

The Lifeline



November 2012

24 Hour Phone: 651-227-5502

Volume 48, 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 that out.

Before I was powerless over alcohol and my life had become unmanageable, I was powerless over unhappiness and my life had become unmanageable. I turned to alcohol in my late 40s as the best self-help option I thought I could find. Often, my unhappiness seemed to melt as I drank. But drinking became an ever more elusive and flawed solution to my unhappiness. It began to create unhappiness of its own. My overall unhappiness was eventually much greater than what I had evaded and yet not solved at the beginning of my alcoholism. Now what?

Maybe the best way to feel was to be happy. How was that possible?

Long before I was a binge drinker, I was a binge thinker. I tended to think incessantly, as if this were an essential part of staying alive. My mind either had no "off" switch, or, if it did, I had no idea where it was. In this constant banter, I could find all sorts of resentments to chew on, grudges to hold, victimization to ponder and catastrophes to protest. Life was unfair, people were the harbingers of much injustice and unkindness, and I was justifiably withholding my seal of approval by not accepting what already was.

I create thoughts. I can do so from default behaviors (what I have come to otherwise recognize as "character defects"), or I can create thoughts within the awareness of having choices. Awareness for me is realizing that I am not my thoughts. Rather, I observe my thoughts and their creation and content. If I need not be run by my conditioned default thinking, then have I discovered the choice of observing and creating constructive thinking?

Once I learned to meditate, as encouraged in step Eleven, I was able to find the "off" switch to my thinking when that thinking is neither needed nor useful to me. I can use thought, rather than have my thinking use me. "Awareness," I believe, is the most accessible doorway to what has been referred to as "spirituality" throughout my life and in AA.

Ken T.—Ames, Iowa

(A.A. Grapevine, July 2010—Reprinted with permission of The A.A. Grapevine, Inc.)

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

Q. "We have a member who moved here from somewhere else and he is using his last name in meetings. What should we say to this person who is breaking the Tradition of anonymity?"

A. A.A. co-founder Bill W. wrote in *The Language of the Heart* (p. 15) that "It should be the privilege of each individual A.A. to cloak himself with as much personal anonymity as he desires. His fellow A.A.s should respect his wishes and help guard whatever status he wants to assume." It is thus up to each individual to decide how anonymous he or she wishes to be, at any level below that of the public level. Giving your last name in an A.A. meeting is not "breaking" A.A.'s Tradition of anonymity.

In fact, the author of an article in the February 1969 Grapevine magazine attributed the following to A.A.'s other co-founder, Dr. Bob, regarding personal anonymity and the Eleventh Tradition:

"Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition.

"The A.A. who hides his identity from his fellow A.A. by using only a given name violates the Tradition just as much as the A.A. who permits his name to appear in the press in connection with matters pertaining to A.A.

"The former is maintaining his anonymity above the level of press, radio, and films, and the latter is maintaining his anonymity below the level of press, radio and films— whereas the Tradition states that we should maintain our anonymity at the level of press, radio, and films." (Dr. Bob and the Good Oldtimers, pp. 264-65).

(Box 459, Notes and News from the General Service Office, Fall, 2012, Reprinted with permission of A.A. World Services, Inc.)

St. Paul Intergroup of Alcoholics Anonymous®

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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...

Some thoughts on Tradition Nine - "A.A., as such, ought never be organized; but we may create service boards and committees directly responsible to those they serve."

This tradition is especially valuable for me, as one of your recent additions to the board, to remember. I still have a lot to learn about the way A.A. functions as a whole. One of my favorite things about Alcoholics Anonymous is the absolute necessity of selfless service, and intensive work with other alcoholics. Your board is here to do the same. We are here to serve you, the groups in our A.A. community. I'm still learning so much about what it means to be an active, committed board member. But this tradition clarifies for me what we are here to do, as your board. We are responsible to those we serve—your meetings.

