

The Lifeline



May 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 5

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

Step Five – “What an order! I can’t go through with it.” Yet there I was sitting with my sponsor about to share with him every nook and cranny of my life’s deepest and darkest secrets. Did I want to do this? No of course not! But I did not want to go on the way I was living in the relentless grip of alcoholism. Plus, my sponsor had that **something** I wanted – he was, “happy, joyous and free.”

So we invited the God of my understanding into our conversation and hit the ground running. We started with my sex conduct, since that was an area of my life where I had no sense of proportion or propriety. I had no idea how to share in a healthy, intimate partnership as an honest and unselfish participant. After we finished, we discussed my ideal. My sponsor shared how his ideal had changed and developed as he continued his sober journey. That helped me see that this “New Way of Life” was a process of adoption and growth – it was a relief to know that there was hope for me yet!

Next we reviewed my resentments. As I shared, a pattern emerged which my sponsor helped me to see and to understand. I learned that my infinite wants and needs kept crashing onto the shores of my selfish, self-centered, fear-driven expectations. I chronically assumed that others ought to live up to my expectations, rather than allow them to be themselves. I often entered into their lives driven to manipulate our relationship to suit me. This inventory showed me that “I want, I need” is not exactly a healthy prescription for one’s relationships or one’s way through life!

Fears were next. My sponsor asked if I wanted to be driven by my fears, or would I like to “get in the driver’s seat and learn how to be responsible for my actions?” It was simple, he said, “start with the principles of being ‘honest, open-minded, and willing’ and you’ll soon see that instead of being driven by your fears, you’ll be motivated by some principles that you can apply in any situation.” More relief.

Last, we looked over my harm done to others. What a petty thief I was – I stole – and not just things. I stole people’s serenity (“do it for me now!”) and their good names (gossip). Inventory completed. It was quite evident that my old ideas of how to live and how to be a participant in the lives of others were deeply flawed.

So what to do? My sponsor suggested I follow the instructions on page 75 of the Big Book. I took some quiet time to review all I had shared. Then I said a prayer of gratitude that I knew myself in a new light. Finally, I reviewed my work on the first Five Steps. Was I ready to let go of my failed old ideals of “successful living, and embrace a new ‘Design for Living?’” You bet I was! On to Step Six!

-Anonymous

Tradition Five: Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.

“Welcome” is a word not frequently heard by alcoholics, at least until they walk into an A.A. meeting. Once there, the sense of relief can be immediate. “Beaten into complete defeat by alcohol,” writes Bill W. in a June Grapevine article, “confronted by the living proof of the release, and surrounded by those who can speak from the heart, we have finally surrendered. And then, paradoxically, we have found ourselves in a new dimension, the real world of spirit and of faith.”

Walking into an A.A. meeting often takes courage – and desperation. But our kinship of common suffering and the identification between one alcoholic and another provides the framework of mutual need that is the centerpiece of our communication.

In A.A., there are all kinds of groups. Some....can be as informal as a gathering in the back seat of a car on a rainy afternoon, listening to a speaker tape. Others, more formal, may have a greeter welcoming anxious newcomers or a hospital and intuitions committee extending the hand of A.A. into the community.

Whatever the make-up of the group, one fact remains: “Each group has but one primary purpose – to carry its message to the alcohol who still suffers.” So says Tradition Five.

Reprinted from *I am Responsible: The Hand of AA*, page 29 with permission of The A.A. Grapevine, Inc.

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

From Your Intergroup Board...

Tradition Three: The only requirement for A.A. membership is a desire to stop drinking.

Stopping drinking and learning to live a spiritual life is hard. We all have struggled in our using and in our sobriety. St Paul Intergroup volunteers answer the phones 24/7, make Twelve Step calls, serve as temporary sponsors, speak at area meetings, schools and facilities, staff the office, etc. When someone needs help there is always someone there. They give their time freely. We have love and tolerance for our fellows because we never know what words or actions that may help or touch the other person. Those actions or words can make a connection with someone in the community that just might put them on a new path. All we have is to share our experience strength and hope. The volunteers do this every day unconditionally. I have not seen this anywhere else in my life except in A.A. We treat each other this way because someone did it for us. This community teaches us to live a spiritual solution from the heart.

