

The Lifeline



November 2011

24 Hour Phone: 651-227-5502

Volume 47, Issue 11

Step Eleven: 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 it out.

The Serenity Prayer has always played an important role in my recovery process, but only lately have I recognized the true value within these twenty-five words. The more I say it, read it, hear it—the more profoundly I feel its effectiveness as it relates to the handling of my one-day-at-a-time living experiences.

If I refuse to accept what I'm powerless to change, I am negating the opportunity that God gives me to do so. He always grants me the serenity that goes hand in hand with the acceptance of that which I am incapable of changing. However, the key question I must ask myself is: "Am I willing to accept this serenity that he so graciously offers me? I must remind myself of this whenever I think I have accepted something and then discover that my serenity is nil.

If I am sincerely trying to live according to the guidance of our A.A. principles, I will recognize that I have chosen not to accept the unchangeable, but only to tolerate it. To merely tolerate a situation or a person's shortcomings is to settle for a half measure. And there is the reason for my serenity defect.

As for the second part of the prayer, "the courage to change" certain circumstances comes from inner strength—my abundant source of supply that my Higher Power constantly nourishes. But I must choose to draw upon his strength. It is always there—I need only be willing to use it.

The third part, "wisdom to know the difference," is the divine key to acceptance and courage. For me, this wisdom is revealed through the practice of our Eleventh Step, *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.*

Because this is an honest program, I must admit that I fall short many times in applying this interpretation of the Serenity Prayer. I realize I am still growing emotionally and spiritually. After several years of sobriety through the grace of God and A.A., I am only beginning to acknowledge the God-power within me.

But by simply expressing my personal concept of this traditional and meaningful prayer, I am enabled to view with more clarity where I am today and where I was yesterday. Tomorrow is yet to be, but should God grant me another day, then hope, courage, and strength, through the implementation of the Twelve Steps and the Serenity Prayer, will be sufficiently provided to meet my every need. This I believe.

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St. Paul Area Intergroup Gratitude Night!

Saturday, November 19 at 7:00 pm

One year A.A. Speaker - Travis W., Main Idea, St. Paul

Main A.A. Speaker - Katie R., St. Louis, MO (Former Homegroup member Como Park Big Book)

Recovery Church

253 State Street

St. Paul, MN 55107

 **ASL interpreted**



St. Paul Intergroup of Alcoholics Anonymous®

Web Site: www.aastpaul.org

E-mail: lifeline@aastpaul.org

Fax: 651-290-0209

Office Hours: Monday through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

1600 University Avenue, W. Suite 214, St. Paul MN 55104

Tradition Eleven: Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.

New suggestions from the A.A. pamphlet *Understanding Anonymity*, as revised this year:

“When using digital media, A.A. members are responsible for their own anonymity and that of others. When we post, text, or blog, we should assume that we are publishing at the public level. When we break anonymity in these forums, we may inadvertently break the anonymity of others.”

“Publicly accessible aspects of the Internet, such as Web sites featuring text, graphics, audio and video, can be considered the same as publishing or broadcasting. Unless password-protected, a Web site requires the same safeguards that we use at the level of press, radio and films. Simply put, this means that A.A.s do not identify themselves as A.A. members using their full name and/or full-face photos.”

“[I]f full-face photographs and other easily identifiable photos of A.A. members are published or broadcast, even though their full names are not given, these are considered anonymity breaks.”

“*Experience suggests that A.A. members: ...are vigilant not to break their anonymity when posting, texting, or blogging, and very careful not to inadvertently break the anonymity of others.*”

(Reprinted from *Understanding Anonymity* pp. 5, 9-11, with permission of A.A. World Services, Inc.)

Concept Eleven: While the trustees hold final responsibility for A.A.’s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

In this, the second longest of the Concepts, Bill explains in great detail the composition, functions and relationships of the standing committees of the General Service Board, its subsidiary operating boards, the General Service Office and the A.A. Grapevine.

(Reprinted from *The Twelve Concepts for World Service Illustrated*, with permission of A.A. World Services, Inc.)

This Concept deals with several principles that apply to A.A. World Services, Inc. and The A.A. Grapevine, including: 1. The Status of Executives; specifically that one person should be responsible for the job they hold. 2. Compensation for Paid Workers; that all paid employees ought to be compensated appropriately for their work. 3. Rotation Among Paid Staff; for example, at A.A.’s General Service Office staff assignments are changed every two years. 4. The Right of Paid Workers to Full “Participation;” ensuring that all key paid personal have voting representation on A.A.’s committees and corporate boards.

