



STEP TEN

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

LIE OF OMISSION

Talk of amends to others and institutions can find us in a “gray zone” where many in AA seem to think making amends is open to personal interpretation. The question then has to be asked: Where does one find themselves in the space between personal interpretation and moral loopholes?

I have been in many a meeting when someone, after hearing the above, will scream in their trolling twitter best, “There is no space for not taking the suggestions of this program!”

I had just over 18 months of sobriety when I kissed a woman who was not my girlfriend. The kiss felt like the many second sips I took while drinking: hollow, shame-filled and a step toward being morally numb. Immediately after I extricated myself from the situation, I called for help. I talked to my sponsor and other men I respect in the program. Their responses fell into two camps. The first said, “This is a program of rigorous honesty,” and the second, “One law above all others: do no harm.”

The questions that followed in my brain were: Do you fall into that category of those who are constitutionally incapable of being honest or do you

want to hurt your girlfriend even more by telling on yourself? The answer to both of these questions was no.

These questions raised even more questions. Was I not going to tell her because I did not wish to hurt her or because my ego wanted a clean slate? In the case of the latter, it seemed to be self-serving, but it spoke to a question of motivation.

Setting my questions aside, it was clear to me that fear was completely ruling my thinking. I was afraid that my girlfriend would leave me if I told her what I had done. At the same time, I was afraid that not telling her would start the slippery slope of the white lies that used to lead me to drinking.

Does a lie of omission mean I’m not living the principles of the program? Does it mean I need to do another sex inventory? Am I a sexaholic? Did I just destroy this relationship, as I had done with so many in my past?

If at this point, you are confused or doubt your original stance on the subject, know that you are not alone. I felt the same way.

At the end of the day, I decided against telling my girlfriend. In the months that followed, our love for each other continued to grow and I stayed sober. I thought this whole incident was a lesson in living amends. I certainly did not do anything like that again. However, my Higher Power had other ideas.

Continued on page 5

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

Join the Saint Paul Intergroup Board of Directors



REQUIREMENTS:

- Attend monthly board and representatives meetings on the 3rd Tuesday of each month
- Participate in designated committees as appropriate (e.g. Outreach Committee)
- Attend all Saint Paul Intergroup events and help chair two events per year
- Ability to help cover the overnight Sunday night owl shift
- Sobriety requirement dependent upon position

OPEN POSITIONS:

- Alternate Board Chair
 - 3 year commitment
 - Rotates into Board Chair then Board Advisor positions
- Alternate Treasurer
 - 2 year commitment
 - Rotates into Treasurer position
 - Some finance/math background is helpful but not required
- Secretary
 - 1 year commitment
- Member-at-Large (2 openings)
 - 2 year commitment

All elections will be held during the November Representatives meeting - 7:30PM

If you are interested in running for a board position, please email your service resume to chair@aastpaul.org.

For more information, reach out to chair@aastpaul.org or call the Intergroup office at (651) 227-5502

TRADITION TEN

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

UNACCEPTABLE

I’ve never met an alcoholic who didn’t have an opinion on every issue imaginable, in addition to topics on AA and recovery. Politics, jobs, taxes, healthcare, religion, sports, drugs and medical marijuana are just a few of our interests. Even when not drinking, we are often rowdy, raucous, outspoken, persistent and persuasive. We want to be right and need to be right regardless of the discussion topic. In our enthusiasm, our opinions on outside issues often spill all over the rooms of AA with unpredictable results.

I’ve sat in meetings where the chairperson has been castigated for not reading from AA Conference-approved literature, even though there is no requirement in AA to do so. I’ve seen newcomers interrupted and scolded when they briefly mention drugs or harm-reduction therapy as part of their story while sharing on drinking.

Unintentional side comments about politics have rankled many. New members have been cut off and accused of non-AA-related crosstalk during meetings. Oldtimers have gone off-topic arguing whether or not alcoholics should be referred to as recovering or recovered. I’ve witnessed members harshly reprimand their fellows if they mention the use of prescription medication, whether those medications are used to treat mental illness or as part of their treatment for a concurrent addiction. Some of us have even firmly asserted that since vitamins are considered drugs, they should be avoided during sobriety.

On several occasions, I’ve heard members declare that “one of our group” has broken someone’s anonymity or may be secretly drinking, using the excuse that their comments were made to inform others and maintain the honesty of the group.