I always wanted to fit in. Once I came to AA I finally belonged somewhere. No one judged me. I was not excluded but was included into a community that saved my life. And for that I am grateful.

Jean O, Alternate Chair

Responsibility statement: I am responsible. Whenever anyone, anywhere reaches out for help I want the hand of A.A. always to be there. And for that – I AM RESPONSIBLE.

Notes From your Central Office...

This month we'd like to send a "shout out" to our Night Owl volunteers!

One of the principal reasons St. Paul Intergroup was formed over 50 years ago was to have a phone number, listed as Alcoholics Anonymous St. Paul in the phone book, so that alcoholics looking for help could find us. For many years, much of the time outside our office hours, the line was answered by a professional answering service. This meant that a new person's first call to A.A. might not be answered by a recovering alcoholic.

Several years ago, some friends of St Paul Intergroup decided that just couldn't go on. Led by Julie B. and Patti M., a Night Owl committee took on the task of getting local A.A. members and groups to commit to answering this line 24/7/365. And they did it!

When this office is closed and someone needing help dials 651-227-5502 their call is answered by a recovering member of Alcoholics Anonymous. Our Night Owl volunteers help people with Twelve Step calls, finding meetings, and by answering questions about A.A. in the St Paul and surrounding area.

Night Owls transfer calls to this line to their own home or cell phone for shifts in the evening, overnight, and early morning. Over 200 A.A. members and groups are on our rolls to perform this service, either with regular monthly shift commitments or as back-ups. And we train new Night Owls each month.

The importance of this is hard to overstate. Countless times, our Night Owls help deliver hope to one who hasn't any. This helps us all "Pass It On".

Thanks, St. Paul Area A.A.!

<u>2012 Steering Board</u>		<u>Office Calls in March</u>	
<u>Chair:</u>	Denise A.	Meeting information	145
<u>Alt. Chair:</u>	Jean O.	Inventory/hours	28
<u>Secretary:</u>	Cedar H.	12th Step calls	11
<u>Treasurer:</u>	Jeff M.	Temporary sponsor	31
<u>Alt. Treasurer</u>	Jim G.	Speaker request	24
<u>Members at Large 2012:</u>	Chris S. & Wanda B.	Special events	5
<u>Members at Large 2013:</u>	Tim B. & Eva P.	Outside issues	18
<u>Advisor to the Board:</u>	John D.	Info for professionals	3
		Administrative	72
		Other	73
		Total Calls	410
		Daily average	18.6
		Visitors	297

UPCOMING A.A. EVENTS!!

Area 36 Committee Meetings

Standing Committees & Area Committee

Best Western, North Mankato, MN

Saturday, May 12th, 9:00 AM - 4:00 PM

www.area36.org

St. Cloud Roundup's Spring Celebration of Recovery

Moose Lodge

1300 3rd Street N., Waite Park, MN

Saturday, May 19th - Begins 5:30PM

Info: 320-398-6118 or email: scr@cybermationinc.com

Gopher State Roundup XXXIX

"Language of the Heart"

Doubletree - Bloomington, MN

May 25, 26 & 27

www.gopherstateroundup.org

Twin Cities Roundup

Speakers, Workshops,
Fellowship, & Meetings

Double Tree Park Place Hotel, St. Louis Park, MN

June 8, 9, 10

www.twincitiesroundup.com

Akron Founders' Day

77th Anniversary of Alcoholics Anonymous

Akron, Ohio - Birthplace of A.A.

