

# The Lifeline



February 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 2

## **Step Two: Came to believe a power greater than ourselves could restore us to sanity.**

Four years ago I was so afraid and so lonely. I felt so separate, and totally unlovable and had gone to many lengths to find love. I was running from and running to and not finding what I was looking for. I had consumed myself with a strange combination of shame, unrest, pent up resentment, self gratification, selfishness and acting out. All the while I would get up and go to work and help others in a steady way that seemed to be more and more a separate person. I hid my problem well to many. But not all that well...I thought no one knew I had a problem but that was simple denial. And in the last few years I found someone to escape with and drink with and it ended badly. Two marriages, one live-in relationship and here I was all alone. I was sad and drinking a lot every day. I had been hurt, I had hurt many others, made a mess of my relationships, not shown up when I should have for my daughters and was ready to just give up. There is more to my story - the years of sitting at the hospitals with my daughter with disabilities, the struggles with abuse issues, and the fear of not being able to control a daughter killing herself with meth.

I really figured it was the end. I was ready to die. But I took one more breath for some reason - (I think a little angel pulled me up for one more breath). I went to the internet - a place that sometimes just let me escape. I googled "stop drinking" or something like that, and got the AA website. I called AA. I didn't know what I was going to say. All I knew was that I could not stop drinking and I was afraid. And soon I was talking to someone on the phone as she guided me into the door of my first AA meeting - crying and feeling as if I had jumped off a cliff with no where to go. I had lost my soul and lost myself. That was my first day of serenity.... 4 years ago. I went to the hospital and then treatment. I started to live honestly. I remember so many people saying to me - just hang in there. It will get better. And it did.

I have made many mistakes in the last four years but nothing like the mistakes previous. Life's problems still happen, but I can deal with them so much better.

Most important I have learned to find my soul again. I have found the real me. I used to say there is Lu A and Lu B. And now...I have found the real Lu... I call her Lu C. It is still a daily search but this Lu - the real Lu - has a connection with a higher power, not the one who she learned about as a youth who would shame and punish and leave me feeling alone and empty, but the energy of the universe and the God of my soul that will provide me with all I need and give me serenity and "can and will if sought."

Today on my four year anniversary I am grateful beyond words for AA. I am grateful to you - power of the universe that brought me to this place. I wish I knew this stuff earlier in my life, but I am glad I am learning it before I die. I am grateful to my niece and my daughter for helping me those first days. I am grateful to my daughter who was 5 months pregnant and still picked me up from treatment and brought me home. I am so grateful to my sponsor and my home group. I watched others at the meetings and did what they did. I read and studied and learned to work the steps. I learned the balance of living without excess. It is not natural for me but its healthy for me. I learned that average is really ok sometimes. And that I do not have to be the center of attention, and can find a lot of happiness by listening to others. I learned that just because I know something, I don't have to share it. I learned what "one day at a time" means.

I am four years down the road but just as close to the ditch as the next person (A phrase my sponsee taught me). Meaning...it is a daily thing for me to stay sober and to live the life of sobriety. I have the same thoughts as others deep in my head, secretly telling me - no one will know, just one sip, just one night, I deserve it, etc. I call that Mr. Slick talking to me. But I have the power greater than me that can stop "Slick." And I know where to go when he gets too loud. So.. for four years it has been so much better. I am hoping for another 24 hours.

Thank you. Thank you from the bottom of heart for the "We" of AA. For the friendships I have made in AA. For the help I have gotten from so many. For having my life on life's terms.

- Lu C., St. Paul

### **St. Paul Intergroup of Alcoholics Anonymous®**

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 through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

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

**Tradition Two: For our group purpose there is but one ultimate authority—a loving God as He many express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

Sooner or later, every AA comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, but also a source of positive direction. Realizing that some fraction of that infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with a sense of destiny an purpose as he has never known before. As each day passes, our AA reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every AA group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though AA groups are basically the same, each group does have its own special atmosphere, its own particular state of development. We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produces group experience, and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into AA Tradition. The Greater Power is then working through a clear group conscience. We humbly hope and believe that our growing AA Tradition will prove to be the will of God for us.