During many of these off-topic exchanges, members will protest by referencing Tradition Ten,

stating, “We don’t talk about outside issues in AA meetings.” That may be good advice but, in my opinion, that’s not what Tradition Ten is about.

The Tenth Tradition deals with public controversy outside of the AA rooms—not inside. It says that AA groups and AA as an administrative organization have no formal opinion on outside issues, not that AA members have no personal opinion on outside issues.

The Tradition does ask that whenever and wherever we share our world views, we should never say or imply that we are speaking for our entire AA Fellowship. We make it clear that we are speaking only for ourselves and that it is our opinion, not AA’s official position.

In newcomer meetings, I’ve heard oldtimers often say, while speaking on some issue such as how drug-addicted alcoholics can successfully use our program, that, “This is only my personal opinion,” in an effort to remind us it is not AA’s opinion. [As a side note, AA does have an opinion on this topic, which can be found in Bill W.’s Grapevine article “Problems Other Than Alcohol,” from February 1958.]

I’ve found the most helpful and stress-free meetings keep their topic, focus and opinions on the recovery guidelines in the Big Book and the Twelve Steps and Twelve Traditions. It is in these two books that the program of AA is explained and validated. Stories of members’ personal experience with this material is sufficient to fill any meeting and rarely creates a controversy regarding the Tenth Tradition.

Inside the rooms of AA, we can share our opinions on anything, including the Big Book text, the Twelve Steps, the Twelve Traditions, as well as what we were like when we drank, how we came to AA and what our life is like today.

We can share our personal opinions without any controversy or risk to AA as a whole and without violating Tradition Ten, as long as it’s understood that we are speaking for ourselves and not for all of AA.

-Allen B., Hermosa Beach, CA.
Grapevine, October, 2022

St Paul & Suburban Area Intergroup (SPI) is hiring a Full-Time Office Manager.

SPI's primary purpose is to assist the AA groups of Saint Paul and the Suburban area in carrying the message of Alcoholics Anonymous to those who still suffer. SPI derives its legitimate authority from and is responsible to the member groups it serves. In all its activities, policies, and proceedings, Intergroup observes the practice and spirit of AA's Twelve Traditions and Twelve concepts for World Service, as well as its three legacies of Recovery, Unity, and Service.



The Office Manager is the primary person who makes the Intergroup function. The Office Manager works directly under the supervision of the Intergroup Board of Directors. All matters of business and human relations are performed under the bylaws of St Paul Intergroup as a 501 (c)(3) non-profit corporation. Work involves managing the intergroup store, helping customers purchase products, ordering and restocking inventory, and managing outgoing orders placed on the online store. It also includes supervising volunteers and part-time staff, preparing bank deposits, and managing incoming contributions and other essential services to help the still-suffering Alcoholic.

Hours: Full-time/40 hours per week Exempt – 9:30 AM-5:30 AM

Pay: Approximately \$0k annual salary with accruing PTO. Exempt.

Requirements:

- 3 Years of continuous sobriety, active in the AA Program of Recovery.
- Working knowledge of AA 12 Steps, 12 Traditions, and 12 Concepts of World Service.

Preferred Qualifications:

- Prior Experience with Administrative tasks or Office Management.
- Proficient with typing and technologies like MacOS, Windows, Microsoft Office (Excel, Word), Adobe InDesign, Google Docs, Google Sheets, Zoom, printers, phone systems, and point-of-sale systems.
- Knowledge of QuickBooks online or experience with another accounting software is desirable.

Job Description:

- Managing the Intergroup store.
- Assisting customers with sales.
- Order and restock inventory.
- Manage outgoing orders that are placed on the online store.
- Publish and mail the monthly Lifeline newsletter.
- Work closely with Web Servant to notify when there are any meeting updates and changes.
- Manage and update printed meeting directory for St. Paul and Suburban Area.
- Attend all St. Paul Intergroup events and assist with tech setup and tear-down.
- Manage QuickBooks online Accounting and prepare bi-weekly payroll using ADP.
- Prepare and deposit receipts.
- Supervising volunteers and part-time staff.
- Manage incoming contributions.
- Attend and help organize SPI Board and Representative Meetings on the 3rd Tues of every month.
- Other responsibilities required to keep Intergroup operating effectively.

Position Open until Filled.

Please send resume and letter of introduction to: Elliot W., Chair of the Board at chair@stspaul.org

About four months after the event, the woman I had kissed reached out via social media to my girlfriend and told her what had happened, stating that had she known we were dating she never would have done it.

