



STEP 6

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

SOMETIMES sitting home taking time off sounds like a deserved reward. I “need” some time just for me, don’t I? Don’t I do enough? Why do I always have to be the one to make sacrifices? No one else has to. My group couldn’t get along without me, you know. Of course, if they would only do things the way I suggest . . . if only they would listen to me . . . if only I had more control around here, and more money than I am currently making and a different relationship (someone who really understands and loves me), then I could finally relax and begin to enjoy my sobriety. I get so angry when I see people slacking off on their Step work, service work, their commitments. It’s a wonder they stay sober. You should see the way some people treat their friends and families. I have to stay away from most of them just to keep from losing it!

Oh my. A little righteous anger is better than a double espresso. I get all revved up--but with nowhere to go except out, if I’m not careful. When I start thinking along these lines, sooner or later I think of Step Six, and mainly two things: “Would I rather be right, or would

I rather be happy?” and “The truth will set you free.” The truth is, when I begin to focus on the failings of others, I become restless, irritable and discontented. What seem to be my finely tuned mind and my “innate sense of fairness” are in reality my character defects judging the world and finding it lacking.

Step Six is simple in the way Einstein’s Theory of Relativity is simple--easy to say, difficult to explain. The simple version is: Looking at my moral inventory, am I willing to ask God to remove the defects in my character that caused pain, suffering, longstanding resentments and guilt? Of course. End of Step. Easy, all right, until Step Twelve, where we “practice these principles in all our affairs.” Oh, but what about having just a little bit of personal pride in my Step work, service work or sobriety date? What about judging others in the Fellowship or family members? What about envying the “easy” sobriety others seem to have? Others get away with only one meeting a week, or less. I have to make up for lost time, you know. I need to work more hours, obtain a better position, make more money, acquire the things I denied myself or gave away. Ideas that sound really good at the time are sometimes surrounded by motives that are selfish, self-centered, dishonest, self-seeking, inconsiderate or based on fear. If I can’t see the truth, I can’t make appropriate decisions. I won’t be able to “Intuitively know” how to deal with situations.

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.

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

The world will continue to baffle and control me.

Without working the Steps in order, praying, listening for answers in meetings, studying the literature, doing service and talking with my sponsor, I couldn't have figured anything out, let alone felt good about it. I'd have second-guessed myself into a standstill and mounted up so many resentments in the Fellowship that I'd have talked myself into running away from the only good thing I'd stumbled onto in decades--the one place that was sincerely trying to help me save my life. The program and the Fellowship of Alcoholics Anonymous has taught me more about myself than 10 years of psychiatric work experience; a couple years of therapy; and thousands of dollars worth of booze, self-help books and women's magazines ever did. The idea that when I find fault with you, the problem is in me is not just a clever platitude. It is one more step toward true freedom and happiness. When I begin to look where the answer really is--inside of me--I get a sense of "rightness" when I speak or hear the truth. Step Six helps me develop a sense of intuition that I can truly count on.

Now, I'd love to have people believe that having taken the Sixth Step, I am free from all those nasty character defects. Or at least, that if I ever did have thoughts of pride, envy, jealousy, etc., I would recognize these for what they were and immediately become ready to have God remove them. But, some of you know me, and those who don't, if they are real alcoholics, are not likely to be fooled with all of this "saintly" talk. I am no saint. I'm not even always "willing to grow along spiritual lines." But I have changed. As a result of working the Steps, I am not the same person I was when I half-heartedly began to just go to some meetings. And the change is good. Definitely. So, on the good days, it is kind of exciting to build my relationship with God, through the Sixth Step. On the bad days, if I can just remember the glimmer of hope I found when I first recognized the truth about myself, I can pray for willingness and I can believe it will come.

By: SUE H. | Fort Myers, Fla.

Getting to the truth about self with Step Six

6TH TRADITION

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

The Fifth Tradition tells us what the primary purpose, or spiritual aim, of an AA group is: "to carry its message to the alcoholic who still suffers." Anything that interferes with this or confuses people about what is and is not AA can compromise the mission of Alcoholics Anonymous. This where the Sixth Tradition comes in.

Many years ago, I served on a local AA convention committee. A member of the committee also served on the board of an alcoholism agency, which held an annual "fun run" to raise money. The committee member suggested that the convention allow runners to register, pay for the race, and select an alcoholism agency T-shirt through the AA convention registration form. At first the convention committee approved the idea. After all, the money would simply be run through the convention account and turned over to the agency, the "fun run" was the same weekend as the convention, most of the runners would be AA members anyway, and it would be a convenience for everybody, right? But soon, uncomfortable murmurs were heard during convention committee meetings. Someone cited a line from the long form of Tradition Six: "While an AA group may cooperate with anyone, such cooperation ought never to go so far as affiliation or endorsement, actual or implied." With that clarification, the committee voted down the proposal, and the member who suggested the idea graciously accepted the decision.

