glimmer of hope. The next morning he and another AA member came to my apartment and drove me to a detox center.

That was over 12 years ago and I haven't had a drink since. I'm so glad that when I reached out for help the hand of AA was there. For that I am grateful.

*John*



# BLISTERING DRY



In the beginning, I did not know I was alcoholic. I didn't know anything about alcoholism. But I did know that I was a humiliation and disgrace. I compared myself to my father, who appeared to be able to do anything; make money, control himself—do anything he wanted. At first, alcohol did not seem to affect him. Eventually, it did. Our home life was a minefield. And I knew he couldn't quit drinking. He tried several times but had failed. Then, as he became older, he lost a lot of control. He fell down, he embarrassed my mother, he slurred his speech, and he couldn't control his driving.

Although I was still under forty years old, I knew I was already as bad as he had become, and I hated it. I couldn't live with being a failure and a disgrace. I decided I had to quit drinking. I accepted that I could not accomplish anything in life, but I did believe that I could quit. My father could not, but I would. At last, I would have something on him—I could rub it in!

It took about two years of trying, and slipping, but on January 15, 1980 I quit drinking and have not had a drink since. But things didn't really improve.

I was no longer driving drunk—I was very, very lucky that I didn't kill anyone. I also wasn't spending money on booze. But nothing else improved. I was still the same underachieving, unlikeable, angry, and disagreeable person I had always been. I became more and more isolated, paranoid, unhappy, and depressed. I thought a lot about suicide. I made a plan. All I needed was to hit a bottom then do it.

Then one day, as I was having lunch with an attractive woman (I still thought I was in the chase), it came up that we were both former drinkers who no longer drank. She asked what meetings I went to and why she had never seen me in a meeting (ours was a small city). By that time, I had learned about A.A. I learned about the program while attending my son's treatment program as his co-dependent. His staff thought I belonged in AA. Others told me the same thing. I had once been told, "You're a dry drunk and you belong in AA."

I told my lunch companion, with very clear words, that I did this myself. I did not need any touchy-feely program! I did not need to stand around holding

hands with other men and praying. I did not tell her about my isolation, paranoia, unhappiness, or depression, and I did not mention my suicide plan. I had a chip on my shoulder about anyone thinking I needed anything—particularly, that I needed anything like AA. I believed I was self-sufficient and in effective control of my life (never mind the suicide plan). I didn't see anything wrong with the picture.

Instinctively, she seemed to know what I needed to hear. She told me I was the strongest, most wonderful man she had ever met. Then she told me that she could not stay sober for even a week without warmth, kindness, help, and love that she found every time she went into an AA meeting. Then she told me when and where her meetings were.

That night I called AA. I remember saying the words; "I need your help." Of course, I also confirmed the meeting times and location of her meetings, And then I started attending. I thought I was special. I saw myself beginning at the most advanced post-graduate program level. I believed that I had so much to give to those unfortunate AA's. Of course my former lunch companion stayed clear. I suspect she new I needed to start at the beginning. I think she realized how much help I needed.

Almost immediately, I began to feel I had found a solution that I could not have come up with on my own. Until I began attending AA, I was not capable of being honest with myself or with anyone else. I was also incapable of being loyal to those who trusted me, or of respecting the rights of others in my life.

About two weeks after I began attending AA meetings, I was called into my bosses office and publicly, disgracefully, told to resign or I would be fired on the spot. My out-of-check alcoholic anger had finally caught up with me.

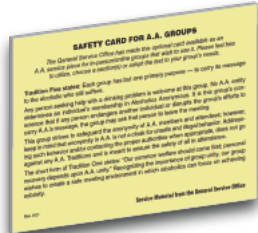
That public disgrace and shame was a turning point for me. I believe I would have carried out my suicide plan, except that I had been given hope and a better solution.

My first sponsor was appointed for me; my judgment was taken completely out of it. I didn't think he would measure up to my special needs. He started me out on the Fourth Step, saying, "If you don't get to the bottom of this, you're going to keep messing up until you kill yourself." We used the Fourth Step process outlined in the Big Book. To this he asked me to add, for each resentment or

