



STEP FOUR

We made a searching and fearless moral inventory of ourselves.

A BLANKET OF FORGIVENESS

Upon entering AA at the ripe old age of thirty-five, having lost my family, my business, and my home, I knew I had to resolve my conflicts or go mad. I realized I would find no peace in this program unless I was willing to change. So I set out to do a Fourth Step.

I used the inventory on pages 64-65 of the Big Book with amazing results! Whenever I've been willing to be honest about my past experiences, I have been able to see that I set the ball rolling on every one. It was hard to stay angry when I found I was about ninety-five percent responsible for the problems, and I could see this when I wrote them out and let them go--with the exception of one, my problems with my father. It is this experience I would like to share.

I am the youngest of five children. My father was an active alcoholic all through my early childhood. He sobered up in AA when I was eleven and never drank again. My mother, also an alcoholic but better able at this time to maintain her drinking, divorced my father. She never got involved in either Al-Anon or AA and went on to marry another alcoholic. She committed suicide on my fifteenth birthday.

During these years I was raised mostly by my older sister. Without much discipline in my life, not only was I in trouble a great deal of the time in school but also with the law. Back in those years most people felt sorry for me because of my family situation, and I used that fact to every advantage I could. I now see how I blamed my father for everything that happened in my family. I blamed him for my mother's death and for every problem I had. He was a scapegoat for everyone in the family. Society reinforced this fact so it was easy

to stay angry at him. I saw him as guilty of doing something to me, and I couldn't seem to forgive him. At that time, I couldn't see how I was imprisoning myself with this mindset.

Still working on my Fourth Step, with no luck resolving this issue, I decided to stop looking at my relationship with my father and to explore the anger toward my own family situation. I have two children and I was angry with their mother because our relationship had failed.

As I began looking with honesty at my part in what had happened, I realized that I had done exactly the same thing to my family that my father had done to his. What I did, I did with no malice or intent to harm anyone. My wife and I were fighting each other on every issue and at every level. I left my wife alone to raise the children as I was trying to clean up the financial disaster I had created--and continued to create daily. I was losing my business and my properties, continuing to rob Peter to pay Paul. My home was already gone and I was losing my ability to control my emotions. I know beyond any doubt I was doing the absolute best that I could do at the time. I'm sure our families and friends must have thought that I didn't care about my family. This definitely was not the case. I loved them very much. But my whole life was falling apart. I abandoned my family, not understanding the impact of what I was doing. My thought was: At least my children have one parent looking after them.

When I saw all this, I realized that my father's situation was no different from mine. My father was an alcoholic, operating and living in insanity just as I was. When I became aware of this fact, I immediately saw him in a different light. I understood his position rather than only mine. I had gone for thirty years of my life trying to get people to understand me, and here was a different formula: If I could understand others, I could release myself from resentment and truly forgive what had occurred. Out of this new perspective I no longer saw my father as guilty of doing anything to me. My resentment dissolved--never to return.

After this experience I was able to sit down and write my fa-

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

Phone: (651) 227-5502

SPRING FLING

VOLUNTEERS WANTED ST. PAUL INTERGROUP

Planning for an April 29th Event

St. Paul Intergroup is planning our annual SPRING FLING and needs several volunteers from the AA community to help us. Please read through the opportunities to the right and sign up today. Thank you for helping Intergroup ensure newcomers see the joy and fun in AA!

But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. – page 132, Alcoholics Anonymous

We could use a strong leader to organize volunteers & coordinate with a contact on the board

People to set up at the event

Serve food or run a booth

Clean up

Shopping & Transport to the event

ST. PAUL INTERGROUP
33 Wentworth Ave #355
West St. Paul, MN 55118
651.227.5502

<https://www.aastpaul.org/>

altchair@aastpaul.org

ther a letter from a new and clearer reality. I told him how proud of him I was for his staying sober and hoped I could follow his example of recovery.

Today I have a great relationship with this man. We go to meetings together when he is in town. A wonderful healing has taken place in our lives.

There have been other healings in my recovery, like a blanket of forgiveness spread over my life. I am able to see many other situations more clearly. I am beginning to come to peace within myself through forgiving others. I owe all this to AA.

A friend asked me a couple of years ago if I had any guilt about what happened in my family. My answer is no. I was doing the best I knew how, with what I had to work with. I believe the reason is simple. When I let my father off the hook, I let myself off the hook at the same time. By what measure I judge others, I judge myself. By what measure I forgive others, I forgive myself.

