



## STEP II

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Practicing our Eleventh Step develops my ability to do one thing at a time. At meetings, people are sometimes amused when I say that. One man told me, “That’s ridiculous, everyone knows how to do one thing at a time.” Later on, when I asked him how he meditated, he said, “I can’t stop my mind from racing long enough to do that.” That remark demonstrates the purpose of the practice.

I wasn’t born with the quiet mind needed to meditate. I work hard to develop it. The problem with me is that I’m alcoholic and as Alcoholics Anonymous says, “we alcoholics are undisciplined.” So the real problem is lack of discipline.

My first sponsor showed me that I couldn’t wait until I felt better to work the Steps. He said, “You must work the Steps in order to

feel better.” And so my work, my new purpose in life, was cut out.

When I decide to sit still, for twenty minutes, it is alcoholic mind that has the ability to distract me. Distraction usually comes to me in the form of a thought or a subtle sensation, a twitch, or an urge telling me to stop meditating and to do something else. Quieting this alcoholic mind is why I meditate. Following through on a decision to sit still for twenty minutes--no matter what happens--is spiritual practice.

With the purpose of discipline in mind, and without regard to the results, I have a simple method that I use for meditation. Allow me to pass it on.

Before assuming the posture to meditate, I set a timer for twenty-one minutes (twenty-one is a spiritual number). Next, I say a prayer and ask God, as I understand God, for clear contact. Then for twenty minutes twice a day, morning and evening, I sit with my back straight, in my quiet spot, with rev-

---

*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

erence for the practice. With my chin held level, and my eyes closed, I focus on my breathing. given for meditation during a twenty-four-hour period. Being united in body, mind, and spirit is spiritual; it keeps me sober.

The only thing that exists now is the breath. When thoughts enter my mind I simply label them as “thinking.” I don’t chase after them. On the out breath I say, “be done.”

By: Tom W. | Buffalo, New York

This is my formal practice of our Eleventh Step. However, I’m an alcoholic and when something is good, I want more; so I’ve learned how to meditate even when I’m not sitting in my formal practice.

For example, I keep rhythm with my footsteps when I’m walking. Doing one thing--walking--with my body, and paying attention to it with my mind, gives my spirit a chance to join in. When I pay full attention to what I’m doing, I’m meditating. I’m united--body, mind, and spirit--with a singleness of purpose. This helps quiet my alcoholic mind.

Another example is when I do the dishes. I no longer view the dishes as an unpleasant task. I see them as an opportunity to meditate. In fact, I stretch the job out. I touch the warmth of the water. I listen to it’s rich flow. While watching the formation of bubbles I feel a loving God. I concentrate on washing the dishes and not on what I’m going to do next. The most important thing is what’s in front of me--now.

One AA member who frequents my home group describes mindfulness this way: “Wherever you are--be there.” Likewise: “When I walk, I walk; when I do dishes, I do dishes.” You’d be amazed at the opportunities that are

# IITH TRADITION

*“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”*

I don't celebrate my AA anniversaries, personally, for a number of reasons. First, because I spent many years taking chips for my meager sobriety dates and they did not help me to stay sober. When I finally got sober, my sponsor told me to do everything differently, and I discovered that when I passed by my sobriety landmarks anonymously, a surprising sense of joy was awakened in me. I realized that God sees what I am in secret and repays me generously. I never received this sense of satisfaction from publicly celebrating my landmarks.

Also, I want to avoid any implication that I deserve recognition for my sobriety. In my opinion, the quality of my sobriety speaks for itself, good or bad. A tree is known by its fruit, not by medallions I hang on it. My gratitude, respect, and helpfulness to others make a much better statement of my sobriety than my collection of tokens, or lack of them. I don't keep my sobriety date secret, but I don't make an issue of it either. It's not my doing that I'm sober; it's God's. My part was the weakness; God's was the strength. I merely surrendered, from my heart, and began to let God be God in my daily life. Can there be much credit to the if I only did what was reasonable, and what I should have done a long time ago?