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### Notes From your Central Office...

Instead of another article about one of the Twelve Concepts, we would like for the next few months to print here some information about St. Paul Intergroup and how it assists the A.A. groups and members of the St. Paul area.

To begin, let's look at our Intergroup store. We carry all A.A. World Service and A.A. Grapevine publications in both English and Spanish. We also have Big Books, 12 x 12's and A.A. pamphlets on hand in many other languages, including French, Braille, Russian, Vietnamese, Chinese and American Sign Language (on video DVD). We even have the 12 x 12 in Ojibway on audio CD! We also have Grapevine audios CDs, sobriety pins, medallions, book covers, and other A.A. related gift items.

- In 2011, we sold 1986 Big Books, including 3 each in Arabic and Chinese and 7 on audio CD. We also sold 878 12 x 12's and over 6400 A.A. pamphlets.
- Among other items, we sold over 2700 St. Paul Area Meeting Directories, 112 book covers and over 600 Newcomer Packets.
- And, just to show that all this is working, we sold over 11,400 sobriety medallions in 2011, recognizing from 24 hours to 66 years of continuous sobriety!

For information on our store and the merchandise we carry, you may stop by, call us at 651-227-5502, or visit our price lists on the Web at: <http://www.aastpaul.org/?topic=7>

Thanks, St. Paul Area A.A.!

### 2012 Steering Board

<b><u>Chair:</u></b>	<b>Denise A.</b>
<b><u>Alt. Chair:</u></b>	<b>Jean O.</b>
<b><u>Secretary:</u></b>	<b>Cedar H.</b>
<b><u>Treasurer:</u></b>	<b>Jeff M.</b>
<b><u>Alt. Treasurer</u></b>	<b>Nate R.</b>
<b><u>Members at Large 2012:</u></b>	<b>Chris S. &amp; Wanda B.</b>
<b><u>Members at Large 2013:</u></b>	<b>Tim B. &amp; Eva P.</b>
<b><u>Advisor to the Board:</u></b>	<b>John D.</b>
<b><u>Office Manager:</u></b>	<b>Frank N.</b>

### Office Calls in December

Meeting information	144
Inventory/hours	28
12th Step calls	17
Temporary sponsor	35
Speaker request	08
Special events	06
Outside issues	04
Info for professionals	04
Administrative	68
Other	55
<b>Total Calls</b>	<b>373</b>
<b>Daily average</b>	<b>16.95</b>
Visitors	265

# UPCOMING A.A. EVENTS!!

<p align="center"><b>48th Annual International Women's Conference</b> Washington Marriott Wardman Park Washington, DC <b>February 16th - 19th, 2012</b> www.internationalwomensconference.org</p>	<p align="center"><b>Southern Minnesota Area 36 Area Inventory</b> <b>St. John's Lutheran Church, Northfield, MN</b> <b>Saturday, February 25th</b> www.area36.org</p>
<p align="center"><b>West Central Regional Service Conference</b> Holiday Inn, Billings, MT <b>March 2nd - 4th</b> Service Conference for IA, MN, MT, NE, ND, SD, and WY www.area36.org</p>	<p align="center"><b>The Gift of Sobriety</b> <b>"The Three Legacies of Alcoholics Anonymous"</b> <i>Sponsored by District 9, 12 and 23</i> 5th Avenue Alano - Mankato, MN <b>Saturday March 3rd</b> <b>9:00AM - 3:00PM</b></p>
<p align="center"><b>4th Annual Embers in the Fire</b> <b>Women's Retreat</b> <b>"Language of the Heart"</b> North Pines United Methodist - Park Rapids, MN <b>March 9th - 11th</b></p>	<p align="center"><b>Aim for Ames Roundup</b> <b>"Follow The Path"</b> Quality Inn &amp; Suites - Ames, Iowa <b>March 30th, 31st, &amp; April 1st</b> www.aimforames.org</p>
<p align="center"><b>Group and Area News</b></p> <p><i>With sadness, we have learned that Alice S., of White Bear Lake, passed away on December 21, with 49 years of sobriety. She will be dearly missed. Our condolences to her family and friends and all those many whom she touched in our Fellowship.</i></p> <p><b>New meetings-</b></p> <p><i>Stillwater 11th Step Men's Meditation -Sundays @ 6pm - 1875 Northwestern Ave S., Stillwater</i></p> <p><i>Highland AA - Fridays @ noon—12x12</i></p> <p><b>Events-</b></p> <p><i>Third Edition Big Book is having a potluck dinner and open speaker meeting Feb. 10. Dinner begins at 6:30, speaker at 7:30. 1536 Minnehaha Ave W., St. Paul, MN 55104</i></p>	<p align="center"><b>Fourth Step &amp; Big Book Workshops</b></p> <p><b>4th Step Workshop: 6 Tuesdays 1/17 - 2/21</b> 2062 West 98th Street—Bloomington, MN From 7:00PM - 8:30PM For info please call: Simone 651-324-0888 or Liz 612-749-5077</p> <p><b>Study &amp; Action Group: 15 Sundays 1/8 - 4/15</b> The Wooddale Church, 6630 Shady Oak Road in Eden Prairie, MN from 7:00PM to 8:30PM The guides for this session will be Mike D, Elizabeth B, Lisa M and their friends.</p> <p align="center"><b><u>Your Group News?</u></b></p> <p>We invite your group to share its news here! Please send your items to <i>life-line@aastpaul.org</i>. We look forward to hearing from you.</p>