When I was new in AA, some AA groups at a nearby men's recovery home named themselves after the facility, and they were listed that way in the AA meeting schedule. This created some hard feelings in the AA community. Eventually, the AA group changed its name so it wouldn't look like it was affiliated with the recovery home.

Sometimes alcoholism treatment programs advertise themselves as "AA-oriented" or "based on twelve steps," or in a manner that includes the initials "AA," often to trade on the good name of AA. Although only AA members acting in their AA capacities can compromise our Traditions, this us-

age has concerned many AA members because of the potential for confusion between AA and these treatment programs. To the extent that local AA groups allow this to go unchallenged, this practice can compromise the spirit of the Sixth Tradition, which includes actual and implied affiliation of AA with related facilities.

In its early years, AA was closely tied to hospitals--that's where many of our early members were introduced to AA. Over time, however, we have found a middle course that fits with our principles of cooperation rather than affiliation.

It took many years for AA to clarify its relationship to clubs. In the early years, AA itself even referred to "AA clubs," now more often called "alano" clubs to signify that they are outside of AA. In 1972, the General Service Conference recommended that the General Service Office (GSO) no longer accept contributions from clubs, but GSO could, of course, continue to accept contributions from AA groups that meet in clubs. In 1989, the Conference decided not to list clubs in the AA directories, further shoring up the distinction between AA and clubs.

Some years ago, I visited an old AA friend in a distant city, and we attended a meeting of a local AA group. At the end of the meeting, I was surprised to hear the treasurer report that he had made a group contribution to a nearby detox center. When I later asked my friend about this, he agreed that this use of group funds was an example of an AA group financing a related facility. But he had been tilting against that windmill ever since he moved to town and hadn't made much progress.

Another time, at an area assembly, a petition was circulated asking the county government to fund a treatment facility for alcoholics. Several people objected and suggested that petition-signing should be done outside the rooms of AA. The petitioners agreed and moved the petition drive to the parking lot.

It's easy to take affiliation issues too far. I don't think that using a particular brand of coffee at an AA meeting means that AA is endorsing that brand of coffee. Nor do I think that meeting in a church or hospital means that AA is affiliated with them--as long as AA pays its own way. Affiliation problems generally concern non-AA efforts to deal

with alcoholism. Common sense takes care of most of these issues.

AA has clarified its relationship to non-AA literature several times. In 1972, our General Service Conference recommended: "It be suggested that when a local AA facility (central office, intergroup, group, etc.) sells non-Conference-approved literature, it be clearly designated as such." In 1975, the Conference said, "Previous Conference action to display non-Conference-approved literature and Conference-approved literature separately be reaffirmed." In 1976, the Conference even told the GSO to stop distributing a non-AA biography of Bill W.! In 1977, the Conference got more pointed by stating, "It was suggested that AA groups be discouraged from selling literature not distributed by the General Service Office and the Grapevine." I don't see nearly as much non-AA literature at AA meetings as I used to.

Of course, Conference approval does not imply disapproval of other literature. Conference approval is sought for our literature so people can distinguish between AA and non-AA literature. This is entirely within the spirit of the Sixth Tradition, in that it lessens the chance of a group looking like it endorses the publications or programs of something outside AA. Of course, we are perfectly free (and are encouraged) to read anything we believe will help us in our recovery from alcoholism.

Much of our everyday practice in AA is aimed at preventing issues of money, property, or prestige from diverting us from our primary purpose. When this spirit of the Sixth Tradition infuses our AA life, AA remains so strong that a group's ability "to carry its message to the alcoholic who still suffers" cannot be shaken.

By: Paul C. | Oceanside, California
Inviting cooperation, avoiding affiliation

Service Work: The Heartbeat of AA

Why Service Matters in AA?

Service is the lifeblood of Alcoholics Anonymous. It's not just about giving back; it's about keeping the fellowship alive, supporting each other in sobriety, and fostering a sense of community.

Connectivity & Fellowship

Service work is the glue that binds our large community together. By actively participating in service roles, you contribute to the unity and strength of AA. It's a chance to form lasting connections with others who understand the journey to sobriety.