When confronted with the message, I admitted to my girlfriend what I had done and I said I had didn't tell her about it because I did not want to hurt her, an excuse since the beginning of time with the value of a paper tiger. However, what happened after I admitted to it that night was a spiritual experience I will never forget.

My girlfriend and I did not speak for a week to allow us to cool off. I spent the week sleepless. My mind would wake me at 3:00 A.M. with feelings of self-loathing, depression and fear that she would dump me. I wondered whether I could ever be in a relationship without destroying it. I went to meetings and tried to listen, but was so distracted that no pearls of wisdom sank in.

I knew that I did not want to be a philanderer or someone who betrays the trust of my partner. I prayed about it. I told myself that I was willing to go to any lengths to figure this out. I reached out to a therapist for the first time in my life. After five days, I got a text from my girlfriend asking me to meet her at a restaurant to talk. The place she asked to meet at was where we had one of our first dates.

Leading into the meeting, I again chatted with men I respected and my sponsor about what I should say. I was fully aware that it could be the end or that it could be a restart or it could be somewhere in between. What I hoped for was just the openness to accept whatever came. Both of us looked exhausted after a week of emotional turbulence and lack of sleep.

Did I want it all to go back to the way it was? No. Did I want her to forget it ever happened? No. Did she expect me to be a saint? No. Was I open to whatever happened? Yes.

What did happen was something so simple yet profound that I wish it to happen to everyone going through the amends process.

Throughout our conversation, we each had single tears drip from our eyes multiple times. The tears came when we talked honestly about how much we cared about each other, about how we didn't want our story to end and what the next steps might look like. There is still a lot of rebuilding of touch, trust, and transparency that needs to be done, but I am willing to do the work to make it better.

I hope to have more single-tear conversations.

-Chris S., Arlington, Va.
AA Grapevine, October 2022

"Of all the Steps, Step Ten appears the least dramatic and offers to alcoholics the least stimulation to their characteristically romantic imaginations. Yet an AA who thoroughly and constantly practices Step Ten could write a tremendously helpful and inspiring article on the AA way of life. It would illuminate the value of all the other Steps. On reading the last word, you would eagerly turn back to the first sentence, ready to apply to your own life its blueprint of how to practice with profit and happiness the AA principles in all your affairs."

-L.H.
AA Grapevine June 1971



THE FIRING LINE

INVITES YOU, YOUR FAMILY, & FRIENDS TO OUR

"IN LIEU OF BIG BOOK MEETING"

A

ANNIVERSARY

Banquet

SUNDAY, OCTOBER 22, 2023

4:30PM FELLOWSHIP & MEALS SERVED

- MAIN DISH, SALAD, CAKE, AND BEVERAGES WILL BE COMPLIMENTARY.
- ALL ARE WELCOME TO BRING SOMETHING TO SHARE.
- DAYCARE PROVIDED!

5:30PM SPEAKERS

5 MIN SAM C
MAIN ROGER B

NEW LIFE PRESBYTERIAN CHURCH

965 LARPEN TEUR AVE WEST | ROSEVILLE, MN 55113

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 :



2. 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

AREA 36 PINK CAN PLAN

THE PINK CAN PLAN COLLECTS FUNDS TO PURCHASE AA LITERATURE FOR ALCOHOLICS IN CORRECTIONS FACILITIES IN SOUTHERN MINNESOTA.

MAIL CONTRIBUTIONS TO:

**PINK CAN PLAN
PO BOX 41633
PLYMOUTH MN 55441-0633**

Joint Minnesota Area 35 & Area 36 Statewide Corrections Committee

CORRECTIONS WORKSHOP

November 18, 2023

9:30 AM to 3:00 PM

Jack & Jim's Event Center

11025 Duelm Road NE

Foley MN 56329

(15 miles Northeast of St Cloud)

ONLINE AND IN PERSON



Ken B, Past West Central Regional Trustee, Omaha NE

James N, A.A. Speaker, Minneapolis MN

David Kieke, Programs Coordinator, Benton County Jail

Panel of Corrections Trusted Servants Discuss:

- How to serve in correctional facilities from jails/detention centers to prisons
- The clearance paperwork process
- How to participate as a Corrections Temporary Contact volunteer

Online Registration

Go to www.area35.org/swcccworkshop for workshop information or use the QR Code below. As the day of the workshop nears, a login will be provided at this location that will link to the registration page. Contents of the workshop folders and forms will also be provided at this link or QR Code.