## Is your meeting represented at Intergroup?

The Intergroup Representatives' meeting is held on the third Tuesday 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 Area Intergroup Representatives' Meeting Minutes, December , 2011

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were approved.
- III. Treasurer's Report - Darrell B. discussed his written report which reflects the cumulative effect of increased contributions and a single large anonymous donation as erasing Intergroup's modest year-to-date deficit and rendering a profit of approximately \$3,500. Questions/concerns can be sent to Darrell (through January 1) or Jeff M. (thereafter) at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org).
- IV. The Office Report – Intergroup gratefully welcomes Frank N. as its new full time Office Manager. A “Group News” section has been added to the Lifeline and St. Paul area groups are encouraged to share their news with the Office for inclusion in the newsletter. Contact the Office for more information.
- V. The Website Report – The full report is available on the website. We have 658 regular meetings by 285 groups. Groups are encouraged to contact Jonathan ([webservant@aastpaul.org](mailto:webservant@aastpaul.org)) or the Office for AA-related events which can be added. Guidelines are available on the site.
- VI. Outreach Program – Chris S. (coordinator) encouraged the Reps to take the Intergroup Pamphlet to their groups to help inform individuals and groups about the purpose and services of Intergroup. Contact Chris or the Office if interested in this important service opportunity. We have packets available!
- VII. Night Owl Report – Orientation is held every third Saturday between 10-11 a.m. in the Office. There are no current openings.
- VIII. Reports were given by the Intergroup/District 8 Liaison (Doug M.) and District 15 (Toni).
- IX. Upcoming Intergroup Events:  
 New Year's Eve: John asked the Reps to volunteer their groups to cover the four shifts of marathon 12 Step meetings that will be held on New Year's Eve, and Problems & Solutions, Students of Life, the Midway Club and Uptown responded with volunteers. Many others volunteered for additional service. The Board, as always, is grateful for the assistance of the groups.  
 Volunteer Appreciation Night (2/11/12). Board members will do the work to serve the guests at this invitation-only event.
- X. Old Business:  
 Gratitude Night enjoyed a great turnout and a healthy collection. Many thanks to all involved.  
 Founder's Day was a success and we look forward to an increased presence next year when Intergroup will be in charge of selling literature.
- XII. New Business:  
 A Rep raised a question about Intergroup's financial health in general. John explained that although we were under budget, the 2011 budget was aspirational and Intergroup is healthier, financially, than the numbers versus budget might suggest. However, World Service has already begun to sell electronic versions of AA literature directly, and we expect that literature sales will diminish considerably in the near future. Therefore, we are seeking to increase and diversify contributions and other income sources to offset the expected decrease in literature sales.  
 The 2012 draft budget was unanimously approved by the Reps.
- XIII. Group Announcements:  
 Problems & Solutions will meet at a member's home rather than the usual location on 12/25. Contact Mitch for details.
- XIV: Suggestions for next month's agenda:  
 Doug suggested a monthly “Thoughts from the Board Chair” paragraph to be included in the Lifeline. The Board agreed to discuss how to make that work.
- XV: Jes delivered the Grapevine Report. Jason B. volunteered for January.
- XVI. Julie presented the Concept Review (Concept X). John volunteered for January.
- XVIII. Closed with the Responsibility Statement.

