



## STEP 7

*“ Humbly asked Him to remove our shortcomings ”*

When I was five years sober, I was walking along a road in Great Neck, Long Island, when I saw a guy coming directly toward me. This guy had once cheated me out of several thousand dollars by cashing an insurance check of mine that he had mistakenly received. And there was no reason for him not to have paid me back. Instead of confronting him, though, I chose to cross the street.

That was an AA awakening. I vowed never to do that again. Running away was not going to be an option anymore. Neither was ignoring situations or excusing other peoples' bad behavior, such as telling myself he needed the money more than I did.

I had always done almost anything to avoid confrontation. After all, “they” might not like me. “They” were so much more important than I was. But that day, I asked God to give me the courage not only to understand my behavior, but to overcome this character defect of mine.

An amazing part of my AA journey is discovering that when I directly handle life's problems head-on, most of them resolve quite easily. For me, courage is not only doing “the next right thing,” but to begin to act appropriately. The Steps have helped me to “say what I mean, but never say it mean.” Action. Step Seven. That's the key for me. No more running away.

—Steve M, Brentwood, Tenn

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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**

Website: [www.aastpaul.org](http://www.aastpaul.org) Online Store: [aaspi.company.site](http://aaspi.company.site) E-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) Phone: (651) 227-5502

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

# **St Paul Intergroup OPEN HOUSE & BBQ!**

**JULY 27th, 2024 - 11am to 2pm**



**Food and refreshments will be provided. We will have limited seating so bring your own chair or blanket. There is a nice grassy area to relax and eat.**

**BBQ will be held in the parking lot and the Office will be open for visitors and purchases!**

**Where: 33 Wentworth Ave East West St. Paul, MN 5511  
Suite 355 & Parking Lot**

**Call 651-227-5502 for more information!**

# 7TH TRADITION

*“Every A.A. group ought to be fully self-supporting, declining outside contributions”*

It was April 2010 and I was in Connecticut visiting my mother, Ann. She was dying of lung cancer. It was a crazy time. My stepdad, Harv, had passed away suddenly and unexpectedly in February while my mother was in the middle of cancer treatment. Now she knew she was terminal and did not have long to live.

On this trip, I helped her get her affairs in order. It was such a sad time and yet my mother amazed me again and again. She and my stepdad were active members in AA and both had sponsors and sponsees. They both went to meetings right up until the end. My mother couldn't drive a car but insisted that she be “with her peeps,” as she liked to call her sponsees. “They understand me,” she would say.

She knew, even though she was on medication and oxygen, that an AA meeting was where she needed to be.

So my mother and I went to a meeting at her home group. At the time, neither of us knew that this would be our last AA meeting together. At the end of the meeting, while the Seventh Tradition basket was being passed, I watched as she counted out three \$1 bills and placed them in the basket.

Later, while driving home, I asked, “Why do you put so much in the basket?” I will never forget her response: “Well, I put one in for my original sponsor, because without her I wouldn't be sober today. The next one is for Harv, because he would put one in if he were here. And the last one is for me.” She said, “I can never repay Alcoholics Anonymous for the wonderful life I have had since being sober.”

I was amazed to see such gratitude despite the fact that she was dying. She explained that, “It's great therapy for an hour and less than the price of a drink. How can you beat that?”

Later in the trip, I asked her what I could do for her after she passed that would mean the most to her. Without missing a beat she answered, “Put a dollar in the basket for Harv and me. It would be a great way to honor our sobriety and a way you can take us to the meeting with you. It will be our way of still being able to give to AA even after we are gone.”

I still cry when I recall her telling me this. She passed away less than three weeks later.

Now I am happy to report that, three years later, I continue to fulfill her wish, but with my own little added twist. When the basket is passed, I gratefully put in a \$5 bill. One dollar is for my mother; one is for Harv; one is for my husband, who I wouldn't have married if not for AA; one is for me; and one for the alcoholic in the room who can't afford it.

When I first arrived in AA, my financial situation was so pitiful that giving spare change was the best I could do. So my \$5 contribution has become a great way to honor my parents. It also is the cheapest hour of therapy I will ever get, and, I imagine, still less than the price of a drink.