June 8, 9 & 10, 2012

www.akronaa.org

12th Annual

Midwest Motorcycle A.A. Convention

Emerald Acres Campground, Pearl City, IL

June 22nd - 24th

Hosted by the Freedom, Faith & Fellowship Group

www.MMAAC.org

Group and Area News

The Relapse Prevention Group has moved all the way from Eagan to Maplewood! They are now at St. Jerome's Catholic Church at 380 Roselawn Ave. E., Maplewood, 55117, and are meeting Fridays at 7:30 pm.

A new Young People's group has begun meeting at the Midway Club Tuesdays at 8:00 pm.

Burning the Midnight Oil? There are several meetings in our area that begin after 8 pm each week:

-Cottage Grove has midnight meetings on both Mondays and Thursdays.

-Forest Lake's Candlelight meeting begins at 9 pm on Fridays (and their 8:30 pm Thursday group is rumored to seldom begin that early!).

-The Red Wing Alano has a 10 pm meeting on Saturdays.

-Main Idea has a 10pm Gratitude group each Friday.

-The Uptown Club has 10pm meetings Tuesday, Friday and Saturday.

-The West End Club has a midnight Candlelight group on Fridays.

Fourth Step & Big Book Workshops

By The Book 4th Step Workshop

~ 6 Wednesdays~

April 18th - May 23rd

6:30PM - 7:45PM

2218 1st Ave, Minneapolis, MN 55404

for more information:

www.aabythebook.org

Your Group News?

We invite your group to share its news here!

Please send your items to *life-line@aastpaul.org*. We look forward to hearing from you.

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, March, 2012

St. Paul Area Intergroup Representatives' Meeting Minutes, March 20, 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 – Jeff M. discussed his written report which reflects a sharp downturn in contributions, resulting in a loss of approximately \$1700 for February, but Intergroup still posts a year-to-date net income of \$1,000. March is looking to be a stronger month for sales and contributions. Questions/concerns can be sent to Jeff M. at treasurer@aastpaul.org.
- IV. The Office Report – Frank N. reminds us that the Office continues to seek submissions of writing, cartoon, and/or jokes from individuals for inclusion in the *Lifeline*. The Office is well-staffed with volunteers, whose time is very appreciated! This is traditionally a quiet time of the year in the office, but there is plenty of work to do.
- V. The Website Report – The full report is available on the website. 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. Remember to submit your flyers (with AA-related content) for inclusion on the website.
- VI. Outreach Program – Female volunteers needed to visit womens' meetings! Contact Chris (320-444-4780 or outreach@aastpaul.org) or the Office if interested in this important service opportunity.
- VII. Night Owl Report – Paul K. reminds us that Night Owl Orientation is held every third Saturday at 10 a.m. in the Office. There are some current Early Bird shifts open. Visit the website or call the office.
- VIII. Liaison Reports – Doug M. reported that no District 8 meetings have occurred since the last Intergroup Reps' Meeting. Toni was not in attendance to deliver the District 15 report.
- IX. Upcoming Intergroup Events:
Spring Traditions Workshop (3/31/2012). The Workshop will be at the Recovery Church and will be on Tradition 7. Volunteers to assist with the event will be needed. (Chair: Tim B.)
TGIS (4/21/2012). The event will be at the Recovery Church and will feature AA and Alanon speakers, dinner, and a dance. Volunteers for all phases will be needed. (Chairs: Cedar & Eva.)
- X. Old Business:
Gopher State: Cedar will coordinate groups to host Intergroup's suite for half-day slots. Contact her at cedar.holmgren@gmail.com if your group could benefit from this opportunity.
- XII. New Business:
Kate G. suggested identifying women to facilitate group inventory at womens' meetings. Although the provision of facilitators is not something Intergroup formally does, Intergroup may provide suggestions and welcomes recommendations.
- XIII. Group Announcements:
The St. Paul AA Speaker Meeting needs male and female members to sit on its Steering Committee. A business meeting will be held at St. Joe's, corner of 10th and St. Peter, at 6:30 p.m. on Sunday March 25.
The Main Idea Groups are hosting an interactive sponsorship workshop on March 25 between 2-6 p.m.
Happy Joyous and Free is holding their anniversary potluck at St. Andrew's Church on March 25. Meal at 6, speaker at 7.
- XIV. No suggestions for next month's agenda.
- XV. Jenni delivered the Grapevine Report. Jason B. volunteered for March.
- XVI. Cedar H. presented the Concept Review (Concepts I & II). Paul volunteered for April (Concepts III & IV).
- XVII. Chris presented the Mock Rep Report and Paul volunteered for March.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Jeff M., Alt. Treasurer	Denise A., Chair	Charlie M., Basic Text	Terrie O., Back to Basics	Frank N., Office Manager	Kate P., Basic Text Women's
Jonathan L., Web Servant	Cedar H., Secretary	Mona B., Como Park BB	Jeff R., Downtown Alano	Eva P., Member at Large	Tim B., Member at Large
Jean O., Alternate Chair	Jeff T., Firing Line	John K., Happy, Joyous & Free	Doug M., Hole in the Donut	Adrienne B., Maplewood Alano	Harry t., Main Idea
Beth S., Midway Club	Jenni S., New Brighton BB	Judy T., No Time Like the Present	Mitch W. Problems & Solutions	Berta D., St. Paul Speaker Meeting	Jason B., OMD
Andrew F., Uptown	Paul T., Cottage Grove AA	Janet T., Look To This Day	Don D., Third Ed. BB	Katy C., Students of Life/MNYPAA	Curtis P., Summit Hill

