



STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I had been sober in AA for two years when I went to a meeting and admitted I felt ashamed of being an alcoholic. The feedback I got was extensive and helpful, but it was something a fellow said to me after the meeting that clicked. "It sounds like you're ready for Step Five," he said.

I was between sponsors at the time, so I asked a woman who attended one of my regular meetings if she would hear my Fifth Step. She agreed, and using all I had learned about Step Four in the meetings, I set about writing my inventory.

Searching and fearless it was, as I proceeded to write pages that unearthed memories I'd long buried. And along with my past history, I realized I wanted to be rid of once and for all a resentment against someone I'd been

carrying since getting sober.

I had tried to pray for the person and to just let go of the resentment, but each day my anger toward this person still simmered. I knew I was finally ready to be rid of the resentment, however, when I admitted it was hindering my progress toward sobriety and peace.

When I finished with my Step Four writing, a friend made the gentle suggestion that I not let too much time go by between writing my inventory and proceeding to Step Five and sharing it.

So one cold February day in 1990, I sat at her table and read my Step Four inventory. Before I started, however, she said some important, guiding words: "Remember that our Higher Power is also here listening" and "You can trust that nothing you say will leave this room." That second statement was especially helpful because if anything was an exercise in trust for me, it was this experience.

As I read my inventory, I was sure she would be shocked or judgmental. What a relief to encounter only under-

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 Online Store: aaspi.company.site E-mail: lifeline@aastpaul.org Phone: (651) 227-5502
Office Hours: Monday, Wednesday - Friday 9:30 to 5:30, Tuesday 11:30 to 7:30, Saturday 10:00 to 2:00 Sunday Closed

standing and acceptance. I felt my shame melt away.

When I had finished, she said, “Now the things you have read are over and no longer a part of you. In the event you do another Step Four and Five, it will not be on the matters you’ve addressed today, for they’ve gone.”

I left her home that day with a feeling I still remember--not only of being relieved of a huge burden but also of being cleansed. Several days later, I realized that since doing Step Five, I hadn’t once thought of the person I had resented so much. This was a miracle to me. Through Step Five, God had removed my shame about being an alcoholic and the resentment I had harbored.

And that freedom still exists, years later.

By: Teresa R. | Mattydale, New York

Tradition 5

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

An incident at a women’s meeting brought the importance of Tradition Five to light for me. When the secretary asked if there were any AA announcements, a woman with a few years of sobriety announced that she had flyers for a women’s retreat and that those interested could see her after the meeting. When she finished, a woman with loads of time in sobriety blurted out, “That’s not an AA announcement!” The whole room went quiet. I noticed that the faces in the room revealed many emotions, but the most common was confusion.

At our next meeting, I talked with the secretary. She had called our central office about the validity of the statement and received contradictory responses. We truly did not know if announcing a retreat for women was AA or not.

A few days passed, and the question kept bouncing around in my thoughts. I decided to call Jane, who had spent most of her sobriety in and around district and area meetings. When I explained what had happened at the meeting, I heard her chuckle. She said that she could not tell me whether what the woman had said was right or wrong, but that she had a story that would help me to understand the situation and to make my own decision.

At her home group, there was a woman

who made teddy bears. She decided one day that she had too many and so she brought them to a meeting to be given away during the raffle. (The raffle is a common event at most meetings in the Northeast and consists of people buying tickets to win Conference-approved AA literature and bumper stickers.) At the next business meeting for this group, the elders informed the woman that she could not contribute teddy bears to the raffle because only Conference-approved literature could be given away. There was a vote and it was decided that the teddy bears, no matter how cute they were, had to go. Even though the no's were a majority, my friend Jane felt it was neither a clear nor a good group conscience vote.

A few weeks passed and Jane went to the district meeting. The woman with the teddy bears and the others who had voted against the majority had brought their dilemma to the district. For some reason, the district felt this was a group issue and decided to let the group decide, which gave the woman and the others, in their minds, the okay to distribute teddy bears during the raffle.

So, the teddy bears were ready to be raffled at the next meeting. At this meeting was a man with some time sober who had come with a woman who was two days sober and at her very first AA meeting. The woman won the raffle (of course) and the man handed her a Big Book. She was not impressed and informed him that she wanted a teddy bear instead. The man told her that the teddy bear was not going to keep her sober. She insisted that she really wanted the teddy bear. The woman left the meeting with the teddy bear. She was never seen again, but the teddy bears

still remain.

