



## STEP SIX

*Were entirely ready to have God remove all these defects of character.*

### THREE CHOICES FOR DEALING WITH DEFECTS OF CHARACTER

According to Bill W., once we get sober we have three choices with respect to dealing with our defects of character:

*The immediate object of our quest is sobriety - freedom from alcohol and from all its baleful consequences. Without this freedom, we have nothing at all.*

*Paradoxically, though, we can achieve no liberation from the alcohol obsession until we become willing to deal with those character defects which have landed us in that helpless condition. In this freedom quest, we are always given three choices.*

*A rebellious refusal to work upon our glaring defects can be an almost certain ticket to destruction. Or, perhaps for a time, we can stay sober with a minimum of self-improvement and settle ourselves into a comfortable but often dangerous mediocrity. Or, finally, we can continuously try hard for those sterling qualities that can add up to fineness of spirit and action-true and lasting freedom under God.*

(As Bill Sees It, pg.327; originally in Grapevine, November 1960)

In 2019, at the age of 61, my immediate need was sobriety. My daily drinking--which started about 25 years earlier--had finally brought me to my knees. I went to a treatment center that focused on the Big Book, lived in a sober house for over two years, read the Big Book with my sponsor(s) while working the steps, and have maintained continuous sobriety--by the grace of God--one day at a time.

That's enough, right?

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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**

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Office Hours: Monday through Friday — 9:30 AM to 5:30 PM; Closed weekends and holidays

PLEASE POST ON BULLETIN BOARD

# "Sunlight of the Spirit"



GOPHER STATE  
ROUNDUP XLVIII  
May 26<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>  
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](http://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.



Not exactly. Somehow I rushed through the part about character defects. I had settled "into a comfortable but often dangerous mediocrity." Taking a closer and more honest look into my thoughts, traits and behaviors I saw many defects of character. I was often fearful of my financial situation, and many other goblins in my head. I was dishonest about my drinking and its effects. I procrastinated, which allowed me to be slothful and ignore the facts that my townhome, and then apartment, was a mess and bills remained unopened. I excelled at All or Nothing thinking, which deepened my focus on myself and ignored the needs of others. I was physically sober, but not emotionally sober. I remembered something I read in the book **The Wisdom of the Rooms**, pg. 167: "The monkey may be off my back, but the circus hasn't left town yet." The monkey of active alcoholism was off my back, but I had yet to deal with my many shortcomings, unhealthy behaviors, and "stinking thinking."

The Twelve and Twelve offers a wonderful of description of this emotional hangover:

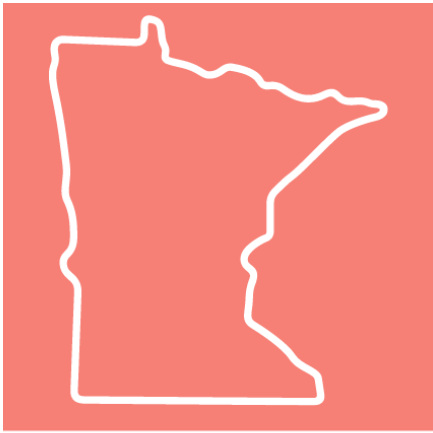
*When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover,*

*the direct result of yesterday's and sometimes today's excesses of negative emotion—anger, fear, jealousy, and the like.*

*If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors—now. (pp. 88-89).*

With the help of God, my sponsor, people in the rooms, and the Big Book I became willing to face my character defects. It's not a 'one-and-done', but a work in progress. And Bill W., once again, says it best: "How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living, is the problem of life itself." (Grapevine, January 1958)

**LYNN E. | Saint Paul**



# **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!**

# TRADITION SIX

*An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose*

I was a little over a year sober when I began answering phones with my sponsor at our local intergroup. During one shift, he overheard a conversation in which I waxed poetic about the virtues of AA and then tried to help the caller with other problems. After the call, he calmly asked, "Have you ever read the Traditions in the 'Twelve and Twelve'?"

My only exposure to the Traditions had been grumbling attendance at a few Traditions meetings. "No," I answered.