Keep the Miracle Alive

Service work is the heartbeat of AA, ensuring the continuation of the miracle of recovery. When we actively engage in service, we help others stay sober, and in turn, it reinforces our own commitment to a life of recovery.

District Needs YOU!

GSRs Wanted!

Our district needs Group Service Representatives (GSRs) from meetings like yours. Be the voice of your group at the district level and play a crucial role in decision-making processes.

Open Chairs & Positions

There are open positions waiting to be filled. Your skills and commitment are needed to keep our meetings running smoothly.

Meeting Info

- Find your district and times on the Area 36 webpage at area36.org.
- St. Paul Intergroup Board and Reps Meeting: every 3rd Tuesday at 7:30 PM.

Get Involved!

Whether you're a newcomer or a seasoned member, there's a service role for you. Step up, be a part of the solution, and keep AA vibrant and strong.

For more information about how to be of service in AA General Service, speak with your sponsor or visit the area36.org webpage, or reach out to intergroup and the volunteers and staff will be happy to direct you to ways to be of service to Alcoholics Anonymous.

THOUGHTS FROM THE BOARD «WHY SAY YES»

I came to this program out of fear. I was afraid of losing my family, what people would think if my whole world crumbled, afraid of living, afraid of dying. All I had to do was stop drinking. And in early attempts at sobriety this is the only action I took, hoping and expecting everything else around me to get better. As such, my priority when I first entered these rooms was to stop drinking so that I wouldn't see my worst nightmares come true.

As a few 24 hours went by things did start to get better. My family was still standing by me. My world wasn't actively falling apart around me. There were endless possibilities on the horizon. I was happy floating through sober life on my pink cloud (the reader will note that within weeks of my last drink the world shut down due to a pandemic we didn't have control of nor understand).

And so this went on for a time, attending outpatient treatment, virtual meetings from a garage (which were nice because I didn't have to be all people-y) and spending endless time with my family.

Eventually life started to feel a bit more normal. We had adapted to the covid lifestyle as best we could. The arguments I would have with my wife were typical married couple arguments rather than drinking and lying arguments. The feeling of contentment from my sobriety started to shift into complacency in my recovery.

I began to hear in my head that drinking was but a symptom of my disease. There was perhaps more work to be done than just going dry.

I began work with a sponsor and we began the steps. This personal and profound work with another alcoholic began to restore my vigor for recovery. I was starting to take right action which was leading to right thinking. This was the end all for recovery: call a guy on the phone once a week and read a book and do what the book says. And this worked, until that little complacent bug start-

ed to creep in. I began to feel comfortable, less afraid of my disease, thus less motivated to actively defend against it.

At the encouragement of my sponsor I began to volunteer for service commitments in my AA groups. I would find speakers, I would help clean up, perhaps take on a trusted servant role. And the more service I began to take part in the more I began to understand that without the Alcoholic, AA can't exist. It takes individuals working together to keep the group alive.

Without the service of alcoholics AA will not survive. I saw that the program of Alcoholics Anonymous is larger than any one alcoholic, and it was surely larger than me and my disease.

Thus begins the cycle of saying "yes" when AA asks. I am quite often a reluctant volunteer. I will give ample time for another AA to speak up and fill that need. But when a Power greater than myself deems it my time to be of service, I say yes, because I am responsible. Whether it is an in-person 12th step call, or participating as secretary to the board of St. Paul Intergroup, our service makes our primary purpose possible. We are here to stay sober and to help other alcoholics achieve sobriety.

That is why I say yes.

OFFICE UPDATE

Happy summertime everyone!!

The office is still doing well. Donations are down a little, this isn't uncommon for the time of the year.

The office has some opportunities:

- Join the relocation committee, contact the office if you would like to join the committee to relocate the office
 - If you would like to apply to be part time staff, there is 1 position open
- The office now has an updated card reader, accepting apple pay, tap and chip cards

Thank you all for your continued support of St. Paul Intergroup!!



HOOTS!

**Interested in doing service work in your pajamas!?!
Then a monthly nightowl commitment is just the ticket!**

We currently have 4 open regular monthly Night Owl shifts.

- **1st Monday 5:30p-10p**
- **2nd Thursday 6a-9:30a**
- **4th Thursday 5:30p-10p**
- **4th Friday 10p-9a (overnight)**

Requirements: 1 yr of sobriety and orientation– go to aastpaul.org>NightOwl program for more info.

Night Owl Tidbit: Did you know that there are 21 Night Owl shifts each week? That calculates to **1092 Night Owl shifts per year** that are filled by AA members and AA groups in our Intergroup area. What a wonderful way to extend our hand to the still suffering alcoholic!