Jane's example helped me in understanding our Fifth Tradition. It was a simple message that I could bring back to my home group. From that point on, we have tried to be very careful what we include in our AA announcements and raffle.

When I came to AA, I did not know that drinking was my problem. A teddy bear might have seemed, in my sick mind, an easier, softer way to solve my problem. I could have been the woman who did not come back. We never truly know what newcomers will hear at their first few AA meetings that will help them to stay sober, but we can be responsible for what we make available to them, so that they can get the help they need to understand the disease of alcoholism.

By: Kathi A. | Acton, Maine

Minnetonka Big Book Study Group
of
Alcoholics Anonymous
presents its

31st Annual Serenity Breakfast
Sunday, May 18, 2025

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker
Paul G. from Brecksville, OH
Speaker Meeting: 10:30 am to Noon
Breakfast: 8:30 am to 10:25 am



Only \$15.00 in advance ~ \$20.00 at the door
(Speaker only = Seventh Tradition)

THOUGHTS FROM THE BOARD

UNITY

A sense of isolation and alienation came naturally to me. Ever since making my first childhood friends, I've been afraid. Afraid they'd leave me as soon as they found out about my secret - that I didn't quite belong; didn't quite fit or measure up. If they left, then my secret would become as true outside as it was inside, and I'd be destroyed and alone.

Drinking solved that- for a while. Ultimately I ended up feeling more alienated and alone than ever before.

When I got to AA, I was a mess - full of fear and despair - miserable and hopeless. I still couldn't picture a life without alcohol, but this was the last stop on the bus. I reached out into the unknown, and the hand of AA was there - thanks, in part, to Intergroup. All of my Big Books and 12x12's have come from St. Paul Intergroup, from which I received simple direction and took simple actions, guided by my sponsor. I have given copies of those books to sponsees, who are now united with the solution as a result.

Intergroup also got me connected (united) with meetings through the online directory. And at every meeting I attended, I found people willing to share experience, strength and hope with me. I began to feel more connected, and my sense of isolation was dissipating.

All of the medallions I've given or received have come from Intergroup, and it was very important when I was new to see people receiving them, because it showed me long-term sobriety is possible.

For me, a life lived on self reliance is a life

apart. A life lived on God reliance is a life united. Intergroup played a critical part in helping me get connected with you, then you connected me with God (as outlined in the Big Book of Alcoholics Anonymous), and God is everything. Without God, AA wouldn't be here, and without AA, I wouldn't be here. Without Intergroup, AA would have a much harder time carrying the message. Thus, I am greatly honored to serve as Secretary to the Board for St. Paul Intergroup.

Intergroup makes 12 step work possible. It is ultimately run by the AA groups it serves, and as Secretary to the Board, my duty is to uphold the collective group conscience brought forth by the St. Paul area AA groups. I diligently record the minutes as they are dictated over the course of our meetings, so that the groups we serve have all the information they need to understand how Intergroup is functioning, and make informed decisions about any changes they want to see. My role is critical in ensuring we are united, and I do not take that for granted. I thank you for allowing me to serve.

- Andrew A

Office Update

We now have an easier way to sign up to be a Faithful Fiver. On our website contribution page, individuals and groups can easily sign up to make contributions through the provided link.

We discussed at our board meeting our current move options and found that it will be best for us to remain here at our current location at this time due to the current renting market and cost increases.

Important: Group Outreach

The office is struggling to find people willing to serve for group outreach. Outreach Committee is where members of AA go to meetings and groups in the St. Paul and Suburban area to let members of AA know about St. Paul Intergroup and its services.

What makes group outreach so important, you may ask?

First, that we go to the meetings in our directory to make sure that a meeting is still there and that if it is there, it has clear instructions on how to find the meeting.

Second, that the meeting is in fact an AA meeting and is not asking its members for payment or has any religious or other affiliations, or violates the 12 traditions in any other way.

Lastly, that the groups know of St. Paul intergroup and the services that it provides and has an opportunity to share its voice at intergroup.

The committee meets every 2nd Thursday of the month at 5pm via zoom to talk about plans of action.

Everyone is welcome and there is no sobriety requirement.