We do our best to be responsible for all the meetings we serve by creating special committees to better serve our community. In my short experience as one of your board members, I have come across many examples of Tradition 9 at work daily in your community. Your Outreach committee reaches out to A.A. groups to keep our meeting directory as accurate as possible. Your St. Paul Intergroup Web servant keeps our website up-to-date with current A.A. events, and a user friendly meeting search. We form smaller committees to organize A.A. events like last month's Long timer's Ice Cream Social, and Gratitude Night coming up in November. We hold these events and organize these services to the best of our ability because you have trusted us to be responsible to you. Please keep in mind to communicate with us how we might enhance and improve.

My sponsor likes to tell me to keep the idea of being a "humble servant" forefront in my prayers. I would just like to express my gratitude to the A.A. groups in our community for allowing us to be your "humble servants".

- Eva P., Board Member at Large

Notes From your Central Office...

In 1941, the very popular magazine *The Saturday Evening Post* ran a very positive article by Jack Alexander about A.A. After this national publicity, A.A. membership "mushroomed" from 2000 to 8000 by the end of that year.

This past July, a popular television program in India ran an episode on alcoholism. They strongly endorsed A.A. as a solution in this program.

The A.A. India Central office expected to receive inquiries after this broadcast, and made extensive preparations for it. Because the program was broadcast in in eight different languages to a country of over 1.2 billion people, they had a lot of work to do. A call for help was made and over 200 A.A. members volunteered to answer calls in all of these eight languages.

This work paid off. In the first day alone, they got over 35,000 phone calls, including over 12,000 in the first hour! Within a month, that number grew to over 250,000!

A.A. India is now doing their follow-up to what they are calling the Indian "Jack Alexander article". A great number of the inquiries they have received came from places over 300 hundred miles from any existing A.A. group. Letters and introductory pamphlets have been mailed, and volunteers have been traveling to help start groups around the country. In one example, the Indian state of Bihar with a population of over one hundred million had no A.A. presence at all. It now has 3 new groups!

In 1952 your Intergroup was incorporated for the very same purpose of carrying A.A.'s message of recovery to those interested in our program in the Saint Paul and Suburban Area. From 13 groups with 33 meetings in 1952, your Intergroup today serves a community of 281 Groups with 651 meetings, helping connect our members and groups ready and willing to extend their hands in fellowship to those who want and need Our Way of Life. It may start with a phone call to our help line, or a visit to our website, an email or letter, or someone just walking into the office—whatever the circumstance, we stand ready to assist those interested in A.A. connect with our active members and groups.

Thanks, St. Paul Area A.A.!

2012 Steering Board

<u>Chair:</u>	Denise A.
<u>Alt. Chair:</u>	Jean O.
<u>Secretary:</u>	Cedar H.
<u>Treasurer:</u>	Jeff M.
<u>Alt. Treasurer</u>	Jim G.
<u>Members at Large 2012:</u>	Chris S. & Wanda B.
<u>Members at Large 2013:</u>	Tim B. & Eva P.
<u>Advisor to the Board:</u>	John D.

Office Calls in September

Meeting information	110
Inventory/hours	21
12th Step calls	7
Temporary sponsor	27
Speaker request	33
Special events	3
Outside issues	26
Info for professionals	5
Administrative	66
Other	52
Total Calls	350
Daily average	18.4
Visitors	252

UPCOMING A.A. EVENTS!!