Reminder to all groups - please ensure your volunteers get to the Orientation – every 3rd Saturday at 10 AM.

Your Night Owl Committee:

Lesli D, Mary J, Cheryl B, Steve B, Charlene T, Paul C

nightowl@aastpaul.org

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:

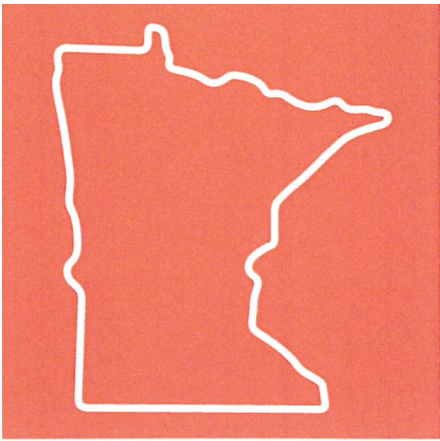
Saint Paul Intergroup
33 Wentworth Ave E, Ste 355
West St. Paul, MN
55118-3431

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**



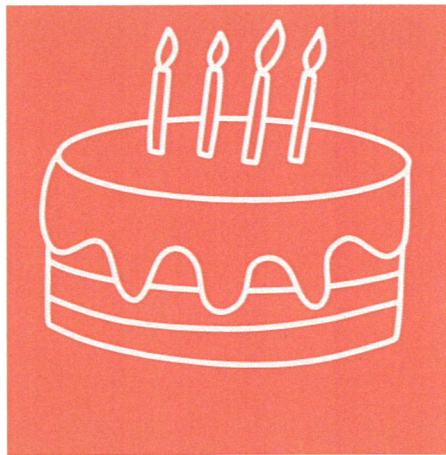
RULE 62 STEP & TRADITION MEETING

**10TH ANNIVERSARY
POTLUCK HYBRID
MEETING**

**6:00PM
POTLUCK**

**7:00PM
OPEN
SPEAKER
MEETING**

**Speaker:
Brenda L.
(Foxhall Chapter 7)**



**JUN
29**

**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!**

DISTRICT SERVICE MEETINGS

2024 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)

Advisor to the Board: Elliot W.

Board Chair: Kelly K.

Alt. Board Chair: Ricky G.

Treasurer: Devin R.

Alt. Treasurer: Brittani G.

Secretary: Alex S.

Members at Large:

Mary U.

John K.

Brandon H.

Office Manager: Jacob F.

Webservant: Jonathan L.

Night Owl Coordinator: Lesli D.

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



LOOKING FOR A SERVICE OPPORTUNITY?

Become a St. Paul Intergroup Night Owl

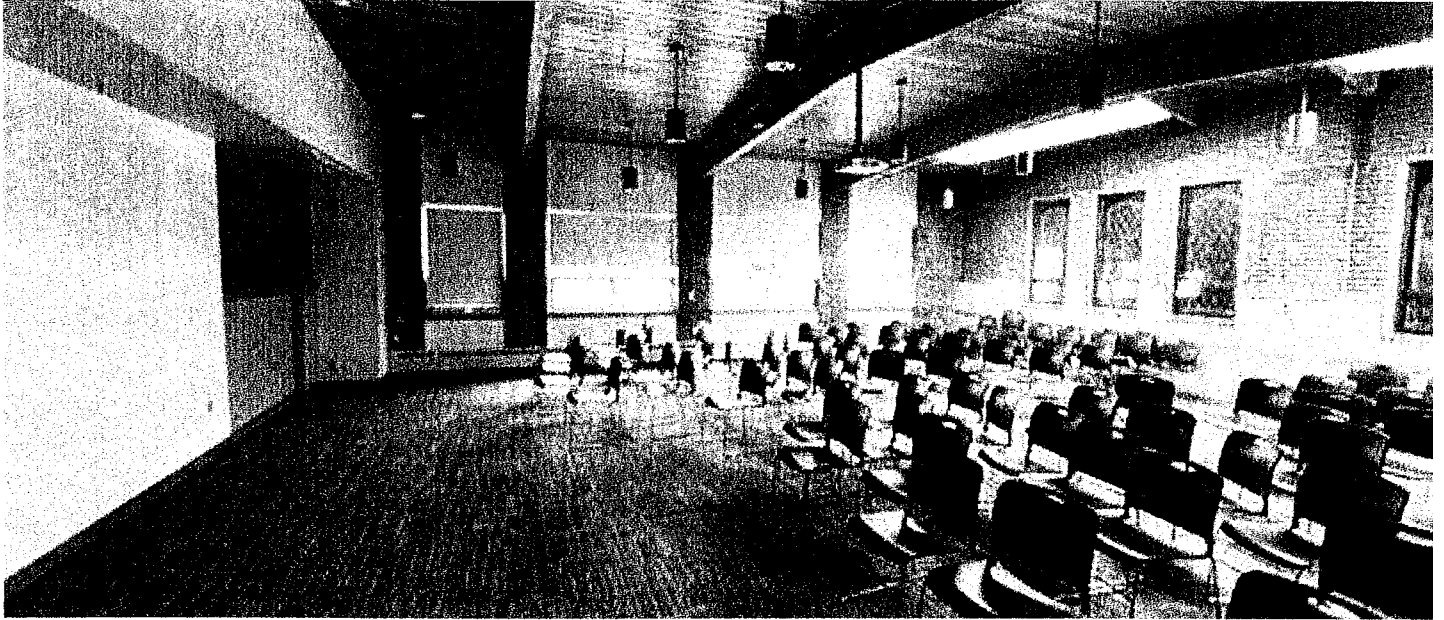
If you are interested - Contact:
Nightowl@aastpaul.org
to schedule training.