You can find the link on our website at www.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**



2025
GOPHER STATE L
MAY 23RD - 25TH

JOIN US AS WE CELEBRATE

50
Years!

DOUBLETREE HOTEL • BLOOMINGTON, MN

Hospitality Suites are a great opportunity for fellowship and service at Gopher State!

If your group is interested in hosting a hospitality suite, please fill out the Hospitality Suite Inquiry Form.

Don't forget, groups can co-host a suite and split the cost and commitment.



<http://tiny.cc/gopherstatehospitality>

If your group had a suite last year someone from the Hospitality Suite Committee will be reaching out to you

REGISTER NOW!

International Women's Conference
Des Moines, Iowa
February 12-15, 2026
Community Choice Convention Center

A limited number of in-person registrations are available. It will sell out soon!



Scan to register for in person or online!



internationalwomensconference.org

DISTRICT SERVICE MEETINGS

2025 INTERGROUP BOARD OF DIRECTORS

District 8 (Ramsey Co.)
 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.)
 2nd Weds. Of the Month -7pm to 8:30pm
 Eagan Community Center
 1501 Central Pkwy
 Saint Paul, MN, 55121
 Lone Oak Room
 dist19@area36.org
 Email: dist19@area36.org (for Zoom info)

Advisor to the Board: Kelly K.
 Board Chair: Ricardo G
 Alt. Board Chair: Alex S.
 Treasurer: Brittani G.
 Alt. Treasurer: Don H.
 Secretary: Andrew A.
 Members at Large:
 Emily M.
 Brandon H.
 Heather R.
 Alex L.
 Office Manager: Jacob F.
 Webservant: Jonathan L.

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

Keeping Our Directory Strong: Monthly Outreach Meeting

Making a Difference, One Meeting at a Time

What is this?

Keeping our AA meeting directories accurate matters. Join us via Zoom every second Thursday at 5:00 PM to help visit and verify local meetings. Open to all AA members who can visit meetings in the St. Paul area.

More About Group Outreach

Our committee serves a vital role in maintaining reliable meeting information for the AA community. Members visit groups that may not currently have an Intergroup representative or financial connection to Intergroup. These visits help verify meeting details like location, format, and accessibility, while also sharing information about Intergroup services and inviting groups to participate in our monthly Intergroup Council meetings. We prioritize visiting groups marked as Missing-in-Action (MIA) and work to reach every meeting in our directory. Whether you can visit one meeting or many, your help makes a difference in keeping our community connected. The Saint Paul Intergroup thanks you for your service.

Additional information:

Join via: Zoom Only
Phone in: +1 (312) 626-6799
Meeting ID: 848 9449 9621
Password: 108616
Date: Second Thursday of Each month
Time: 5:00PM



If you would like to financially contribute to St. Paul, this QR code will bring you to the St. Paul Intergroup website contribution page.



There are other ways to contribute to St. Paul intergroup as well and you can find those on our website or at the office in person.

Office

Volunteers

Bernie

And Thanks to our many Night Owl volunteers as well.

Lynn E.

Hoot Hoot!

Frank D.

Mike

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

Thanks to your all!

The following groups, members and Faithful Fiver members made the service of intergroup possible last month:

Thank You So Very Much!

- 25 A.A. Groups contributed - \$5,852.38
- Faithful Fivers contributed - \$749.00
- Total Contributions - \$6,601.38

Forest Lake Alano
 Hope Church - Monday AA
 Wednesday Night Men's 12 x 12
 Grovers Thursday Night
 Burnsville - Primary Purpose
 Cottage Grove AA
 Sonya Johnson
 Summit Hill
 River Rats
 Turning Point in Wayzata
 Una Luz en el Camino
 Eagan Tuesday Nighters
 Apple Valley Daily Reflections
 A New Light
 Elements Group

Main Idea
 Third Tradition Northfield
 Most Important Thing Group--Sunday, Roseville
 Mendota 1030 AA Group
 Midway Club
 White Bear Lake Area A.A.
 North Dale Group
 Pocketing Our Pride - Mpls
 A Baffled Lot
 Shoreview 12 x 12
 Old Timers
 Maplewood Groups
 Up The Creek
 District 19
 Birds of a Feather



Meeting
Info Calls

47



Speakers
Calls

10



12th Step
Calls

6



Total
Calls
126

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