Also, AA's effectiveness is evident anyway, whether people take tokens or not. It comes from the hearts of sober people and is not going to be lacking in most meetings. If it is lacking, no amount of celebration and token-giving will disguise that. The length of my sobriety and the quality of it will come out in my honest relations with other AAs. At this level, it will always be meaningful and helpful. On the other end of the spectrum, anniversaries can turn into unsober parades of self-interested personalities, which can do a disservice to AA's primary purpose. I've found that, for me, sobriety is best passed on by attraction, rather than by promotion. I no longer need to yell the truth out--it is not less true because it is shouted rather than whispered, or lived. The truth has the advantage of being true; it will support

itself without my help!

For me, this way of life is lived one day at a time, treating each day like another. There is nothing any more remarkable about my sobriety date than about today. True, it is a human landmark, but I suspect that God views my sobriety differently than I do. How many days I have not drunk alcohol, I can count; how many days I have really been sober in spirit are actually fewer. There were a few days, scattered through my early sobriety, when I was not in a sober frame of mind, but I didn't drink.

I haven't changed my sobriety date. I wouldn't know what to change it to. The quantity of my sobriety is less important to me than the quality. Of course, I speak for myself, and I heartily support those with different ideas. God forbid that I should think I am any better or worse than another, just because my ideas are different. I hold my opinions loosely these days. I know well that I am easily capable of being very wrong, so I always reserve the right to change my opinion. At all costs, I hope to keep an open mind, because otherwise I will cease to grow.

ST PAUL INTERGROUP'S ANNUAL

# GRATITUDE NIGHT

SATURDAY NOV 23RD

6:30 - FELLOWSHIP

7:00 - SPEAKER MEETING

SOBRIETY COUNTDOWN

Main Speaker - Doug H.  
Two 15 Minute Speakers

Join us for cake and fellowship  
following the speaker meeting.

*Friends and family are welcome to attend.*

LUTHERAN CHURCH OF THE REDEEMER  
285 DALE STREET | SAINT PAUL, MN

# EMOTIONAL SOBRIETY

## HOW MANY ALCOHOLICS DOES IT TAKE...TO CHANGE A

I'm dating someone new and we are in the phase where we can either enjoy one another's company or we can analyze every detail and obsess over comments and observations. Predictably, I'm choosing the latter.

My new friend was over at my apartment recently and went to get a soda out of the refrigerator. When he came back, he said, "Did you know that your refrigerator light is burned out?" He asked how long it had been out and after a moment, I said, "Maybe five years?" He laughed and said that wasn't a good sign. A few minutes later he seemed distracted, and I asked what he was thinking about. "Your refrigerator light," my honest new friend told me. "I'm concerned." Then I got a little defensive. When I get defensive, I get aggressive. My biggest defense during my years as a drunk was "I meant to do that." So I told my friend, "I don't need a refrigerator light. If I want to see what's in my refrigerator, I turn on the kitchen light. If it was important to me to have a light in the refrigerator, I would change it. But it's not." I was trying to imply that I had more serious matters to attend to, but if he was bourgeois enough to care about something as trivial as a refrigerator light then I was willing to have the conversation to explain why I chose not to have a working light in my refrigerator.

About a week later, this same man was over at my apartment, and we were talking about our AA sponsors (he's in the Fellowship, too) and the silly things we talked to them about, and how they were usually able to reassure us with just a few reasonable words. He gave me an example: "I mentioned my concern about your refrigerator light to my sponsor and he made me realize it was not a big deal." "Are you serious?" I asked. He told me that his sponsor said the same thing I did: you can turn on the kitchen light if you want to see what is in there. His sponsor's refrigerator light had once been burned out for several years and, since my friend respected his sponsor, he was reassured

about me and my refrigerator.

Did he think I was slothful? Within a matter of seconds, I went from wondering if he thought I was slothful to thinking that he probably thinks I'm white trash, have lice and rodents--certainly not the kind of girl you bring home to mom.

After stewing about this for a few days, I brought it up with my sponsor. I started to tell her exactly how it made me feel--hurt, judged, vulnerable. "I feel so exposed!" Then my sponsor asked the question that changed the direction of this story. "Have you changed the lightbulb?" she asked. "What?" I couldn't follow. "You need to change the refrigerator light today. Your job is to go to the store and buy a new lightbulb for your refrigerator." I quickly saw the light (so to speak). I needed to take an action. Because she's my sponsor and not a potential suitor, I felt I could be honest. "Is there just one kind of lightbulb for refrigerators?" I asked her. "I've never bought one before." She suggested I unscrew the lightbulb and take it in to the store to make sure I got the right kind. After we hung up, I went to the refrigerator and peered in through the murkiness. There was some kind of protective piece around the lightbulb. I tried to unhook it, but I couldn't manage it and had to leave for work.