St. Paul Intergroup Office
33 Wentworth Ave E, Suite 355
West St. Paul, MN 55118-3431
To RSVP - please call 651-227-5502

OMD NEW LOCATION

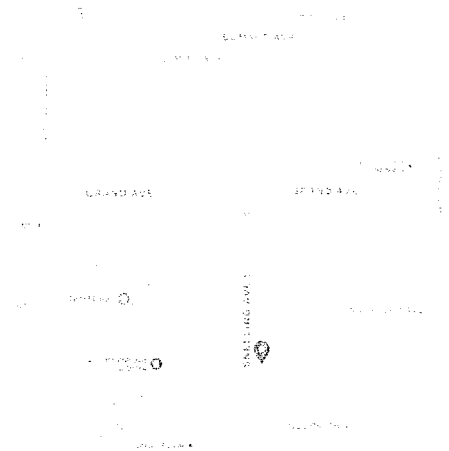
Starting May 1, 2024

Every Wednesday 7:00-9:00 PM



Immanuel Lutheran Church
104 Snelling Ave S
Saint Paul, MN 55105

- Open AA Meeting—all are welcome
- Big Book Study
- ASL Interpreters
- Accessible
- Child Care
- On-site parking
- Hybrid (Zoom Available)



Speaker meeting/Sobriety Recognition and Potluck Dinner
First Friday of Each Month

St. Paul & Suburban Area Intergroup, Inc.

@SPIntergroup

Fell Free To Vist our
online store at :

aaspi.company.site



venmo

You can also donate on
our website directly at:

www.aastpaul.org

Office

Volunteers

Thanks to your all!

Bernie

Alec

And Thanks to our many Night Owl volunteers as well.

Shaun L.

Hoot Hoot!

Jane H.

Lynn E.

If you are intrested in being of Service, please Vist our Website or Contact the office!!

Frank D.

THE FOLLOWING GROUPS, MEMBERS AND FAITHFUL FIVER MEMBERS MADE
THE SERVICE OF INTERGROUP POSSIBLE LAST MONTH:

- 25 A.A. Groups contributed - \$5,853.89
- Faithful Fivers contributed - \$3,244.99
- Total Contributions - \$9,191.94

Apple Valley Daily Reflections
Hope Church - Monday AA
Basic Text
Bright Promises AA
Steps to Freedom
Coffee Shop group
Ringmaster's Group
Midway Club
Burnsville - Primary Purpose
White Bear SAT AM Women's Group
No Time Like the Present
Wednesday Night Men's 12 x 12
Friday Nite 12x12 By The Book
A Baffled Lot
Tuesday Night Hope Church Lakeville
Sisters of Serenity
North Dale Group
Roseville Wed Night

Shoreview 12 x 12
OMD
River Falls Alano
Stepsisters of Northfield Group
Saturday Morning Serenity Group
Rule 62 Step & Tradition Group
Thursday Night Big Book - Nfld
Old Timers
Forest Lake Alano
Summit Hill
Woodbury Primary Purpose
Meeting of the Waters
Maplewood Groups
Most Important Thing Group--Sunday, Roseville
Fireside Women's BB Group
River Rats
North Dale Group
Downtown Alano Squad 50

*Thank You So
Very Much!*



Meeting
Info Calls

30



12th Step
Calls

6



Speakers
Calls

3



Total
Calls
103

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

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Please let us know 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