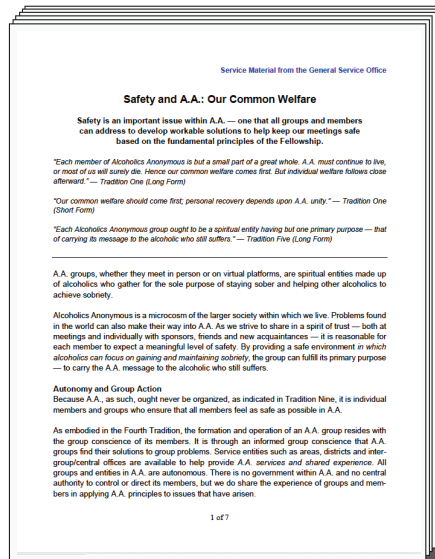
*Blistering Dry - continued on page 8*

# NEW MATERIALS RELATED TO GROUP SAFETY

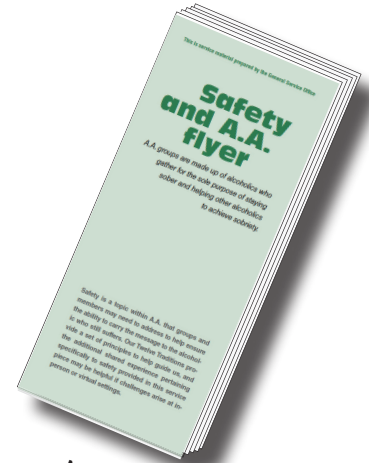
FROM THE GENERAL SERVICE OFFICE  
AVAILABLE AT INTERGROUP MID-TO-LATE OCTOBER



Revised  
Safety Card  
F211



Service Material  
from GSO  
F209



New  
Safety  
Pamphlet  
F228

The General Service Office in New York is releasing several new and revised materials related to group safety. This includes a revised Safety Card, a brand new pamphlet addressing group safety and a 7-page piece of service material discussing the various aspects of safety within an A.A. group. It also addresses what is possible, with regard to the Twelve Traditions, when action must be taken due to an unsafe situation. These will be available, free of charge, in mid-to-late October at the Intergroup Office.



12th Step  
Calls

3



Website  
Visits

7,821



Night  
Owl Calls

256



Meeting  
Info Calls

74



Speakers  
Calls

26



Literature  
Purchased

86 Books

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

- Como Park BB
- Dakpta Alano Tues 6PM
- Farmingotn Monday Night
- Forest Lake Alano
- Friends in Recovery
- Highland Park Grps
- Macalaster Group AA
- Midway Club
- North Dale Grp
- Pocketing Our Pride
- Rosemount Grps
- Shoreview 12x12
- St. Stan's Monday
- It's 7AM Somewhere
- Short Stories
- Silver Lake Men's Grp
- Summit Hill
- Third Edition
- Una Luz en el Camino
- Valley Step Grp
- White Bear Lake Wed AM Women's
- Woodbury Wed Noon Grp

- **24 A.A. Groups contributed \$ 3,608**
- **7 Gratitude Contributions totaled \$ 1,122**
- **24 Faithful Fivers contributed \$ 503**
- **10 Digital Contributions \$ 742**

WE WANT TO EXPRESS OUR DEEPEST THANKS  
TO THE GROUPS AND INDIVIDUALS WHO HAVE  
CONTINUED THEIR GENEROUS SUPPORT OF  
INTERGROUP.  
**IT REALLY MAKES A DIFFERENCE!**

# THOUGHTS FROM THE BOARD

# DISTRICT SERVICE MEETINGS

**HELLO** there! My name is Rachel, I am an alcoholic, and I currently have the honor of serving as the Board Chair to St. Paul Intergroup. My involvement with Intergroup all started a few years back when I was nominated to be the group representative for my home group, Rule 62. About a year later, I was nominated for the Secretary position on the board...and next thing I knew I was elected as Alternate Chair, and my service continues still! It has been such an amazing opportunity to learn more about our beautiful fellowship...and all I had to do was show up with a desire to help, say yes and my Higher Power did the rest!

Service work is one of the most important gifts of continued sobriety in my life today—for me, it lays the foundation for the important work we do in the fellowship. Being of service has taught me how to be a helpful and contributing member of AA, my community and of society as a whole. The importance of being on time, following through on commitments and acting with integrity were things that I have learned—sometimes the hard way—since being sober...and honestly, these things did not always come easy for me! I have the folks in AA and Intergroup to thank for much of this. It is by following the example and suggestions of others that I have been led on this amazing journey of recovery, all the while being blessed with the opportunity to be a part of something so much bigger than myself—not to mention my relatively small problems. And what a gift this is!

Finally, I want to thank each and every individual and group that has been so supportive to St. Paul Intergroup during these challenging times. Whether it is through your generous contributions, coming in and buying literature and medallions at the office or our online store, volunteering, showing up for events or attending our monthly representative meetings, or countless other ways—it is because of you that we are able to continue to assist the AA groups of St. Paul and the Suburban area to carry the AA

**District 8 (Ramsey Co.)**  
Fairview Community Center  
1910 Cty. Rd B West, Rm 108  
Roseville  
3rd Wed., 7:00 PM  
Email: [dist8@area36.org](mailto: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](mailto: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](mailto:dist19@area36.org)  
Email: [dist19@area36.org](mailto:dist19@area36.org) (for Zoom info)

message to those still suffering. From the bottom of my heart, thank you, thank you, thank you.

*In love and service,  
Rachel P.  
St. Paul Intergroup Board Chair*



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

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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 Tennes* (\$10.00/month), or *Fantastic Fifteneers* & \$15.00/month).

### 1. Contact Information:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### 3. Choose a Payment Method:

Credit Card/Debit  
 Visa  MasterCard  AMEX  Discover  
Card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Expiration Date: \_\_\_\_\_ / \_\_\_\_\_  
Name on Card: \_\_\_\_\_

### 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)

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