<u>2011 Steering Board</u>		<u>Office Calls in September</u>	
<u>Chair:</u>	John D.	Meeting information	129
<u>Alt. Chair:</u>	Denise A.	Inventory/hours	30
<u>Secretary:</u>	Vacant	12th Step calls	19
<u>Treasurer:</u>	Darrell B.	Temporary sponsor	24
<u>Alt. Treasurer</u>	Cedar H.	Speaker request	13
<u>Members at Large 2012:</u>	Chris S. & Wanda B.	Special events	1
<u>Members at Large 2011:</u>	Jes N. & Charlie S.	Outside issues	13
<u>Advisor to the Board:</u>	Julie M.	Info for professionals	41
		Administrative	89
		Other	107
		Total Calls	466
		Daily average	20.26
		Visitors	236
		<i>*Call tally is for calls taken during office hours only and does not include calls taken during Night Owl shifts.*</i>	

St. Paul Area Intergroup Representatives' Meeting Minutes, September , 2011

- I. Opened with the Serenity Prayer and Introductions. Mark read the Primary Purpose of Intergroup.
- II. Last month's Minutes approved. John D. moved, Roxi S. seconded.
- III. Treasurer's Report - Darrell B. discussed his written report which reflects contributions for August 38% under budget. Overall year-to-date we are 7% under budget. Operating expenses are still 8% under budget year-to-date. Year-to-date loss is \$4,600, but balance sheet remains strong. Questions/concerns can be sent to Darrell at treasurer@aastpaul.org or he can be reached at 651-247-5490.
- IV. The Office Report – John D. announced that after 5 years of much-appreciated service, Tom N. is no longer with St. Paul Intergroup. Frank N. delivered the office report. Frank noted the great work of the office volunteers. Also, there are two new publications from the Grapevine, "Emotional Sobriety II," and "Step by Step: Real AAs, Real Recovery," available in the office. Female volunteers with one year of sobriety are needed to speak; please contact the Office to sign up or update your information.
- V. The Website Report – Groups are encouraged to contact Jonathan (webservant@aastpaul.org) or the Office for AA-related events which can be added. Guidelines are available on the site.
- VI. Outreach Program – Contact Chris S. (coordinator) or the Office if interested in this important service opportunity. Chris has packets available!
- VII. Night Owl Report – Contact Jeff T. (coordinator) or the Office for current openings.
- VIII. Reports were given by the Intergroup/District 8 Liaison (Doug M.) and District 15 (Toni D).
- IX. Upcoming Intergroup Events:
 Fall Workshop – October 8th @ 1-3:00PM – Charlie S., Chair. Flyers available in the Office and more information on the website.
 Gratitude Night – November 19th @ 7 p.m. – Denise A., Chair. Flyers available in the Office and more information on the website.
- X. Old Business:
 Groups that did report generally favored elimination of the expense associated with oversized ads in phone directories, but do want to preserve a presence in such directories. The Board continues to accept and evaluate feedback.
- XII. New Business:
 Elections for Board Members will be held in November for the following positions: Alternate Chair (3 year commitment); Alternate Treasurer (2 year commitment); 2 members at large (2 year commitment); and Secretary (2 year commitment). Reps may nominate themselves or anyone else at next month's Reps meeting. Submit service resumes to the Office in advance. As of January 2012, the nominee is suggested to have two years' sobriety for all positions but Alt. Chair. Alt. Chair is suggested to have three years' sobriety.
 The job posting for the Office Manager position will go on numerous online sources on September 30 and remain there for one month. Stay tuned for details.
- XIII. Group Announcements:
 Nov. 5 in Lake Elmo, a workshop on carrying the message to the professionals in your life. Flyers available and more information on the website.
 Founders' Day, celebrating 71 years of AA in the Upper Midwest, will be held the weekend of Thanksgiving. Tickets are available, and volunteers are welcome. Contact Sheila or pick up flyers and sign up sheets in the Office.
 MNYPPAA's first annual conference is October 21-23. Information available at www.mnypaa.org.
 No Time Like the Present is holding its six year anniversary meeting on October 3 at the Roseville Lutheran Church. Potluck at 6, speaker at 7.
 Uptown's annual fall picnic will be held Saturday, September 24 between 1-7 p.m. at Crosby Park.
 Summit Hill AA's fall banquet and sobriety recognition is October 17.
- XIV. Suggestions for next month's agenda:
 Doug M. suggested that the Board commit more effort to Outreach.
 The 2012 Budget will be ready to review and approve by the December Reps Meeting.
- XV. The Grapevine Report was not given. Sue will present the Grapevine Report next month.
- XVI. Jeff T. presented the Concept Review (Concept VIII). Mark K. volunteered for next month.
- XVII. Jes N. presented the Mock Rep Report and Roxi S. volunteered for next month.
- XVIII. Closed with the Responsibility Statement.