Jeff M., Alt. Treasurer	Chris S., Member at Large	Darrell B., Treasurer	John D., Chair	Frank N., Office Manager	Charlie S., Member at Large
Wanda B., Member at Large	Cedar H., Secretary	Charlie M., Basic Text	Jes N., Member at Large	Sue M, Como Park BB	John, Happy, Joyous/Free
Jason B., OMD	Toni, Stillwater Morning	Don D, 3 <sup>rd</sup> Ed. BB	Harry T., Main Idea Groups	Judy, No Time Like the Present	Mike C., Defogged Men's
Jonathan L., Intergroup Webservant	Eva P., Incoming At Large	Mitch W., Prob. & Solutions	Tim B., Incoming at Large	Jean O., Incoming Alt. Chair	Sharon O., Pocketing Our Pride
Doug M., Hole in Donut	Katy C., Students of Life	Tom, Shoreview 12x12	Bernard W., Midway AA	Jeff T., Maplewood	Jenni S., New Brighton BB
Anne W., Roseville Wed. Night	Casey K., The Firing Line	Terri O., Back to Basics	Paul C., Uptown Groups	Sandy K., Fireside Women's Grp.	

**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

**DECEMBER CONTRIBUTIONS**

Number of Group Contributors: 45  
Total Group Contributions: \$5354  
Number of Faithful Fivers: 12  
Total from Faithful Fivers: \$ 304

**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](http://www.district26-area36.org)

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

Alex B., Amy A., Bill A., Dave D., Greg B., Hal R., Henry O., Jack R., Jamie S., Joe V., Justin S., Karen P-R., Kartik G., Kyle R., Lori L., Mark S., Matt O., Michelle R., Mike B., Mike F., Mike L., Mike S., Miquel S., Paul J., Sara C., Shawn E., Ty K., Wyatt D.

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



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

- Amigos III
- Basic Text Women's Group
- Book Club- 'The book club'
- Burnsville - Back to Basics
- Cerenity Group Thursday 10AM
- City Center Group
- Cliffhangers I Thursday PM
- Como Park BB
- Coon Rapids - Day by Day
- Cottage Grove
- Dakota AA Sat. AM
- Dakota Alano Thurs 1145 AM
- Dakota Alano Wed AM Roosters
- Downtown Alano Club
- Eagan Burnsville Savage Groups
- Fairmount Group
- Forest Lake Alano
- Grovers Thursday Night
- Hampden Park AA
- Highland Park Groups
- January 6th Group- Roseville
- Just for Today Women's
- Maplewood Groups
- Merriam Park Groups
- North Dale Group
- North Hamline
- Oasis Group - Apple Valley
- Problem & Solution Meeting
- Ringmaster's Group
- River Rats
- Rosemount AA
- Sisters of Serenity
- St. Croix Alano Mon. 930am
- St. Stephens Fri Women's Group
- Students of Life
- Summit Hill
- Summit Women's Group
- Sunday Night Grapevine
- Third Edition Group
- This Simple Concept
- Twelve Steppers - Arlington Hills
- Unity Service Recovery - Tues. Nite
- Uptown Club
- White Bear Lake
- White Bear Wed AM Women's

**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 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 Intergroup. We welcome articles on a Step, Tradition or Concept, or descriptions of personal 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, 1600 University Avenue #214, St. Paul MN 55104. 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.

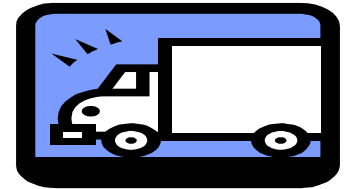


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

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

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) \_\_\_\_\_