

# The Lifeline



December 2005

24 Hour Phone: 651-227-5502

Volume 40 Issue 12

## St. Paul Intergroup New Year's Eve Celebration 2005 December 31st, 7:00 PM

### AA Open Speaker Meeting:

Time: 7:00 pm

Cost: Free

### Location:

Lutheran Church of the Redeemer  
285 North Dale Street

### Marathon AA step meetings:

Time: 9:00 pm – Midnight

Cost: Free

### Dance:

Time: 9:00 pm – 12:30 am

Cost: \$5.00



For more information, please call Intergroup at 651-227-5502

### **Become an Intergroup Representative!**

Does your group send a Representative to the Intergroup meeting? If not, elect one! Or volunteer to fill the position! It is a very important service opportunity. As an Intergroup Representative, you are responsible for the communication between St. Paul Intergroup and your group. Your job is to attend the Reps' meetings and report back to your group everything that is happening at Intergroup. The time commitment is very small (about an hour every month) but it makes all the difference to St. Paul Intergroup. The Intergroup office cannot function without the efforts of our volunteers.

Every group in the St. Paul and surrounding suburban area can send a Representative to attend the meetings. There they will give input and feedback to the board and office staff, and carry Intergroup news back to your group. So elect an Intergroup Rep to attend the next meeting!

The meetings take place every month, on the third Tuesday at 7:30PM. The meetings are held at the Spruce Tree Centre, on the first floor -- be sure to follow the signs.

### **You don't have to be an Intergroup member to attend!**

The following groups sent a Representative to the October Intergroup Reps' meeting: Como Park BB., Friday Mahtomedi 12&12, Third Edition, Midway, OMD, Shoreview 12&12, Summit Lexington, Uptown Candlelight, Profound Alteration, House of Hope, and No Time Like the Present

**The next Intergroup Reps' meeting will be held on Tuesday, December 20th at 7:30.**

Web Site = [www.aastpaul.org](http://www.aastpaul.org)

E-mail = [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)

Fax = 651-290-0209

Office Hours = Monday, Wednesday, Thursday, Friday – 9 AM to 1 PM and 2 PM to 5:30 PM

Tuesday = 9 AM to 1 PM and 2 PM to 8 PM

1600 University Avenue W. Suite 407 St. Paul MN 55104

**You can now view the previous month's Reps' meeting minutes at [www.aastpaul.org](http://www.aastpaul.org).**

#### 4th Tradition

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

#### 7th Tradition

"Every group ought to be fully self-supporting, declining outside contributions."

Your group can make an informed decision regarding contributions with information from A.A. World Services. The following information is a suggestion taken from the pamphlet: *Self-Support: Where money and spirituality mix.*"

#### 30 % G S O

P.O. Box 459  
Grand Central Station  
New York, NY 10163

#### 10% Southern MN

Area Assembly  
P.O. Box 2812  
Mpls., MN 55402



#### 10% District Committee

Ramsey County:  
District 8  
P.O. Box 226  
St. Paul, MN 55102  
Dakota County:  
District 19  
P.O. Box 1466  
Burnsville, MN 55337

Washington County:  
District 15  
P.O. Box 181  
Lake Elmo, MN 55042  
SE Ramsey County:  
District 26  
P.O. Box 75980  
St. Paul, MN 55175

#### 50% St. Paul Intergroup

Spruce Tree Center  
1600 University Ave. #407  
St. Paul, MN 55104

**Number of Groups Contributing:** 34

**Total Group Contributions:** \$3302.06

**Faithful Fivers Contributing:** 15

**Total from Faithful Fivers:** \$172.79

Thank you, to all of the groups that contributed to St. Paul Intergroup in the month of October:

