

The Lifeline



MAY 2022

24-Hour Phone 651.227.5502

Volume 58 Issue 5

STEP FIVE

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

DID you ever think you would get to this point—trying to tell someone all about the things in your life that you were most ashamed of? I didn't. Matter of fact, I did everything I could think of to avoid it. So much so that I learned to lie to myself with such intensity and conviction that I believed every word of it. And so, I began to rearrange my world to suit my wishes. Of course, I had to do a bit drinking to be able to really pull it off well—but then it seemed so worth it.



SHOULDER

To

SHOULDER



In those early months and years of sobriety I would often find myself telling a story that was wholly untrue, but it had come to mind so easily it just rolled off my tongue. Then would come the embarrassment of informing those to whom I had just related the story that it was, in fact, not true. Those who were also in their early months and years just scratched their heads. But the old-timers who had heard the tale merely got this little smirk on their face. I know now that they knew what was happening to me much better than I did.

On pages 5 and 37 of the book *Alcoholics Anonymous*, it points out that our insanity is

composed of a lack of perspective and a lack of a proper sense of proportion. No wonder that even today, several decades later, my sense of what has actually occurred in any significant situation doesn't paint a complete picture of the truth until 3-5 years after the event. An excellent reason to conduct myself and my affairs on a one-day-at-a-time basis.

So this sharing of my inventory gave me an excellent opportunity to get used to the idea of 'reconsidering' my life as I *thought* it had happened. To hopefully gain that proper perspective and proportion of how I had lived. However, first I had to be willing to face my fear of discovery. The discovery of all the things I was ashamed of in life, discovery or the terrible person I thought I was, and discovery of how badly I had treated some very good people. I didn't do this well—but I made the beginning. Perhaps more importantly, I have continued to make the efforts needed to become willing to see the truth about me, and life in general for that matter.

A huge discovery for me was around what the experience of 'shame' actually was. I had always thought, as it seemed everyone else did, that shame was just what you felt when you did something wrong. That's embarrassment, not shame. I actually discovered that it is much more than I thought it was. It is actually a perfect storm combination of guilt and desire—guilt (according to my own standards) about the action(s) I took and the desire to do them again (because there was

Continued on page 8

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

SHARE YOUR STORY IN THE FIFTH EDITION OF THE BIG BOOK

The A.A. General Service Office in New York is requesting submissions of personal stories to be used in the Fifth edition of the Big Book. The criteria are:

- 1) 3500 words, double spaced, in 12 point type. Handwritten manuscripts should be approximately 5-6 pages. Stories will be accepted in English, Spanish and French.

If you have any questions, please email:
5BBStory@aa.org

The A.A. General Service Office is calling for sharing from the Hispanic community for inclusion in the Fourth Edition of the Spanish Big Book. The same criteria as was mentioned above for the Fifth Edition. In addition, they will accept manuscripts related to ethnic, cultural gender and LGBTQ diversity; etc. Email: 4LGHistorias@aa.org Put "Fourth Spanish Edition on the envelope. Send to: Box 459 Grand Central Station, New York, NY 10163

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**A.A.
FOR
THE
BLACK &
AFRICAN -
AMERICAN
ALCOHOLIC**

The A.A. General Service Office in New York is requesting submissions of personal stories to be used in the pamphlet noted above. The criteria are:
1) 3500 words, double spaced, in 12 point type. Stories will be accepted in English, Spanish & French. email: pamphletstories@aa.org with your submissions or questions



**THIS IS YOUR
OPPORTUNITY TO
SHARE YOUR
EXPERIENCE, STRENGTH
AND HOPE WITH MANY
OTHER ALCOHOLICS IN THE U.S.
AND CANADA.**

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 55402-0812

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

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

2022 INTERGROUP BOARD OF DIRECTORS

WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	Rachel P.
Chairperson	Robyn W.
Alternate Chairperson	Brian M.
Secretary	Kelly K.
Treasurer	Lindsey D.
Alternate Treasurer	Bill C.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Renee B.
2021 Member-At-Large	Roger E.
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 E., Nancy T,
Roger E., Debbie L.,
Frank D, Neilla M, Jimmy D.

PLEASE POST ON BULLETIN BOARD

“Rocketed Into a 4th Dimension!”