"Well, if you are going to do more service," he said, "you might want to read about them. They're kind of... important."

Although I was insulted and defensive—my first reaction to many of his suggestions—I realized that he had about 20 more years of experience than me, so I'd better take the suggestion.

I'm so glad I did. I loved reading about the trials, errors and misadventures that the early AAs had while developing the Traditions that guide our Fellowship

today. I realized that early AAs were just as fallible, and occasionally as misguided, as anyone else. But by returning to a primary purpose, obstacles could be overcome, and the Fellowship would survive.

As I've continued to do service at the group level and beyond, I've witnessed how our Traditions help the Fellowship navigate through all sorts of situations. It's not always pretty either, so I really started to appreciate the wisdom that came from the experience of those in the early days.

One Tradition that I've grown grateful for is the Sixth Tradition. At first, it took me a while to see how a Tradition that deals with specific issues—money, endorsement, lending out the AA name—could apply to my own recovery. But the more service I've done over the years, the more I've come to realize how this Tradition really helps our Fellowship to keep it simple.

For a number of years, I took an AA meeting into a detox every other Friday night. The detox is part of a hospital and is run, like many hospital detoxes, by a trained professional staff.

Early on in my commitment, a patient showed up after the meeting started. She apologized profusely and began telling me why she was late. I realized that because I was leading the meeting, some detox patients might assume that I work for the hospital.

***(Continued on page 11)***

## THOUGHTS FROM THE BOARD

Hi, my name is Janice and I am new to the St Paul Intergroup Board as an At Large member. Basically, that means I vote on issues that affect St Paul Intergroup and its associated St Paul AA meetings and members when a group conscience is required. I also pitch in where my skills, time and effort are needed.

June is the sixth month so I will write about step six:

“Were entirely ready to have God remove all these defects of character”

When I was first introduced to step six, it seemed like a tall order because I did not yet have a solid commitment to be ready - let alone being entirely ready - to have a higher power that I did not yet believe in or trust to remove defects of character that I did not yet know I had. I had to work steps 1-5 first to be entirely convinced that I am an alcoholic in need of a power greater than myself to help me stop drinking and turn all my other problems over to before I could do a fearless and thorough inventory (finally revealing my long list of character defects) that I would then own by telling another human being about how destructive these defects had become in my life. Until I did steps 1-5, there was no way I was ready for step six because I could not grasp what it was asking me to do let alone understand the

necessity of working step six.

All that step six asks us to do is be so sick and tired of our own stinking thinking and behavior that we are now entirely ready to have a power much more capable of running our lives (God or Higher Power) do for us what we have so much trouble doing for ourselves - which is getting beyond our own beliefs, actions and attitudes that cause us and our loved ones so much trouble in the first place. I have had times when I am not entirely ready to let go and let God help me grow up, so I pray for the willingness to be willing. I keep praying until I can trust, let go and leave outcomes up to my higher power.

In working this step, as well as all that come before and after it, I can say that some character defects are gone, some are softened and yet others stubbornly persist. Step six is something I need to keep working by praying for willingness and turning outcomes over to my higher power.

JANICE K. | Board Member At-Large

# 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 contribution webpage



<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 each time you make 7th Tradition contributions to other groups.

## 3. VIA CHECK

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

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

**29<sup>th</sup> 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)**

Map and directions on the back of this flyer



# DISTRICT SERVICE MEETINGS

# 2023 INTERGROUP BOARD OF DIRECTORS

**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	Keith I.
Chairperson	Eliot W.
Alternate Chairperson	
Secretary	Kelly K.
Treasurer	Bill C.
Alternate Treasurer	
2023 Member-At-Large	Tom W.
2023 Member-At-Large	Angie T.
2024 Member-At-Large	Janice K.
2024 Member-At-Large	Mary U.
Office Manager	Noah L-C
Web Servant (non voting)	Jonathan L.
Night Owl Coordinator (non voting)	Rachel P.