Onsite Lunch \$15
Sandwich & Soup Buffet
with Cold Salad & Chips.



Unlimited Coffee \$3

For more information, contact:

Mark R, corrections@area35.org or Craig H, corrections@area36.org

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 (Washington 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)



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

Advisor to the Board	Keith I.
Chairperson	Eliot W.
Alternate Chairperson	Kelly K.
Secretary	(Open)
Treasurer	Bill C.
Alternate Treasurer	Devin R.
Member-At-Large	Tom W.
Member-At-Large	Angie T.
Member-At-Large	Janice K.
Member-At-Large	Mary U.
Office Manager	(Open)

GREEN CAN PLAN

PLEASE HELP PROVIDE AN ASL INTERPRETER AT AN AA MEETING IN DISTRICT 8



CHECKS CAN BE SENT TO

ASL FUND

PO BOX 131831

ROSEVILLE, MN 55113-0020

OR

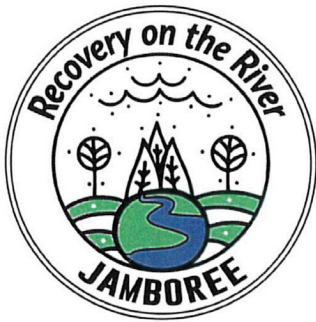
CONTRIBUTE ELECTRONICALLY

VENMO @ASLFund-DistrictEight

Contact District 8 ASL Fund Coordinator,
 Jamie Lynn, with questions (651)-995-8997

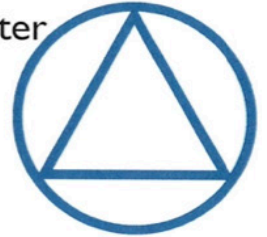
“No Middle of the Road Solution”

Join us for an inclusive event practicing recovery, unity, and service!



October 6 – 8, 2023

Best Western Plus Eau Claire Conference Center
3340 Mondovi Road, Eau Claire, WI 54701
Call (715) 838-9989 to reserve a room.



\$20 with pre-registration

Panels * Hospitality Room * Ice Cream Social





Midway Club's Talent Show

Cash prizes: 1st \$20, 2nd \$15, 3rd \$10

October 14, 2023
5:00 PM

Midway Club
1161 Sherburne Ave
St Paul, MN 55104

40TH ANNUAL ST. CLOUD ROUNDUP

OCTOBER 20-21, 2023 | ST. CLOUD RIVER'S EDGE CONVENTION CENTER

10-4TH AVENUE SOUTH, ST CLOUD, MN 56301

Online Registration

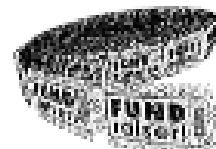
Now Available with PayPal at <http://www.stcloudroundup.org/form-761444.html>

Friends in Recovery

CLEAN AND SOBER FUN FOR THE RECOVERING FAMILY
friendsinrecovery.org Twin Cities Minnesota



**Fundraiser • Taco Feed
• Speaker • Raffle**



Saturday, October 28th, 2023

First Lutheran Church
463 Maria Ave, St Paul, MN 55106

SAVE THE DATE

SAINT PAUL INTERGROUP'S

Gratitude Night

NOVEMBER 18TH

LUTHERAN CHURCH
OF THE REDEEMER



12th Step
Calls

3



Office
Calls
100



Meeting
Info Calls

48



Speakers
Calls

4

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

11 W. Bernard Group
Cannon Falls Group
Children of Chaos Plus
Coffee Shop group
Complete Defeat Group
Cottage Grove Groups (CGAA in the Park)
Eagan Tuesday Nighters
Elements Group
Farmington Monday Night
Forest Lake Alano
God As We Understood Him
Hastings Club
Highland Park Groups
Hour of Power
Larry Nowlin

Main Idea
Maplewood Groups
Midway Club
New Beginnings - Newport MN
No Time Like the Present
Pocketing Our Pride - Mpls
Ringmaster's Group
Saturday Morning Women's Group
Shoreview 12 x 12
South Saint Paul 301 Club
St. Paul Sun Night Speaker Meeting
Summit Hill
Third Tradition Northfield
Up The Creek
Wednesday Night Men's 12 x 12
Woodbury Serenity Sisters

-
- 30 A.A. Groups contributed \$5473.47
 - 29 Faithful Fivers contributed \$628
-

*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

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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