GOPHER STATE ROUNDUP XLIV

May 27th, 28th, and 29th, 2022



Activities and Accommodations at:
DoubleTree by Hilton Hotel,
Highway 100 & 494, Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION – \$30.00 Contribution (ages 13 & over)

Scholarships available onsite

Visit www.gopherstateroundup.org for registration

Guaranteed Special Room Rates

Register early for the best rate. Details at

www.gopherstateroundup.org

or directly with DoubleTree by Hilton at 800-222-8733.

Mention Gopher State Roundup for a special rate.

Gopher State Roundup is a special A.A. conference
with Al-Anon participation.

Gopher State Roundup is self-supporting.

No contributions from A.A. groups are used to pay
for this event.

Expenses such as hotel fees, travel & lodging for
the speakers, and printed material are paid through
registration fees.

No baskets are passed during this event.

SPEAKERS

FRIDAY, MAY 27th

7:30 PM Clif G., A.A., Oklahoma City, OK
10:00 PM Jack W., A.A., Carbondale, CO

SATURDAY, MAY 28th

9:30 AM Rick J., Al-Anon, Ontario, CA
11:30 AM Deborah K., A.A., Durham, NC
2:00 PM Lynda B., Al-Anon, St. Paul,
4:00 PM Bill D., A.A. Detroit, MI
7:30 PM Bob B., A.A., St. Paul, MN
10:00 PM Micki B., A.A., Austin, TX

SUNDAY, MAY 29th

10:00 AM Bill C., A.A., Naples, FL

TRADITION FIVE

*“Each group has but one primary purpose
-- to carry its message to the alcoholic
who still suffers.”*

WHEN the topic of Tradition Five comes up in our Home Group meetings, the general response is often a variation of the comment, “Well, or course, we think carry the message ought to be our main purpose.” Then we move on to planning the next Potluck or other social event of our group. The newcomer who stumbles into this part of the discussion in a group may often find themselves feeling like the “fifth wheel” in a group.

In other situations, we get so entrenched in our groups service work—many of our members hold important service titles at the Area or in the district. So much so that we fail to have anyone available when we need to assemble a newcomers meeting for that new guy or gal who walks into our meeting.

Early in AA’s life, the need for new members and the need to help others escape from the terrors of an alcoholic life were foremost in the minds of the members. Everything else took a back seat to that. Thus arose Tradition Five. The description in the Twelve Steps and Twelve Traditions talks about how we would act if we had discovered a cure for cancer. Unfortunately, it falls a bit short today. When it was written cancer was lumped into one large basket. Today, as we all know, it is in a multitude of baskets. And so the analogy falls a bit short.

However, in a very interesting way—it is even more appropriate. Just as cancer has become multifaceted—so has recovery. Today we find a wide variety of ways to get sober, improve mental and emotional health, as well as a higher value placed on being responsible for our physical condition. The temptation to address all issues becomes the reverse of ‘divide and conquer’ and results in a ‘divide and be conquered’ experience. Therefore, Tradition Five is not only still relevant—it is now at the core of what is necessary for our survival. The tables have turned. Now it’s A.A. whose survival

rests on the application of this tradition to alleviate its fracturing—rather than the newcomer who has a wide variety of options available to them to get sober.

There is an old story about mules in the southern US that comes to mind here. Mules were a very productive animal and could be trained to do many necessary things for their owners. They would do them with diligence and dedication. However, on occasion they would get a thought in their head that would stop them cold. The only way to refocus them was the application of some object to their head or rump which caused pain. This brought them out of their mental limbo and they could once again address the focus they had carried out so well previously.

AA has been experiencing this for some time now – pre pandemic. The ratio between treatment participation and AA membership has dramatically dropped. So much so that one wonders if a chasm exists between them. Service entities struggle much more than they used to in attracting willing service workers. While contributions may be up in many places—involvement is down. *Are we trying to buy out of Tradition Five?* Sadly, many of those contributions are coming from members who have already been contributing their time. Has our Fellowship reached our time in which some pain must be applied to the head or rump? It certainly appears we need to get refocused.

It is likely that we will discover that social events and social media will not provide AA with sustainability. Only directly working with drunks can accomplish that. It is becoming more and more obvious that many of our members do not know or understand what it is they belong to—thus the reduction in service workers.

There is a story in another Big Book in which a bride’s father invites all the important people to the wedding feast. An incredible feast beyond imagination—but the important people failed to show up. Then he went into the street to invite the common people. Tradition Five asks each of us, individually and collectively, whether we will attend the feast and enjoy all that it has to offer.