MAY MEETING: Tuesday the 15th, 2012 (7:30 PM)
BETHLEHEM LUTHERAN CHURCH
436 Roy Street North, St. Paul, MN 55104

**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

MARCH CONTRIBUTIONS

Number of Group Contributors: 40
Total Group Contributions: \$4721
Number of Faithful Fivers: 13
Total from Faithful Fivers: \$498

Thank You!

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.)
Grace Lutheran Church
1730 Old Hudson Rd, St. Paul
2nd Sun., 7:00PM
www.district26-area36.org

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

Alex B., Andy S., Barb M.
Beth H., Bill A., Bill B. Bill S.
Bob P., Burk K., Dave D.
Greg B., Henry O., Jake A.
Jason P., Jim C., Kaitlan G.
Mark S., Matt I., Mike F.
Mitch H., Patrick D., Patrick J.
Paul J., Pedro S., Rob H.
Sam C., Sara C., Sean T.
Shawn E., Steve H., Tierney

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



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

- 11th Step Meditation
- Basic Text Women's Group
- Burnsville - Primary Purpose
- City Center Group
- Cliffhangers I Thursday PM
- Como Park BB
- Coon Rapids - Day by Day
- Cottage Grove
- Dakota AA Sat. AM
- Defogged Men's Group
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Episcopal Home group
- Forest Lake Alano
- Gratitude in Action
- Highland Park Groups
- Hole in the Donut Group
- Island Lake Group
- Lakers Saturday Morning AA
- Lit Up Group
- Look to This Day
- Mahtomedi Tuesday Step
- Maplewood Groups
- Mendota St. Peter's Sat 1030 Group
- Midway Club
- North Branch Community Groups
- Problem & Solution Meeting
- Ridge Runners II Sat 830 AM
- Saturday Morning Serenity Group
- Sisters of Serenity
- St. Joseph - Houlton/Hudson
- St. Paul Park Group
- Stepsister of Northfield
- Stillwater Morning Groups
- Summit Hill
- Summit Women's Group
- This Simple Program
- Twelve Steppers - Arlington Hills
- Uptown Club
- White Bear Lake

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, 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.

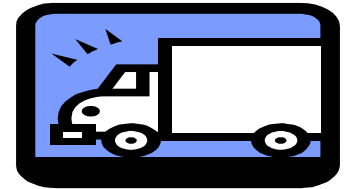


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

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Twin Cities MN
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) _____