<p style="text-align: center;">55th Annual Saint Paul Intergroup Gratitude Night Main Speaker: Joe C., Palm Coast, FL 1 year Speaker: Joe S, Highland Mon. BB The Recovery Church 253 State Street. St. Paul, MN Saturday, Nov. 17th - 7:00PM www.aastpaul.org</p>	<p style="text-align: center;">72nd Annual Founder's Day Weekend Doubletree Park Place Hotel St. Louis Park, MN Friday Nov. 23rd - Sunday, Nov. 25th www.foundersdaymn.org</p>
<p style="text-align: center;">Southern Minnesota Area 36 Area Committee Meetings Best Western, North Mankato, MN Saturday, December 1st, 9:00 AM - 5:00 PM www.area36.org</p>	<p style="text-align: center;">Saint Paul Intergroup's Annual New Years Eve Sober Celebration 7PM Speaker & 9PM-Midnight Step Meetings 9PM Dance - music by The Flattfoot Rollers The Recovery Church, 253 State St., St. Paul, MN Monday, December 31st</p>
<p>Southern Minnesota Area Assembly 32nd Annual Recovery, Unity & Service Conference "Inventory, Spirituality & the A.A. Group" The Kahler Grand Hotel, Rochester, MN 55902 Friday Jan 4th - Sunday, Jan 6th, 2013 www.area36.org</p>	<p style="text-align: center;">11th Annual Wild Rice Roundup "Lose Your Winter Blues" Shooting Star Hotel - Mahnommen, MN Friday, Jan. 11th - Sunday, Jan. 13th www.wildriceroundup.com</p>
<p style="text-align: center;"><u>Group and Area News</u></p> <p>New Group - The "Easy Does It" group has begun meeting at 10:00 am Sundays at the Golden Thyme Café, 921 Selby Ave, St. Paul, MN 55104.</p> <p>Meeting change - Beginning Nov. 7, the Lit Up group will be meeting Fridays at 7pm instead of Thursdays, in the basement of the Cimarron Clubhouse at 901 Lake Elmo Ave, Lake Elmo, MN 55042.</p> <p>Potluck - The "Third Edition Big Book Study" group is hosting a potluck dinner and open speaker meeting on Friday, Nov. 9, at Knox Presbyterian Church, 1536 Minnehaha, St. Paul, MN 55104. Dinner begins at 6:30pm and the speaker at 7:30.</p> <p><u>Your Group News?</u></p> <p>We invite your group to share its news here! Please send your items to lifeline@aastpaul.org.</p>	<p style="text-align: center;"><u>Fourth Step & Big Book Workshops</u></p> <p style="text-align: center;">By The Book 4th Step Workshop Wednesdays, Nov 7th - Dec. 12th: ~6:30PM - 7:45PM ~ 2218 1st Ave, Minneapolis, MN 55404 For more info: www.aabythebook.org</p> <p style="text-align: center;">Study & Action Group Founder's Day Weekend Session, Nov. 23rd - 25th - DoubleTree Hotel 1500 Park Place Blvd, St. Louis Park, MN Capacity Limited to 150 For more info - email: info@into-action.com</p>

Intergroup Steering Board Elections!!!

*Tuesday, November 20 at 7:30 pm
Bethlehem Lutheran Church
436 Roy St. N., St. Paul, MN 55104*

We will be electing two new At-Large Board members, a Secretary, an Alternate Treasurer, and an Alternate Board Chair. These are fine opportunities to serve our Fellowship, meet many new people, and participate in a lot of fun through the year! Please make sure your group is represented at this important meeting!

St. Paul Area Intergroup Representatives' Meeting Minutes, September 18, 2012

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. reports that contributions were quite a bit under budget in August, but the donation from Gopher State received in September of \$6,001 will put us ahead, year to date. A revised Treasurer's Report containing accurate net sales figures will be available online. YTD expenses are about 13% under budget, which helps us maintain our overall healthy financial position. 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, cartoons, and/or jokes from individuals for inclusion in the *Lifeline*. There is an open position with St. Paul Intergroup, for a person to cover in the event that the regular office staff is unavailable. August was slow, but sales and traffic have rebounded in September thus far. Office staff is available to help you create a flyer for your AA-related event, just call!

V. The Website Report – Jonathan reports no change the number of groups and meetings in our directory last month. Traffic was slightly down, but still robust. The full usage 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, and Spanish speakers are needed to visit Spanish-language meetings! Progress continues. Contact Chris (320-444-4780 or outreach@aastpaul.org) or the Office if you can help with this important service opportunity.

VII. Night Owl Report – There are several open shifts available. Please visit the website or call the Office for more information and to volunteer. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.

VIII. Liaison Reports: Doug reports that District 8 has some committee openings for interested persons. The DUI court is looking for 12 week volunteers, Tuesday or Thursday night, starting the first week of October. Call Paul K. at 612-251-7632. Officer elections on the 3rd Wednesday in October. No report from District 15.