DISTRICT SERVICE MEETINGS

THE 59TH INTERNATIONAL WOMEN'S CONFERENCE February 16 – 19, 2023

District 8 (Ramsey Co.)

Currently meeting on Zoom
3rd Wed., 7:00 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)



**Minnnetonka Big Book Study Group
of
Alcoholics Anonymous**

presents its

**28th Annual Serenity Breakfast
Sunday May 22, 2022**

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



**Guest AA Speaker
Beth H. from Destin, FL**



Speaker will be ASL interpreted

Breakfast: 8:00 am to 10:25 am
Speaker Meeting: 10:30 am to Noon

Only \$10.00 in advance ~ \$15.00 at the door
(Speaker only = Seventh Tradition)

Map and directions on the back of this flyer

The Language of the **Heart** Will Be Spoken Here

Being held at

The Renaissance Dallas Addison
15201 Dallas Pkwy, Addison, TX 75001
(972-386-6000)

For more information,
contact Lindsey D. at
treasurer@aastpaul.org

St. Paul & Suburban Area Intergroup Representatives' Meeting Minutes, March 15, 2022 7:30 pm

1. **Opened** with the Serenity Prayer, Introductions.
2. **Approved** prior month's minutes (motion: Jodie W. , 2nd: Roger E.). Passed with a majority vote.
3. **Gopher State Update - Rick S.**- Gopher State is back in person in 2022. Doubletree by Hilton Hotel. May 27-29. \$30 contribution suggested but scholarships available if you cannot afford that price. For a digital flyer, or if you have questions, please contact Rick S. by email at rickswanson624@gmail.com or by text at 612-735-7202.
4. **Treasurer's Report, Lindsey D** – *See the Treasurer's Report for complete financial details.*
Contributions are steady over last month but YTD contributions are down a bit due to (1) being at the top of the contribution drive last year at this time and (2) large contributions that came in last year totally approx. \$15K. Please ask your group if they can contribute to Intergroup if they are not already doing so. Individuals can also make a donation or support our online Intergroup store at aastpaul.org! Group & individual contributions make Intergroup possible. Dennis and the alt treasurer of the board are working to do a lot of cleanup in the QuickBooks system that Intergroup uses for accounting and financial reporting.
5. **Office Report, Dennis B** - *Please see the Office Report for more info or contact the office at lifeline@aastpaul.org*
Volunteers are still needed at the Intergroup office to staff the phones. There are several open shifts. There is an increased volume of people calling just trying to get sober "off the streets" - volunteers are needed to answer these calls.. Due to price increases (\$1.50 for Intergroup), fancy medallions will increase in price at the St Paul Intergroup store by \$1. There will be no change at this time to regular medallion pricing. Last month, the speaker program went well. Intergroup is hoping to achieve that again this month before increasing capacity. Ryan B. brought up a concern with the speaker program. Members from his group signed up and showed up but the times or other information was incorrect. Dennis noted that we rely on groups to give us accurate information AND that speakers should connect with the group contact at least one week in advance of their commitment.
6. **Night Owl Report, Rachel P.** – There are three open shifts: 3 open shifts: 2nd Sunday 9AM-2PM (Lisa M. volunteered to take this commitment), 3rd Tuesday 10PM-6AM, 4th Monday 10PM-6AM. Orientation training is offered on the third Saturday of the month at 10 am via Zoom, or individually as requested. *If you would like more information, please email Rachel at nightowl@aastpaul.org.*
7. **Website Report, Jonathan L** – *Please see the Web Servant Report for more info or contact Jonathan at webservant@aastpaul.org*
8. 779 regular weekly meetings, 292 groups in the area (down 2 groups & up 2 meetings). Basic HTTP authorization removed for night owl instructions and board site (credentials are the same). If you have web development skills, are interested in serving, or have any special group AA announcements, *contact webservant@aastpaul.org.*
9. **Outreach Program, Brian M** – Hoping to increase attendance to 68 reps (from 30) attending this meeting by December 2022. Volunteers are needed to join the outreach committee and/or visit meetings on the MIA list for accuracy, encourage more Rep involvement, and increase contributions. *Please contact Brian M. at outreach@aastpaul.org or 651-303-7349.*
10. **Update from the Board, Brian M** – Intergroup board meetings will now start at 6:00PM instead of 6:15PM. The board will start implementing a policy writing process in collaboration with Dennis. The board could use help from volunteers at the Gopher State hospitality suite and with literature. Please see if your group members would like to volunteer!
11. **Liaison Reports:**
District 8 (Ramsey County): **Lindsey D** – District 8 is planning a spring activity - more details to come about this. District meetings are open to anyone who wishes to attend. The group records chair position for District 8 may be open. If you're interested, *reach out to Lindsey D at 952-215-4471 or treasurer@aastpaul.org.*
District 15 (Washington County): - **Heather B.** District 15 is holding a spring workshop that will be held in Lake Elmo - more information to come. The last sponsorship forum (held monthly for the past 6 months) was held on March 9th. There is discussion to continue it, perhaps on a less frequent basis.
District 19 (Dakota County): **Brian M** - District 19 wrote a letter campaigning to "Revitalize District 19". If you have a group in Dakota County *please contact Tim V. at 612-209-3291 or Brian M. at 651-303-7349.* District meetings are normally held on the 2nd Tuesday of the month on Zoom. There are MANY positions currently open at the District level.
12. **Intergroup Events -Robyn W.**
Intergroup's Spring Fling will be held on April 30th in St. Paul with games and food from 4-6:30PM and an open speaker meeting at 7PM. Check out the flyer in the April version of the lifeline and on the Events page of the Intergroup website. *If you would like to get involved, contact Lindsey D (treasurer@aastpaul.org) or Kelly K (secretary@aastpaul.org).*
13. **Old Business:** No old Business
14. **New Business - Rachel P.** presented the 2021 Annual Report which detailed the services offered by Intergroup and the changes that happened during the calendar year of 2021, including the first hybrid reps meeting!
15. **Group AA Announcements:**
Lisa M: **Main Idea** (at First Baptist Church of St. Paul) changed their 8AM Saturday meditation meeting to include childcare
Eliot W: **Outright Mental Defectives** (West 7th in St. Paul) resumed offering childcare at their meeting - Wednesday from 7-9PM.
16. **Suggestions for next month's agenda:** *Please contact the secretary at secretary@aastpaul.org.*
17. **Grapevine Report** Jennifer G.; **Volunteer for April:** Tom S.
18. **Concept II & III review,** Elly C.; **Volunteer for Concept IV:** Lisa L.
19. **Mock Rep Report,** Lindsey D.; **Volunteer for April:** Rachel P.
20. **Closed** with the Responsibility Statement