## SPECIAL SKILLS NEEDED

### THE SAINT PAUL INTERGROUP OFFICE

is interested in expanding our volunteer base to include people skilled in the following:

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



#### 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

**For more information or to volunteer your time, please email [manager@aastpaul.org](mailto:manager@aastpaul.org) or call the office at 651-227-5502**

## NEED A BOOK?

St. Paul Intergroup is a great resource for all AA literature, from our basic text, Alcoholics Anonymous (a.k.a. Big Book), to all sorts of AA literature and pamphlets.

Intergroup also sells medallions, book covers, and other recovery-related items.



**Stop in or shop online!**  
**[aaspi.company.site](http://aaspi.company.site)**

Intergroup Online Store

## BE OF SERVICE

Much of the work at St. Paul Intergroup is supported by volunteers, including 24-hour phone answering through Night Owl and outreach to member groups. We can even connect you to other service opportunities in the Twin Cities.

Whether answering the phone, helping to fulfill online orders, or helping to host events, Intergroup can help you help other alcoholics through a variety of 12 Step work.

St. Paul Intergroup exists through AA member 7th Tradition support.

**CashApp: \$spintergroup**

Shop in person:  
33 Wentworth Ave E, Ste 355  
West St Paul, MN 55118  
(651) 227-5502



## FIND A MEETING

The St. Paul Intergroup website has an interactive listing of all AA meetings within the servicing area. No matter the day of the week, or the time of day, find the support you need.

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

Intergroup Meeting Directory



## ADDITIONAL SUPPORT

St. Paul Intergroup is here to help with recovery support.

**Call anytime—our phones are answered 24/7.**

Our staff, volunteers, or the website can assist you and your family in finding AA resources to help.

**651-227-5502**

## BUY ITEMS THROUGH INTERGROUP!

Purchasing AA recovery items through Intergroup helps sustain our recovery support in the community.

I told her that I appreciated the apology, but it wasn't necessary. From that point on, I made sure I explained at the beginning of each meeting that I was neither a member of the hospital staff, nor a professional in the field of alcoholism treatment. I told them that I was simply a drunk just like them, who found a solution in Alcoholics Anonymous. The speaker and I were there to share our experience in the hopes that it might help another alcoholic—we wanted to give back what had been so freely given to us. We had nothing to do with the hospital, we weren't there to enforce any rules, make money or sell anything. I found it helpful to make this clear from the beginning, both for the patients and for myself. It helped define the meeting's primary purpose, and it also, perhaps, made it easier for the patients in the detox to see me as a peer, not as a counselor or a doctor.

In my own recovery, Tradition Six reminds me not to overstep my bounds. As my sponsor witnessed that day at intergroup, there are times I get excited and try to fix things I have no business fixing. Whether I'm answering phones, talking to a newcomer at a meeting or working with a sponsee, my only purpose is to share my experience, strength and hope, and to carry the message to the alcoholic who still suffers. There are plenty of competent professionals more qualified than me, who can handle everything else.

JOHN G. | NEW YORK, NEW YORK

Reprinted from the AAGrapevine,  
June 2019



12th Step  
Calls

9



Office Calls

85



Meeting  
Info Calls

35



Speakers  
Calls

11



Literature  
Purchased

220 Books

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

- Hugo Group
- Third Tradition Northfield
- Lakes Free Church--Saturday Morning AA
- Maplewood Groups
- Valley Creek Thurs Night
- Sisters of Serenity
- Stepsisters of Northfield Group
- A Baffled Lot
- Third Edition Group
- Elizabeth Kelly
- Day by Dei Online Women's
- Midway Club
- Highland Park Groups
- Wednesday Night Men's 12 x 12
- The Broad Highway Group
- Highland Park Groups
- Rosemount Groups
- Old Timers
- Roseville Wed Night
- Fresh Air Group
- Hole in the Doughnut Group
- Woodbury Primary Purpose
- Macalester Group AA
- Firing Line
- Una Luz en el Camino
- Friday Nite 12x12 By The Book
- The Promises Meeting
- Uptown Group
- Como Park BB

- 
- 29 A.A. Groups contributed \$ 3,748
  - 23 Faithful Fivers contributed \$ 542
  - 17 Digital Contributions \$1164
- 

*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

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Organization  
U.S. Postage  
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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