**11 West Bernard; Amigo's III; Big Book Plus; Buck Hill Mon. PM; Burnsville Eagan Savage Tues. BB; Cliffhangers III; Como Area 12 x 12; Dakota Alano Friday 8 PM; Defogged Men's; Eastside AA; Eastside Squad 6; Hazelwood; Highland Park; Hour of Power; Mendota 9:00; Midway; North Branch Groups; North Dale; Pages of Wisdom; Primary Purpose; Primary Purpose Woodbury; Red Wing; Ridge Runners II; Roseville Wed. PM; Shoreview 12&12; South Suburban; Summit Women's; Thank God It's Friday; Third Tradition; U. R. S. Eagan; Uptown; Weekend Jumpstart II; White Bear Lake Area; and Woodbury Women's.**

#### 2005 Steering Board

Chair Renee B.  
Alt. Chair Marty M.  
Secretary Melissa H.  
Treasurer Jeff T.

#### Members at Large 2005

Tom S.  
Starr M.

#### Members at Large 2004

Charlie M.  
Pat M.

#### Advisor to the Board

Misha Q.

#### Office Manager

Melissa D.

#### October Office Calls

Meeting Information:	370
Inventory/Hours:	36
12th Step Calls:	6
Temporary Sponsors:	12
Speaker Requests:	45
Special Events	14
Outside Issues	35
Administrative	28
Other	65
<b>Total Calls</b>	<b>611</b>
<b>Daily average</b>	<b>29.09</b>

Visitors 175  
*\*Call tally is for the calls taken during office hours only and does not include calls taken during Night Owl shifts.\**

#### The Lifeline: Purpose Statement

*The Lifeline* is a monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for 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 Intergroup.

We welcome articles of opinion or descriptions of personal experience (no poetry, please), which should be sent to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #407, St. Paul MN 55104. Materials or articles cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length and contents that may violate A.A.'s Traditions, etc. The deadline is the 2nd of the preceding month.

## Unity

### **Traditions Checklist** **From the AA Grapevine** **Tradition Twelve**

*"Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."*

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to *my* standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?
6. Does my personal behavior reflect the Sixth Tradition -- or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AA's behavior -- especially if they are paid to work for AA? Who made *me* so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of *me* among more than a million AAs?"

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## Upcoming Events

### **42nd International Alcoholics Anonymous Women's Conference**

February 9th - 12th, 2006  
 Minneapolis Marriott City Center  
 Minneapolis Minnesota  
 For more information:  
 42nd IAAWC  
 P.O. Box 4262  
 St. Paul, MN 55104-0262  
 iaawc2006@yahoo.com

One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest--such is the wide scope of this all embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.

A glance at the 12 Traditions will instantly assure anyone that "giving up" is the essential idea of them all. In each Tradition, the individual or the group is asked to give up something for our general welfare. *Tradition One* asks us to place the common good ahead of personal desire. *Tradition Two* asks us to listen to God as He may speak in the Group Conscience. *Tradition Three* requires that we exclude *no* alcoholic from A.A. membership. *Tradition Four* implies that we abandon all idea of centralized human authority or government. But each group is enjoined to consult widely in matters affecting us all. *Tradition Five* restricts the A.A. group to a single purpose, i.e. carrying our message to other alcoholics.

*Tradition Six* points at the corroding influence of money, property and personal authority; it begs that we keep these influences at a minimum by separate incorporation and management of our special services. It also warns against the natural temptation to make alliances or give endorsements. *Tradition Seven* states that we had best pay our own bills; that large contributions or those carrying obligations ought not be received; that public solicitation using the name Alcoholics Anonymous is positively dangerous. *Tradition Eight* forswears professionalizing our Twelfth Step work but it does guarantee our few paid service workers an unquestioned amateur status. *Tradition Nine* asks that we give up all idea of expensive organization; enough is needed to permit effective work by our special services--and no more. This Tradition breathes democracy; our leadership is one of service and it is rotating; our few titles never clothe their holders with arbitrary personal authority; they hold authorizations *to serve, never to govern*. *Tradition Ten* is an emphatic restraint of serious controversy; it implores each of us to take care against committing A.A. to the fires of reform, political or religious dissension.