I am truly grateful for those members of AA who have come before me and set an example of what responsibility is all about. My brother has 31 years sober and I now have 25. I'm so proud to celebrate with him. I wouldn't have the life I do if not for AA and I feel blessed to be able to give back on behalf of all of us. I have learned so much more in AA than just not drinking. Today I have a life beyond my wildest dreams. It seems like the more I give, the more I get.

—Mary Ann A., Fuquay-Varina, N.C

# 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](http://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](http://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.

6070 Cahill Ave  
Inver Grove Heights

**SATURDAY, JULY 20, 2024**

**Builders Big Book  
5th Anniversary  
Celebration**  
(open meeting)



**8:00 – PANCAKE BREAKFAST/FELLOWSHIP**

**9:00 – SPEAKER: MARTY S.**

from Lakeville Big Book

# 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!!

## THOUGHTS FROM THE BOARD

It has been my privilege to service on the board for the better part of 10 years. I have seen many changes multiple office moves, many service positions rotated, financial ups and downs. Especially through out the covid years. AA never ceases to amaze me with the community that continue to move forward.

I am very excited for saint pauls office. They have a very eager board and an awesome staff that has been awesome in connecting aa with the public. I believe this is the very best of our community.

This experience has taught me the joys and frustrations of service. I will for ever be grateful thank you saint paul aa.

- John C

# 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

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## 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**

# *Friends in Recovery*

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



**Golf Tournament**  
Sunday, July 21st, 2024.

Applewood Hills Golf Club  
11840 60th St. N,  
Stillwater MN. 55082

\$240 for team of four, or \$60 for single.  
**Register online, or by mail as a team or single.**

**@ nippercup.com**  
**Contact Person: Rob P. (651) 338-6850**

**Cost includes greens fees, bucket of range balls, sleeve of Nipper Cup logo balls, raffle ticket for door prizes and steak dinner after the round.**



# 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)



### 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: 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

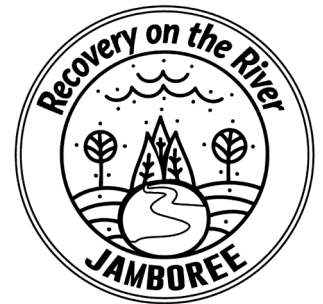
# FELLOWSHIP GRILL OUT

**What?** Grill out hot dogs and burgers with us and join in a bean bag tournament!

**When?** 20th July 2024 11AM - 2PM

**Where?** Mt. Simon Dells Pavilion

999 Addison Ave,  
Eau Claire, WI 54703



**50/50 Raffle**

**Prizes to winners!**

**\$10 Lunch  
\$5 per team**



[recoveryontheriver.org](http://recoveryontheriver.org)

# St. Paul & Suburban Area Intergroup, Inc.

@SPIntergroup

Fell Free To Vist our  
online store at :

[aaspi.company.site](http://aaspi.company.site)



**venmo**

You can also donate on  
our website directly at:

[www.aastpaul.org](http://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 - \$5,067.58
- Faithful Fivers contributed - \$1,400.01
- Total Contributions - \$7,131.47

Hope Church - Monday AA  
Macalester Group AA  
Hole in the Doughnut Group  
Happy Joyous and Free - Mahtomedi  
Hugo Group  
Mendota 1030 AA Group  
Pages of Wisdom  
Third Edition Group  
Rivertown Big Book - Hastings  
Midway Club  
Maplewood Groups  
Wednesday Night Men's 12 x 12  
Forest Lake Alano  
Saturday Morning Womens Group  
Pocketing Our Pride - Mpls  
There is a Solution--River Falls  
Apple Valley Monday AM Women's Mtg.  
River Rats

Hastings Club  
Hope Church - Monday AA  
Maplewood Groups  
Safe Haven Too  
Women's Basic Text  
11 W. Bernard Group  
Steps by the Lake  
Downtown Alano Squad 50  
New Brighton BB  
Wednesday Night Men's 12 x 12  
Mahtomedi Happy Hour 12 & 12  
Rivertown Big Book - Hastings  
Thursday Night Big Book - Nfld  
Dakota Alano - Fri 4PM  
Pocketing Our Pride - Mpls  
Midway Club  
Peter Bock  
Burnsville - Primary Purpose

*Thank You So  
Very Much!*



Meeting  
Info Calls

31



12th Step  
Calls

3



Speakers  
Calls

2



Total  
Calls  
90

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