Robyn W - Chair	Lindsey D - Treasurer, Dist 8	Sharon M - Basic Text 10AM Sat	Brian M - Alt Chair, Meeting of the Waters, Mendota
Rachel P - Advisor	Lisa M - Main Idea	Dave O - DCM District 15	Roger E - Basic Text, Member-at-Large
Kelly K - Secretary	Mandy - Pocketing Our Pride	Mike C - New Brighton Alano	Jennifer G - Member at Large
Rick S. - Gopher State	Nancy R - 112 Read this Book	Maxwell B - West End	Melana M - 12X12 By the Book, Mahtomedi
Bill C - Alt Treasurer	James L - Hole in the Donut	Ryan B - One More Was Added...	Dolores D - Practicing these Principles
Dennis B - Manager	Lisa L - WBL Women's AA	Ely C - Member-at-Large	Heather B. - Dist 15 Liaison, Safe Haven for Women
Jonathan L - Webservant	Gwen M - Fireside Big Book	Tom W - Firing Line	Mark R - Summit Hill AA Group
Jodie W - SPOSM	Camille K - A New Light	Bob H - 3rd Edition	Patrice V - Gloria Dei Online Group
Lisa S - Midway Alano	Dave P - Happy Joyous & Free	Eliot W - OMD	Pat M - Sunday AM New Brighton Group

Next Meeting: April 15, 2022 at 7:30PM at the Intergroup office building or online via Zoom

something about them I liked). This gave me a completely new understanding of many things in my life. Not only that, it also gave me the ability to separate any shame I felt in regard to my family members. Knowing this I could now distinguish between the love of the person and the disgust with an action they, or I, took. Just like me, the love and the desire were like two different people fighting for possession of the one body. A spiritual schizophrenia of sorts.

There is an old Native American story about a white dog and a black one. Each represents either the good or the bad. According to the story, the question is, “which one will you feed?” In other words, who will you be? The problem for folks like me is that we try to feed them both—and it destroys us if we don’t find a way to honesty.