*Tradition Eleven* asks, in our public relations, that we be alert against sensationalism and it declares there is never need to praise ourselves. Personal anonymity at the level of press, radio and film is urgently required, thus avoiding the pitfall of vanity, and the temptation through broken anonymity to link A.A. to other causes.

*Tradition Twelve*, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The "Twelve Points of Tradition" are little else than a specific application of the spirit of the "Twelve Steps of Recovery" to our group life and to our relations with society in general. The Recovery Steps would make each individual A.A. whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

Our A.A. Traditions are, we trust, securely anchored in those wise precepts: charity, gratitude and humility. Nor have we forgotten *prudence*. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as He may need us.

--Bill W., *The AA Grapevine*, November 1948. Copyright © The AA Grapevine, Inc. Reprinted with permission.

**Concept XII**

"The Concept here considered consists of Article 12 of the Conference Charter. There are good reasons for placing it in this context.

"Taken as a whole, our Conference Charter is the substance of an informal agreement which was made between the A.A. groups and their Trustees in 1955. It is the agreed basis upon which the General Service Conference operates. In part, the Charter is an elastic document; its first eleven Articles can be readily amended by the Conference itself at any time.

But Article 12 of the Charter stands in a class by itself. An amendment or a cancellation of any of its vital Warranties would require the written consent of three-quarters of all the directory-listed A.A. groups who would actually vote on any such proposals, and the considerable time of six months is allowed for careful deliberation. Although changes in the Warranties of Article 12 thus have been made difficult, they have not been made impossible.

It is clear that all of these Warranties have a high and permanent importance to A.A.'s general welfare. This is why we believe we should permit change in them only upon positive evidence of their defectiveness and then only by common consent of the A.A. groups themselves. We have ranked them therefore with A.A.'s Twelve Traditions, feeling that they are quite as important to A.A.'s world services as the Traditions are to A.A. as a whole.

The Warranties of Article 12 are a series of solemn undertakings which guarantee that the Conference itself will conform to A.A.'s Twelve Traditions; that the Conference can never become the seat of great wealth or government; that its fiscal policy shall ever be prudent; that it will never create any absolute authority; that the principle of substantial unanimity will be observed; that it will never take any punitive action; that it never will incite public controversy; that it can serve A.A. only; and that it shall always remain democratic in spirit. These Warranties indicate the qualities of prudence and spirituality which our General Service Conference should always possess. Barring any unforeseen defects, these are the permanent bonds that hold the Conference fast to the movement it serves." --Pages 62 and 63, *The A.A. Service Manual*. Reprinted with permission from AA World Services Inc.

**Service****Concepts Checklist****Concept XII**

*"The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.*

- *How do we guard against becoming a 'seat of perilous wealth or power'?*
- *How do we practice prudent use of our Seventh Tradition contributions and literature revenue?*
- *Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?*
- *Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?*
- *As guardians of A.A.'s traditions, are we ever justified in being personally punitive?*
- *Are we careful to avoid public controversy?*
- *Do we always try to treat each other with mutual respect and love?"*

--Reprinted with permission from AA World Services Inc.

**AA In Motion**  
Are you unable to attend AA due to illness, disability, etc.? We will bring a meeting to you! Call Dennis W. @ 651-451-0470

**District Meetings****District 8 (Ramsey Co.)**

Fairview Community Center  
1910 Cty. B, Room 203

Roseville 3rd Wed., 7:30 PM

**District 15 (Wash. Co.)**

Christ Lutheran Church  
11194 N. 36th St., Lake Elmo  
4th Mon., 7:00 PM

**Are you looking for a service commitment?****Become an Outreach Volunteer!**

Outreach volunteers visit meetings in St. Paul and the surrounding suburbs. We are trying to visit all of the meetings in the area to tell them about Intergroup. There is no sobriety requirement to serve, and it is a fun way to visit new meetings. Come to a committee meeting for more details. You can email the committee chair at outreach@aastpaul.org.