Rick B., Minneapolis

Reprinted from the AAGrapevine, October, 1992, with permission of the A.A. Grapevine, Inc

THOUGHTS FROM THE BOARD

Meet the new Intergroup Office Manager

Ten years ago, my life was a complete shambles. I was your typical alcoholic, an ego-maniac with an inferiority complex. Even though I was going through a divorce and had lost my license to practice law, I was still in complete denial about my alcoholism and the suffering it had wrought for myself and for others. I was living a life of pure self-will run riot. I was convinced that I was simply unlucky and that, if I could just exert myself harder, if I could just summon sufficient willpower, I could be a success. Truth be told, it would take many years of sobriety before I would learn to ask for help and accept help from a power greater than myself.

I had my reasons for self-sufficiency. I was raised in two households where I had very stressful relationships with my stepparents. Nothing was ever good enough. And my parents, even though they were loving and caring to the best of their ability, were not around very much and were not able to help me to achieve any semblance of a loving relationship with my hyper-critical stepparents. At least this is how I experienced it. Thanks to staying sober and working the Steps, I now have come to accept that my stepparents did the best they could and were coming from their own twisted childhoods.

In any event, I found in my childhood that the best way I could get recognized or get praised was to excel academically. So I studied very hard and achieved good grades, did well in high school sports, particularly cross country, where I set the high school record. I also studied and did very well on my S.A.T. exam. Due to my academic success, I was given a full-ride scholarship to university.

It was at university that I first realized I drank and used drugs alcoholically. Upon graduation, I made a promise to the woman

that would eventually marry me not to drink so much that I made a fool out of myself and not to use drugs anymore. And despite my breaking this promise many times, she helped me to get through law school, and we eventually had a daughter together. For a while I was able to hold together the picture of happy life. But self-centered alcoholic that I was, once I finished law school and was working as an attorney, my drinking and drugging got worse and worse. Eventually it led to splitting up with my ex-wife, losing custody of my child, and losing my license to practice law.

I bottomed out sitting in a jail cell reserved for those on suicide watch. I still don't know for sure who intervened on my behalf, but I found myself pouring out my heart to my cellmate. After my admission, or confession you might call it, my cellmate thanked me and asked me to pray with him. This would be the first time I'd prayed since I was a child, before my over-indulged pride told me that there was no God. We weren't allowed to touch but he prayed for me and we ended with the Our Father. I started weeping; without knowing it, I had taken Steps 1 through 5. I couldn't believe how much lighter I felt. I had gone from self-loathing and despair, to a kind of humility, acceptance, and hope.

Within about a month, I was divorced, had consented to cease practicing law, and was starting over again in Minnesota. I remembered that while I was in jail, the only book I read and enjoyed was the Big Book of Alcoholics Anonymous. Also my cellmate who heard me tell my tale of woe had challenged me to quit the drugs and the drinking and had recommended AA to me. Furthermore, I was being told by family and loved ones to check out AA. In short, I had been beaten into a state of reasonableness; I was finally willing to ask for help.

I finally reached out for help and found the program of Alcoholics Anonymous. I was amazed at the camaraderie, fellowship, and good-humor. Listening to the shares, I quickly was nodding my head and beginning to start wanting what you had. In one of my very first meetings, I found a sponsor and started working the program to the best of my ability. Within three months, I had worked my way through the Seventh Step, had found new employment, and had found the best friends I've ever known.

The 12 Steps have completely changed my life. I've worked through the steps multiple times and had three sponsors over the last 10 years. Each time I've worked through the steps with a new sponsor I've experienced life-altering perspective and personality changes. In other words, I've had multiple spiritual experiences that have allowed me to finally be comfortable in my own skin and effectual in the middle of the pack. The compulsion to drink has been lifted and I have access to a program for living that works.

And now that I'm the Office Manager for Saint Paul Intergroup I have the opportunity to truly WORK the Steps and Traditions on a daily basis. After approximately six weeks on the job I feel just as excited about this work as I was on day one. Frank and Ken, who have both served multiple years as Tradition Eight workers at Intergroup have been excellent teachers. I am most grateful for this tremendous opportunity and look forward to serving the community.

Noah L., Office Mnager

"Sunlight of the Spirit"



GOPHER STATE
ROUNDUP XLVIII
May 26th, 27th & 28th
2023



Activities and Accommodations:

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 On-site

Register in Advance

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.