But none of these kinds of revelations were possible without following the suggestions in the Big Book. First off, it is clear that when we go to do our Fifth Step—it is our responsibility to inform the person with whom we are doing it with, exactly about what we are attempting to do. *It is critically important that we understand what this process is about.* Failing to do that is like getting the load of dirt I once ordered. The fellow came and dumped it in my driveway without asking ‘when’ or ‘why.’ So I had a mess cleaning it up. If we don’t have a clear understanding of what we are attempting to do, how we expect to do it, and what we hope to discover as the result of it all—we are likely to have an even bigger mess to clean up.

Yes, we may feel somewhat elated when done, even though we haven’t done what I just described, but that is simply because we are no longer expending the same level of energy to keep it all hidden. There is a huge difference between ‘relief’ and ‘release.’ True release only occurs as a result, which comes from understanding, which allows us to say we are “happy, joyous and free.” *Relief* is simply getting the monkey off our back—but we are still hanging around the jungle where the monkey lives. It will only be a matter of time before he is on our back again.

A guide is essential to the freedom we seek in Step Five. Someone who can help us understand the process, our responsibility to it, and the potential results. Often, this is a sponsor. However, if our sponsor hasn’t followed this process, it will be best to seek out a spiritual advisor – either within

or outside A.A. – to help guide us. The Big Book talks about “walking shoulder to shoulder” with the people we sponsor. Nowhere is it more important to do so than around Step Five.

There is a common misunderstanding in A.A. of what is to be included in Step Four, which gets reviewed in Step Five. Again, another reason to be very clear about what we are engaged in. The misconception is that we are listing the actions that caused problems in our lives. That can’t be further from the truth.

Prior to the writing of the Twelve Steps for inclusion into the Big Book, the early AA’s used the Four Absolutes—Absolute Honesty, Absolute Unselfishness, Absolute Love and Absolute Purity (it should be noted that Purity means *the willingness to become purified*). Using these four things points one directly at our attitudes, not our actions. *The actions are merely the outward expression of inwardly held attitudes.* Therefore, it is our attitudes which we take into Steps Six and Seven. I discovered this due to my sponsor who suggested I follow the approach used by the first 100. Now this part of the AA program makes considerably more sense to me. That’s why I need a guide!

Thoughts from the Board - continued from page 10

ideas, and sometimes it is best to keep my mouth shut and following the group conscience is usually a better course of action. These are all the skills we need to help ensure AA carries on for the Alcoholic who still struggles like my friend who needed my help, and we get the benefit of being better leaders, employees, teammates, and all-around better people. If you think you need help with any of these skills or if you have these talents, come join us!

In my homegroup we read a story not long ago that ended with “Don’t give up until the miracle happens”. I am grateful for the Miracle of sobriety for today.

In love and service, Jennifer G



50th Annual Iron Range Get-Together

May 6th, 7th, 8th
The Courage to Change

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

Friday, May 6th

Join In
"Tropical Shirt Night"

6:30 pm - Registration Opens
8:00 pm - Speaker: Steve L., Biwabic, MN

Saturday, May 7th

10:00 am - Outstate Panel
1:00 pm - AFG Speaker: Sharon B., Grand Forks, ND
3:00 pm - Call-up Meeting
7:00 pm - AFG Speaker: Eloy M., Fort Collins, CO
8:00 pm - AA Speaker: Ole B., Grand Forks, ND
??? till 11:00 pm - 7th Tradition Ice Cream Social

Sunday, May 8th

8:00 am - (Open) BB Meeting
10:00 am - AA Speaker: Steve S., Saint Joseph, MN

IRGT Pre-Registration Form

A.A. \$18.00 A.F.G. \$18.00
 Alateen \$6.00 Other \$18.00

Name _____

City/State/Zip _____

Group Name _____

IRGT Pre-Registration Form

A.A. \$18.00 A.F.G. \$18.00
 Alateen \$6.00 Other \$18.00

Name _____

City/State/Zip _____

Group Name _____

THOUGHTS FROM THE BOARD

LAST week I was called to go on a 12th Step call. (I also celebrated 8 years of sobriety) I talked to this Gal for a few minutes on the phone from my car while I was leaving the grocery store and decided I should go to help. I got her out of her car which she should not have been driving and got her somewhere safe. I look back on this event and think about what AA has given me and am grateful to be relieved of the pain of the still suffering alcoholic on the other hand I am reminded of my responsibility to reach out when any alcoholic needs the hand of AA.