**What happens when a still suffering alcoholic reaches out for help? A Night Owl volunteer answers the phone!**

A Night Owl shift is a once-a-month commitment to answer phones during the hours that Intergroup is closed. Some shifts can be done in the office; all can be done from home. The commitment can be filled by an individual or a group. Taking on a Night Owl commitment means that when still suffering alcoholics call AA for help, they find another alcoholic at the other end of the line. When you or your group sign up to take a shift, you are trained in how to respond to calls and given all of the materials that are needed. Please call the office or go to our website at www.aastpaul.org if you can help.

Thanks to all the terrific volunteers who helped in the Central Office during October! **Frank D., Jenice G., Ellen, Missy, Jack R., Jane D., Christen, Rod P., Anson M., Red B., Leah B., Joni, Val L., Tom S., Tony C., Nathan, Dustin C., Oliver W., Brian M., Drusilla J., and Gil.**

Thanks to all the groups and individuals who took the Night Owl Shifts as well.

**12th Step Opportunity**  
**Women's Workhouse AA meeting**

Volunteers of America  
Dale and Larpenteur, St. Paul  
Saturday, 11:00 AM, Tuesday 4 - 5 PM  
You will need a background check (paid for). Women only, please.

**District 19 (Dakota Co.)**

Rosemount Community Center  
13885 South Robert Trail  
2nd Wed., 7:00 PM

**District 26 (SE Ramsey Co.)**

1099 Payne Ave. St. Paul  
2nd Fri., 6:00 PM  
www.district26-area36.org

*"Having had a spiritual awakening as the result of these steps..."*

"The terms 'spiritual experience' and 'spiritual awakening' are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.

Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily for everyone, this conclusion is erroneous. In the first few chapters a number of sudden revolutionary changes are described. Though it was not our intention to create such an impression, many alcoholics have nevertheless concluded that in order to recover they must acquire an immediate and overwhelming 'God-consciousness' followed at once by a vast change in feeling and outlook.

Among our rapidly growing membership of thousands of alcoholics such transformations, though frequent, are by no means the rule. Most of our experiences are what the psychologist William James calls the 'educational variety' because they develop slowly over a period of time. Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone. What often takes place in a few months could seldom have been accomplished by years of self-discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it 'God-consciousness.'

Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial.

We find that no one need have difficulty with the spirituality of the program. *Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.*

'There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation.'

—Herbert Spencer"

--Pages 567 and 568, *Alcoholics Anonymous*. Reprinted with permission from AA World Services Inc.

## Recovery

### Step Twelve

**"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."**

*"...we tried to carry this message to alcoholics..."*

"Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important of him to realize that your attempt to pass this on to him plays a vital part in your own recovery. Actually, he may be helping you more than you are helping him. Make it plain he is under no obligation to you, that you hope only that he will try to help other alcoholics when he escapes his own difficulties. Suggest how important it is that he place the welfare of other people ahead of his own. Make it clear that he is not under pressure, that he needn't see you again if he doesn't want to. You should not be offended if he wants to call it off, for he has helped you more than you have helped him. If your talk has been sane, quiet and full of human understanding, you have perhaps made a friend. Maybe you have disturbed him about the question of alcoholism. This is all to the good. The more hopeless he feels, the better. He will be more likely to follow your suggestions.

Your candidate may give reasons why he need not follow all of the program. He may rebel at the thought of a drastic housecleaning which requires discussion with other people. Do not contradict such views. Tell him you once felt as he does, but you doubt whether you would have made much progress had you not taken action. On your first visit tell him about the Fellowship of Alcoholics Anonymous. If he shows interest, lend him you copy of this book.