ASL Interpreters are furnished for all Speaker meetings.
For more information, visit gopherstateroundup.org or contact
Gopher State Roundup at Gopher State Roundup Attn: Chair,
PO Box 390533, Minneapolis, MN 55439-2026.
P.O. Box 390533

TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

A RECIPROCAL DYNAMIC

What does Tradition Four mean to me? This Tradition reminds me of Tradition One. Tradition One deals with the relationship between the value of personal recovery and AA unity. Since personal recovery depends on AA unity, then our common welfare must come first. Now Tradition Four comes along and deals with the relationship between the group and AA as a whole. Here again, maximum liberty and respect is to be given to the group. But the group, and the individuals in it, are asked--for their own survival and sobriety--to adjust, temper, and discipline that freedom when it begins to affect other groups or AA as a whole. If each group runs amuck and does what it pleases, Alcoholics Anonymous will be destroyed and in short order the group and individual sobriety will be destroyed in turn.

We alcoholics are plagued by a thousand forms of fear. We are easily moved to overcompensate and to indulge in grandiosity and megalomania! Once we let our discipline go lax, our humility and sense of obedience diminish and our foolish pride and blind ego take over. Then we can be a negative influence in a group, do harm to the individuals in it--even contribute to the destruction of the group.

How is this Tradition working in my life? It reminds me of Step Three. The group is given a reasonable and decent independence, but then it is called upon to turn its will and life over to AA as a whole, as an expression of the will of God for us. The Third Step works this way on the individual level, Tradition Four on the group level.

If I don't listen to my sponsor and get rebellious, am filled with pride and self-will, it is only a matter of time for me to get the "crazies" again and fall into the practice of my addiction once more. But if I reject my foolish, blind pride, have a healthy distrust for my own opinions and motives, and submit myself to a sponsor and do what he says, then experience has shown me that things go well and I really live out the turning over of my will and my life to God. It's the same with the

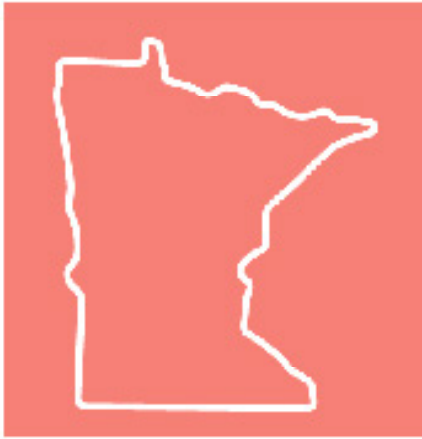
group in Tradition Four. When our group's collective arrogance and pride and self-will take over, the group moves collectively away from turning its will and life over to God. But when it submits itself to the good of other groups and of AA as a whole, it will experience that peace and growth that comes with submission to the will of the Higher Power. It will flourish. When it doesn't do that, it will wither away and die, just as I will if I neglect Step Three.

What does this Tradition call on me to do? It calls on me, it invites me, it obliges me to be vigilant in the group for collective pride and self-will, just as I have to be always vigilant in my own life for the same poisons. It doesn't mean I have to be the resident guru or "bleeding deacon." It only means that in a humble, prudent, caring way I be aware of the dangers to our group and to other groups and to AA as a whole, if we let ourselves get carried away in self-seeking, arrogance, pride, and self-will.

What's in it for me? Plenty. If I live Step Three, it will stimulate and encourage Tradition Four. If I live Tradition Four, it will in turn stimulate and encourage the living out of Step Three in my life. There is a reciprocal dynamic between these two principles. And I come out a winner because I'll stay sober. If I submit my will and live in Step Three, I lose the dominion of my exaggerated arrogance and self-willed pride. I gain freedom. If I live that way in the group and encourage the group to live that way in Tradition Four, the same thing will happen to the group. In submitting itself to the welfare of other groups and AA as a whole, in the very act of submission, the group will lose slavery to its lower instincts and gain freedom. And I, as a member of the group, will share in that freedom and at the same time contribute to it. Step Three and Tradition Four inspire and strengthen each other. I win and the group wins and AA wins.

Anonymous, Los Angeles

Reprinted from the AAGrapevine, October, 1992, with permission of the A.A. Grapevine, Inc



RULE 62 STEP & TRADITION MEETING

9TH ANNIVERSARY POTLUCK HYBRID MEETING

**6:00PM
POTLUCK**

**7:00PM
OPEN
SPEAKER
MEETING**

**SPEAKER:
DOUG M.
(BETTER
THAN GOLD)**



**JUN
24**

**CALVARY
LUTHERAN CHURCH**
341 Hamline Avenue South
Saint Paul, MN 55105

ZOOM MEETING ID
392 424 726

***FRIENDS
AND FAMILY
OF AA
WELCOME TO
ATTEND!**

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 2407
James A Farley Station
New York, NY 10116-2407

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

WAYS TO FINANCIALLY SUPPORT INTERGROUP

1. VIA SQUARE

Use the camera on your phone to scan this QR code to be redirected to the SPI



<https://square.link/u/jlF6dLuj>

2. VIA CASHAPP

Contribute to SPI via CashApp
~ \$spintergroup

Please add SPI to your favorites and consider making regular contributions

3. VIA CHECK

You are always welcome to stop by during business hours, or mail a personal or AA group check to the