Sometimes we think of service in AA only as squad leader, coffee maker, sponsor or greeter at our home group, really there is much more to service in and to AA. Just ask the Area 36 Delegate or the Intergroup Board Chair what they do in service to and for AA. It is this part of service that our sponsors asked of us when they asked us if we would be willing to share what we have been so freely given. I can remember my first sponsor making it very clear what was going to be expected when we got done reading page 164. I was expected to raise my hand and be a member of AA, not just a meeting attendee. I was terrified the group was going to ask me to do something then my sponsor made me raise my hand. How rude! Eight years later I find myself having a hard time

saying no whenever I am asked to do service work. I have been a Trusted Servant for my Homegroup, District, Area and now St. Paul Intergroup. I will say that I did not come into my first service position on my own. I was late for a business meeting and suddenly I was “voluntold” that I was the new GSR for my homegroup! I am not sure what my group was thinking but they made a small exception to the sobriety requirement, asked me if I was willing and just like that my service career began. It has been one of the most rewarding parts of my sobriety.

Several people have said in the past that service work in AA is like the “secret sauce” on hamburger or rack of BBQ ribs. The secret sauce is for me, the true meaning of practicing these principles in all our affairs. If you would have told me that I would go to help a drunk get somewhere safe, or that I would answer a desperate call during the middle of the night from a stranger on the telephone, or that I would be a member of a Board of Directors for a Non-Profit organization I would have laughed and said not a chance. But here I am, AA has done for me what I could not do myself. I have learned how to run business meetings (Robert’s Rules still confuse me sometimes), I have hosted workshops, attended workshops, taken meeting minutes, written newsletters and attended many business meetings. I learned that my ideas are not the only

continued on page 8



12th Step Calls

3



Website Visits

8,169



Office Calls

106



Night Owl Calls

298



Meeting Info Calls

38



Speakers Calls

3



Literature Purchased

134 Books

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

- Basic Text
- Bridge To Shore
- Children of Chaos Plus
- Complete Defeat Group
- Friends in Recovery
- Gloria Dei
- Grovers Thursday Night
- Happy Hour Men’s Mtg
- Highland Park Groups
- Maplewood Groups
- Midway Club
- Rosemount Groups
- SOS-Sharing Our Sobriety
- St. Paul Speaker Mtg
- Third Tradition Group - Nfld
- Una Luz en el Camino
- Uptown Group
- White Bear Lake AA - Monday
- White Bear SAT AM Women’s
- White House Cliff Hangers
- Woodbury Wed Noon

-
- **23 A.A. Groups contributed \$ 3,803**
 - **13 Gratitude Contributions totaled \$ 351**
 - **29 Faithful Fivers contributed \$ 1,195**
 - **15 Digital Contributions \$ 1,585**
-

Thank You So Very Much!



75th Superior Roundup

Serenity, Courage, Wisdom

April 22nd, 23rd, & 24th 2022

Superior Fairgrounds Curling Club
Superior, Wisconsin

Friday

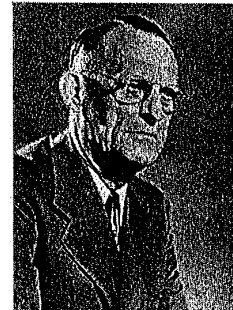
2:00 PM REGISTRATION OPENS
3:00 PM OPEN AA MEETING
7:00 PM AA SPEAKER KIM R. FREEDOM, WI
ICE CREAM SOCIAL TO FOLLOW

Tickets \$20

*Under 1 year sobriety free

Saturday

8:00 AM REGISTRATION OPENS
8:30 AM YOGA Y12SR
10:30 AM MEDITATION WORKSHOP
1:00 PM YOUNG IN SOBRIETY PANEL
2:30 PM ALANON WORKSHOP
4:00 PM AA OPEN MEETING
6:30 PM ALANON COUNT DOWN
6:45 PM ALANON SPEAKER JENNY C. COHASSET, MN
7:45 PM AA COUNT DOWN
8:00 PM AA SPEAKER PATRICK M. OTTAWA ONTARIO
9:15 PM ICE CREAM SOCIAL
9:30 PM DANCE WITH DJ Z



Sunday

9:00 AM OPEN MEDITATION MEETING
10:30 AM AA SPEAKER BRUCE E. EAU CLAIRE, WI



Please visit www.superiorroundup.org

75th Superior Roundup Registration Form

Please mail checks to: Superior Roundup PO Box 1287, Superior, WI 54880

Name: _____ AA _____ Alanon _____
Address: _____ City: _____ State: _____ Zip: _____

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

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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 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