NOVEMBER MEETING: Tuesday the 15th, 2011 (7:30 PM) BETHLEHEM CHURCH

ATTENDANCE:

Denise A, Alt. Chair	John D, Chair	Darrell B, Treasurer	Jes N, Member-at- Large	Frank N. Office staff	Charlie S, Member -at-Large
Sheila, Founders Day Committee	Cedar H, Alt Treasurer	Chris S, Member -at-Large	Travis W, St. Paul Speaker Mtg	Sue M, Como Park BB	John K, Happy, Joyous/Free
Jeff T, Night Owl Coordinator	Toni D, Stillwater Morning	Don D, 3 rd Ed. BB	Harry T, Main Idea	Tom S, Senior Recovery	John F, Highland Sun. Night
Jeff R, Downtown Alano	Emily J, No Time Like Present	Beth S, Midway Club	Jenni S, New Brighton BB	Paul K, OMD	Tom C, Shoreview 12x12
Doug M, Hole in the Donut	Ryan C, Students of Life	Paul C, Uptown Groups	Roxi S, West End Group	Laurie B, Woodbury Serenity Sisters	Terri O, Back to Basics Burnsville
Scott E, NW Alano Sq. 1	Adrienne B, Maplewood AA				

**7th Tradition
Suggestions for Groups**

“Every 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

Spruce Tree Center
1600 University Ave. #214
St. Paul, MN 55104

30% General Service Office

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

10% Southern MN Area 36

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

10% District Committee

Ramsey County:
District 8, P.O. Box 2267
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

SEPTEMBER CONTRIBUTIONS

Number of Group Contributors: 33
Total Group Contributions: \$2834
Number of Faithful Fivers: 10
Total from Faithful Fivers: \$266

District Meetings

District 8 (Ramsey Co.)
Fairview Community Center
1910 Co. Rd B, Rm 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

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

**Thanks to all the super
volunteers who helped in the
Office during September!**

**Bob K ,Brian, Clay R, Colleen
D, Dan M, Dave A, Dave B,
Dean S, Devin, Freya,
Gabriella, Greg B, Greg L,
Henry O, Hal R, Jack R, Jeff D,
John R, Julie L, Leslie K, Mark
S, Matt I, Matt O, Miguel S, Mike
B, Mike F, Missy S, Ryan D,
Sara, Seth D, Tina R, Xavier F**

*Thanks to all
the NightOwl
volunteers and
groups as well!*



**Thanks to the groups that
contributed in September!**

11 W. Bernard Group
Amazing Grace Group
Anoka Day By Day (in August)
Bayport Saturday Serenity 8AM
Coon Rapids-Day By Day
Cottage Grove
Dakota AA Sat. AM
Dakota Alano
Dakota Alano Sunday 8pm
Dakota Alano Wed. AM Roosters
Forest Lake Alano
Hastings Club
Highland Park Groups
Lakeville Wed. Beginners Group.
Look to This Day
Midway Club
North Branch Community Groups
North Dale Group
Ridge Runners I Thurs. eve
Ridge Runners II Sunday am
Shoreview 12 x 12
Shoreview Big Book Plus
St. Croix Alano Thurs 10 AM
Stillwater Morning Groups
Summit Hill
Twelve Steppers - Arlington Hills
Unity Service Recovery
Uptown Club
Valley Step Group
Weekend Jumpstart II
White Bear Lake Redeemer
Woodbury Primary Purpose

The Lifeline: Purpose Statement

The Lifeline is the 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. (Exception: Quotations from A.A. books or pamphlets are reprinted with permission from A.A. World Services, Inc.) We welcome articles of opinion or descriptions of personal experience, which should be sent to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #214, 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 content that might violate A.A.'s Traditions, etc. The deadline is the 13th of the preceding month (i.e., submit a Tenth Step essay by the ninth month, September).