IX. Upcoming Intergroup Events:

Founder's Day, November 23-25: Contact Frank in the Office to talk about volunteer opportunities to host the suite as well as staff the literature table in St. Louis Park (Doubletree) if your group would like to get involved.

Gratitude Night, November 17: The speaker is Joe C. from Florida, and a one year speaker is still needed.

New Year's Eve, December 31: The speaker is Paula H. from Highland Park AA. Denise needs groups to volunteer to facilitate the step meetings that go on all night long.

X. Old Business: None.

XII. New Business:

On November 20, we will host elections. Denise asked all the Reps to consider standing for a Board position, and to also announce at meetings that these elections are coming up.

XIII. Group Announcements:

MNYPAA's conference is October 26-28 at the Millennium Hotel in Minneapolis. \$15 to pre-register. This conference is for all those young, young at heart, or with room to grow! Speakers are slated and it should be a wonderful event.

XIV. No suggestions for next month's agenda.

XV. Cedar delivered the Grapevine Report. Craig volunteered for October.

XVI. Jason presented the Concept Review (Concept IX). Rick H. volunteered for October (Concept X).

XVII. Lynn presented the Mock Rep Report and Roger volunteered for October.

XVIII. Closed with the Responsibility Statement.

Jeff M., Treasurer	Jonathan, Webservant	Denise A., Chairperson	Chris S., Member @ Large	Frank N., Office Manager	Terri O., Back to Basics
Mona B., Como Park BB	Cedar, Secretary	Jim G., Alt. Treasurer	Craig O., Happy Hour 12x12	Eva P., Member @ Large	Tim B., Member @ Large
John F., Highland Sun. Night BB	Doug M., Hole in the Donut	Jan T., Look To This Day	Harry T., Main Idea	Adrienne B., Maplewood Alano	Bill S., Midway Club
Roger M., MNYPAA	Jenni S., New Brighton BB	Christa W., No Time Like the Present	Jason B., OMD	Tom S., Senior AA	Kat M., Summit Hill
Ryan C., Summit Hill	Mary K., Uptown Groups				

NOVEMBER MEETING: Tuesday the 20th, 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

SEPTEMBER CONTRIBUTIONS

Number of Group Contributors:	34
Total Group Contributions:	\$4007
Number of Faithful Fivers:	7
Total from Faithful Fivers:	\$186

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 September**

Alex B., Andrew S., Andy B.,
Andy H., Angie R., Barb S.,
Bethany O., Bob P., Chris S.,
Cory C., Destiny C., Doug H.,
Greg B., Henry O., Jack R.,
Jason P., Jeff G., Jim C., Joe R.,
Kathryn H., Kevin S., Leslie S.,
Matt I., Nysha S., Paul K.,
Pauline M., Rick B., Robin G.,
Rosey C., Steve M., Suzanne B.,

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



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

- 11 W. Bernard Group
- Baffled Lot - Lake Elmo
- Cliffhangers I Thursday PM
- Como Park BB
- Dakota Alano Monday 6 PM BB
- Dakota Alano Thurs 1145 AM
- Dakota Alano Wed AM Roosters
- Forest Lake Alano
- Highland Park Groups
- Lakers Saturday Morning AA
- Macalester Plymouth Group
- Maplewood Groups
- Midway Club
- North Dale Group
- Oakdale Groups - Transfiguration
- Pocketing Our Pride
- Ridge Runners II Sat 830 AM
- Ridge Runners III Sun 830AM
- Saturday Morning Serenity Group
- Shoreview 12 x 12
- SSP Serious Sober People
- St. Croix Alano Tues AM
- Stillwater Morning Groups
- Students of Life
- Summit Hill
- Three R's group
- Twelve Steppers - Arlington Hills
- Uptown Club
- Valley Creek Thurs Night
- Weekend Jumpstart II
- White Bear Lake
- White Bear Sat. AM Women's Group
- White Bear Wed AM Women's
- Woodbury Serenity Sisters

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.

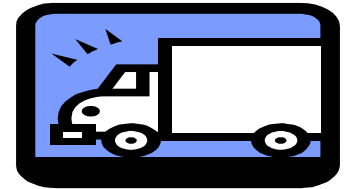


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

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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) _____