Unless your friend wants to talk further about himself, do not wear out your welcome. Give him a chance to think it over. If you do stay, let him steer the conversation in any direction he likes. Sometimes a new man is anxious to proceed at once, and you may be tempted to let him do so. This is sometimes a mistake. If he has trouble later, he is likely to say you rushed him. You will be most successful with alcoholics if you do not exhibit any passion for crusade or reform. Never talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection. Show him how they worked with you. Offer him friendship and fellowship. Tell him that if he wants to get well you will do anything to help."

--Pages 94 and 95, *Alcoholics Anonymous*. Reprinted with permission from AA World Services Inc.

*"...and practice these principles in all our affairs."*

"Now comes the biggest question yet. What about the practice of these principles in *all* our affairs? Can we love the whole pattern of living as eagerly as we do the small segment of it we discover when we try to help other alcoholics achieve sobriety? Can we bring the same spirit of love and tolerance into our sometimes deranged family lives that we bring to our A.A. group? Can we have the same kind of confidence and faith in these people who have been infected and sometimes crippled by our own illness that we have in our sponsors? Can we actually carry the A.A. spirit into our daily work? Can we meet our newly recognized responsibilities to the world at large? And can we bring new purpose and devotion to the religion of our choice? Can we find a new joy of living in trying to do something about all these things?

Furthermore, how shall we come to terms with seeming failure or success? Can we now accept and adjust to either without despair or pride? Can we accept poverty, sickness, loneliness, and bereavement with courage and serenity? Can we steadfastly content ourselves with the humbler, yet sometimes more durable, satisfactions when the brighter, more glittering achievements are denied us?

The answer to these questions about living is 'Yes, all of these things are possible.' We know this because we see monotony, pain, and even calamity turned to good use by those who keep on trying to practice A.A.'s Twelve Steps. And if these are facts of life for the many alcoholics who have recovered in A.A., they can become the facts of life for many more.

Of course all A.A.'s, even the best, fall far short of such achievements as a consistent thing. Without necessarily taking that first drink, we often get quite far off the beam. Our troubles sometimes begin with indifference. We are sober and happy in our A.A. work. Things go well at home and office. We naturally congratulate ourselves on what later proves to be a far too easy and superficial point of view. We temporarily cease to grow because we feel satisfied that there is no need for *all* of A.A.'s Twelve Steps for us. WE are doing fine on a few of them. Maybe we are doing fine on only two of them, the First Step and that part of the Twelfth where we 'carry the message.' In A.A. slang, that blissful state is known as 'two-stepping.' And it can go on for years.

The best intentioned of us can fall for the 'two-step' illusion. Sooner or later the pink cloud stage wears off and things to disappointingly dull. We begin to think that A.A. doesn't pay off after all. We become puzzled and discouraged.

Then perhaps life, as it has a way of doing, suddenly hands us a great big lump that we can't begin to swallow, let alone digest. We fail to get a worked-for promotion. We lose that good job. Maybe there are serious domestic or romantic difficulties, or perhaps that boy we thought God was looking after becomes a military casualty.

What then?" --Pages 111-113, *Twelve Steps and Twelve Traditions*. Reprinted with permission from AA World Services Inc.

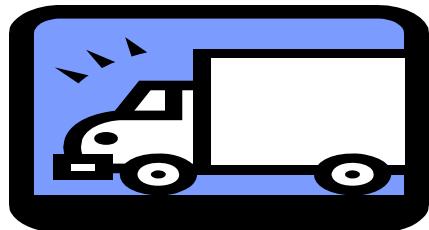
St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W., Suite #407  
St. Paul, MN 55104

Change Service Requested

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Please let us know if your address changes one month ahead of time. 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 Faithful Fiver Form**

Contribute five dollars to St. Paul Intergroup every month so we can continue to carry our life-saving message of hope. Your contribution entitles you to a one-year subscription to the Lifeline.

Name \_\_\_\_\_

Street, City, State, Zip\_\_\_\_\_

**Please send this form and a check to:**

St. Paul Intergroup - 1600 University Avenue W. #407 St. Paul MN 55104