UPCOMING A.A. EVENTS!!

<p>District 15 Fall Workshop “Carrying the Message...of Recovery in A.A. to Your Professional Providers” Saturday, November 5 11:30AM - 3:00PM Fellowship Hall, Christ Lutheran Church 11194 36th St. N., Lake Elmo, MN</p>	<p>Founder’s Day Weekend 2011 November 25-27 Doubletree Hotel, St. Louis Park, MN www.FOUNDERSDAYMN.org</p>
<p>District 18 Fall Workshop <i>“What am I part of?...and where is this Fourth Dimension anyway?”</i> Saturday, November 12th 9:00AM - 2:00PM Plymouth Congregational Church, 1900 Nicollet Ave S, MPLS</p>	<p>St. Paul Intergroup Annual Gratitude Night Saturday, November 19 7:00 PM Recovery Church 253 State St. - St. Paul 55107</p>
<p>Area 36 Recovery, Unity & Service Conference “Anonymity: Our Spiritual Responsibility in the Digital Age” Best Western Hotel, No. Mankato, MN Jan. 6 - 8, 2012</p>	<p>St. Paul Intergroup New Year’s Eve Celebration Speaker - Marathon Meetings -Dance Saturday Dec. 31—7:00—12:30 Recovery Church</p>
<p>Dear Bill W., As I practice my prayers and meditations I will find myself sometimes wishing or hoping for certain outcomes, especially when I am thinking of a friend or loved one who is need. Am I being spiritually presumptuous? <i>- An Anonymous Drunk</i></p> <hr/> <p>Dear Anonymous Drunk, While praying sincerely, we still may fall into temptation. We form ideas as to what we think God’s will is for other people. We say to ourselves, “This one ought to be cured of his fatal malady,” or “That one ought to be relieved of his emotional pain,” and we pray for these specific things. Such Prayers, of course, are fundamentally good acts, but often they are based upon a supposition that we know God’s will for the person for whom we pray. This means that side by side with an earnest prayer there can be a certain amount of presumption and conceit in us. It is A.A.’s experience that particularly in these cases we ought to pray that God’s will, whatever it is, be done for others as well as for ourselves. <i>- The Twelve Steps and Twelve Traditions, pg. 104</i></p>	<p>Looking for an opportunity to be of service to Saint Paul Intergroup? Please consider joining our Board of Directors Elections will be held Tuesday, November 15th, 2011 - 7:30PM Reps Meeting Nominations will be taken at the Tuesday, October 18th - 7:30PM Reps Meeting LOCATION Bethlehem Lutheran In-The-Midway Church 436 Roy Street, Saint Paul, MN 55104 Five Positions available: Alternate-Chair (3yr commitment), Alt. Treasurer (2yr), Secretary (1yr), and two At-Large Members (2yr). Please visit www.aastpaul.org, or call the Intergroup office (651) 227-5502 to learn more about these service opportunities. Applicants are asked to furnish a Service Resume - email: manager@aastpaul.org</p>

Is your meeting represented at Intergroup?

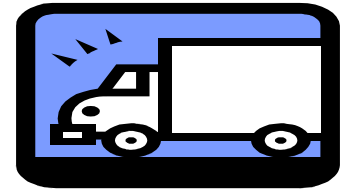
The November Representatives’ meeting will be held Tuesday the 15th at 7:30 pm, at the Bethlehem Lutheran Church, 436 Roy St. N, St. Paul, 55104. The church is just south of the Spruce Tree Centre, across the street from the Intergroup office.

St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

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Permit No. 7451

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

Faithful Fivers contribute \$5.00 to St. Paul Intergroup each month to enable us to continue to carry our life-saving message. Your contribution entitles you to a one-year subscription to *The Lifeline*. You also may contribute annually, quarterly, etc.

Name _____

Street _____

City, State, Zip _____

Please send this form and a check to:

St. Paul Intergroup, 1600 University Avenue W., Ste. 214, St. Paul, MN 55104

I would like to receive *The Lifeline* every month by email, not postal mail. My email address is:

(please print clearly) _____