That evening, I returned home, determined to finish the task. I had stopped by the store after work and bought many different lightbulbs, thinking that one of them was bound to fit. This time I was calm and methodical and managed to unhook the "protective lightbulb gate." As I went to unscrew the lightbulb, I accidentally screwed it in and the light turned on. Apparently, it just hadn't been screwed in tight enough. I moved into this apartment in 1994 and the refrigerator was brand new. I had never screwed the bulb in to begin with.

I don't know what the moral of this story is. I just know it is a microcosm of the kind of thing that swirls around in my alcoholic head on a daily basis. And it's kind of nice to open the refrigerator door and be able to see what's inside.

# OFFICE UPDATE

Fall is upon us!!

**IMPORTANT: The office has changed operating hours**

The office hours will be:

Monday - 9:30 to 5:30

Tuesdays - 11:30 to 7:30

Wednesday to Friday: 9:30 to 5:30

Saturday: 10:00 to 2:00

If there are any questions please call the office at (651) 227-5502

The office has begun looking into options for a new location. If you have any suggestions for the office related to the new location or otherwise, please bring them to the Board and Rep meeting every third tuesday of every month.

**IMPORTANT: November will be our board elections for 2025!**

If you would like to nominate someone or run for a board position please show up to the rep meeting on November 19. Available Board positions are posted on the intergroup website or can be spoken about over the phone if you call the office.

**Thank you all again for all of the service that you do and being a valued member of Alcoholics Anonymous in the Saint Paul and surrounding area.**

# 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**

# *Friends in Recovery*

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



## **Music Festival**

**Sunday, Nov. 24, 2024**

**3:00 - 7:00 PM**



**Price \$20.00**

**Limited tickets available at the door,  
but get them now to guarantee entry.**

**Advanced ticket purchase contact info:**

**Chris J. (651) 746-4404**

**Steve A. (651) 302-3006**

**Tyler H. (651) 494-2872**

**Minnesota Music Cafe**

**449 Payne Ave.**

**St. Paul, Minnesota**

**Ramshackle Charmers**

**Gawd Awful Boys**

**Dick and the Original Scorchers**





# 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**

# 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](mailto:chair@aastpaul.org).**

**For more information, reach out to [chair@aastpaul.org](mailto:chair@aastpaul.org) or call the Intergroup office at [\(651\) 227-5502](tel:6512275502)**

# St. Paul & Suburban Area Intergroup, Inc.

@SPIntergroup

Feel 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**

And Thanks to our many Night Owl volunteers as well.

**Volunteers**

Hoot Hoot!

**Bernie**

**Lynn E.**

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

**Frank D.**

**Gus**

Thanks to your all!

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

- 25 A.A. Groups contributed - \$8,720.08
- Faithful Fivers contributed - \$845.29
- Total Contributions - \$15,308.84

Hope Church - Monday AA  
 Firing Line  
 Stepsisters of Northfield Group  
 Grovers Thursday Night  
 Saturday Morning AA - Lindstrom  
 Birds of a Feather  
 Freedom Friday  
 Third Edition Group  
 I'll Quit Monday  
 Uptown Group  
 Wednesday Night Men's 12 x 12  
 Mellen AA  
 Maplewood Groups  
 Midway Club

CRC Friends of Bill W.  
 White Bear Lake - Thursday Night Group  
 Forest Lake Alano  
 Gopher State Roundup  
 Ridge Runners III Sun 830AM  
 Saturday Morning Womens Group  
 Thursday Night Big Book - Nfld  
 River Rats  
 Woodbury Primary Purpose  
 Island Lake Group  
 Summit Hill  
 Women's Basic Text  
 Pocketing Our Pride - Mpls

*Thank You So Very Much!*



Meeting  
Info Calls

36



12th Step  
Calls

7



Speakers  
Calls

8



Total  
Calls  
119

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