Saint Paul Intergroup
33 Wentworth Ave E, Ste 355
West St. Paul, MN
55118-3431

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

presents its

**29th Annual Serenity Breakfast
Sunday May 21, 2023**

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



**Guest AA Speaker
Bob D. from Las Vegas, NV**



Speaker will be ASL interpreted

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

Only \$15.00 in advance ~ \$18.00 at the door
(Speaker only = Seventh Tradition)

DISTRICT SERVICE MEETINGS

2023 INTERGROUP BOARD

District 8 (Ramsey Co.)
 Fairview Community Center
 1910 Cty. Rd B West, Rm 108
 Roseville
 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)



Advisor to the Board	
Chairperson	Eliot W.
Alternate Chairperson	Renee B.
Secretary	Kelly K.
Treasurer	Bill C.
Alternate Treasurer	Gerry L.
Member-At-Large	Tom W.
Member-At-Large	Angie T.
Member-At-Large	Janice K.
Member-At-Large	Mary U.
Office Manager	Noah L-C

SPECIAL SKILLS NEEDED

THE SAINT PAUL INTERGROUP OFFICE

is interested in expanding our volunteer base to include people

- graphic design
- office administration
- retail sales
- human resources/training
- event coordination
- communications

**For more information or to volunteer
your time, please email
altchair@aastpaul.org or call the office
at 651-227-5502**

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*



76th Superior Roundup

Serenity, Courage, Wisdom

April 21st, 22nd, & 23rd 2023

Superior Fairgrounds Curling Club
Superior, Wisconsin

Friday

2:00 PM REGISTRATION OPENS
3:00 PM OPEN AA MEETING
7:00 PM AA SPEAKER Jaynee W. Eau Claire WI.
ICE CREAM SOCIAL TO FOLLOW

Tickets \$25

*Under 1 year sobriety free

Saturday

8:00 AM REGISTRATION OPENS
8:30 AM YOGA Y12SR
10:30 AM WORKSHOP "FEAR" Tim W.
1:00 PM YOUNG IN SOBRIETY PANEL Sara L.
2:30 PM ALANON WORKSHOP
4:00 PM AA OPEN MEETING
6:30 PM ALANON COUNT DOWN
6:45 PM ALANON SPEAKER Jamie G. Herbster WI.
7:45 PM AA COUNT DOWN
8:00 PM AA SPEAKER Michael D. Sioux Falls SD.
ICE CREAM SOCIAL TO FOLLOW



Sunday

9:00 AM OPEN MEDITATION MEETING
10:30 AM AA SPEAKER Dan H. Bovey MN.



76th Superior Roundup Registration Form

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

Name: _____ Number of tickets _____ x \$25 ea. = \$ _____
Address: _____ City: _____ State: _____ Zip: _____

Volunteers Needed!

Gopher State Roundup XLV will be held over Memorial Day weekend (May 26-28) at the Double Tree Bloomington. It take a incredible amount of work to make it the exciting spiritual weekend that it is. If you would like to become part of making it all happen, Sign-up electronically at gopherstateroundup.org.

Service opportunities include: Greeters, Ushers, Tickets, Registration, Chair "Room to Grow," Staff the Information Booth, Security, and Al-Anon.

Open Night Owl shifts

Here are the ongoing open shifts:

Third Tuesday, 10:00 PM – Wednesday 6:00 AM

Fourth Wednesday, 6:00 AM – Wednesday 9:30 AM

Fifth Wednesday, 6:00 AM – Wednesday 9:30 AM

Fifth Wednesday, 10:00 PM – Thursday 6:00 AM

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



12th Step

Calls
3



Office Calls

80



Meeting

Info Calls
43



Speakers

Calls
6



Literature

Purchased
267 Books

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

Third Tradition Northfield	Turning Point in Wayzata
Maplewood Groups	Pocketing Our Pride
Ridge Runners II Sat 830 AM	Defogged Men's Group
Pages of Wisdom	Uptown Group
Rosemount Groups	White Bear Lake - Thursday Night Group
Wednesday Night Men's 12 x 12	There is a Solution--River Falls, WI
Ridge Runners III Sun 830AM	Highland Park Groups
Saturday Morning Womens Group	
New Beginnings - Newport MN	

- 16 A.A. Groups contributed \$ 2,555
- 22 Faithful Fivers contributed \$ 577
- 4 Digital Contributions \$77

Thank You So Very Much!

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 a month in advance if your address changes. 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 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