

The Lifeline



July 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 7

Step Seven: Humbly asked Him to remove our shortcomings.

When I first read the chapter on the Seventh Step in the *Twelve and Twelve*, I was not at all sure exactly what humility even was. I had it confused with humiliation. Hey, the words are similar, are they not?! But, oh, what a difference each word's meaning has! Take humiliation. Humiliation means to be embarrassed or ashamed, put simply. Humility, on the other hand, means being humble and having a modest opinion of one's own importance. This is a desirable trait. Who wants to be considered arrogant or conceited? I'd guess not too many of us. If you look up humility in the dictionary, as I had to, it will say the opposite of humility is pride. Having humility will keep pride in check.

Actually taking Step Seven was a quick and fairly easy process. As soon as I was sure that I was as entirely ready as I could possibly be to let go of my character defects, I prayed that God remove my shortcomings. At this point in my recovery, I received pretty significant and profound spiritual insight. I felt like a different person, a better person. Many personal defects that I'd never even considered as being defects became glaringly obvious. In the past, I would have called in sick to work when I was not and thought nothing of it. I would have lied to get out of doing something I didn't want to do or to get out of going somewhere I didn't want to go. I had extremely low self-esteem and yet somehow still thought I was the center of the universe and was the only one who mattered. The word selfish barely describes the monster I was. Now I've come to the realization that I'm not any more important - or any less important - than anyone else. There may be things I don't want to do, but I won't lie to get out of doing them. I like this new person I've become. I like not being a liar and not being lazy or selfish. I owe the person I am today to the fellowship of AA and to my higher Power and I am grateful every day for my new life.

- Kallie B., St. Paul

Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

Whenever I go out to dinner in a restaurant with my husband or friends, I find myself drawn to the drinks section of the menu. I also find myself paying a lot of attention to the advertisements in the window of my local liquor store. Thanks to Alcoholics Anonymous and the hope and strength I found in its rooms, I have not had to take a drink since April 1988, and I am convinced that if I keep on following the suggestions, I will continue not to drink, one day at a time. So why my fascination with the price of alcohol? It has to do with the worth of my gratitude.

When I came into this fabulous Fellowship, I was lucky enough to get sober in a place where almost every time the Seventh Tradition basket was passed, someone explained about taking part in meeting the expenses of the group and helping to carry the message to other alcoholics whenever possible.

Early on, what I could do didn't amount to very much. I was single, barely able to meet my personal living expenses, and had a lot of financial amends to make. Even so, a small glimmer of awareness in my slowly clearing brain realized that, because AA helped me not to pick up that first drink, I was saving myself a lot of money on a daily basis. I didn't begrudge that dollar in the basket.

Several years later, I was doing better financially, not going to as many meetings every week, had gotten very involved in general service, and had watched area committees struggle to do service with the small amounts of money that most groups were able to send. It dawned on me then that there was nothing particularly sacred about "a buck in the basket." After consultation with other, wiser, women in the Fellowship, I decided to at least put in the price of a cup of coffee for myself and the newcomer with only some lint in his or her pocket.

Now I have trudged a few more years down that "Road of Happy Destiny" and connected a few more dots. I couldn't count the number of times that I have said in meetings, "I am grateful to AA and my Higher Power for not having to pick up that first drink today."

Connect. . . connect. . . connect. Why not put the price of that first drink that I didn't have to take today into the basket? It makes perfect sense to this alcoholic, since I know that not taking that first drink today has saved me not only the price of dozens more that I would have to chase it with, but saved my life, my self-respect, and a long list of other priceless personal assets that I owe to my sobriety.

So, now you know why I pay so much attention today to the drink list on the menu. Today, it's just another spiritual tool.

- Gayle S.R. (*The Grapevine*, Volume 65, #2 - June 2008, Reprinted 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

Notes From your Central Office...

We've been kinda catching our breath here in the office since the Gopher State Roundup. We were invited by the Roundup to sell AA World Service books and pamphlets there, and a big undertaking it was!

We brought about 30 boxes of literature over there, and had our sales table open for about 24 hours over the 3 days. Over \$3400 in our merchandise was sold. Among the most popular items were the AA history books, *Comes of Age*, *Pass It On*, and *Dr. Bob and the Good OldTimers*, as well as *Came to Believe* and the AA videos and audio CD's. Of course, we sold a lot of meeting directories too.

It was also really fun! While there, we saw many old friends and met many new ones. Many questions were fielded too. On Sunday morning, after the last speaker, a man came to the table and said, "I'm kinda new at this. What's this Big Book I've heard everyone talking about?" We made sure his left with one that morning.

We would like to thank our Board members and the other volunteers who pitched in to help with this. Their enthusiastic help was invaluable throughout the weekend.

There is a new book in the office this month, from AA Grapevine Publishing. It is called *One on One: Sponsorship in Action*. In it are more than 70 stories about being, and using, a sponsor in AA.

This month we invite you to attend our annual Open House on Saturday, July 13, from 11 to 3. We will have the office spiffed up for guests, and our Board members and other volunteers will be serving a picnic lunch on top of the parking ramp here at the Spruce Tree Centre. This is one way we try to express our appreciation for all the assistance and support we receive for AA groups and members throughout the St. Paul area. We hope to see you there!

Thanks, St. Paul Area A.A.!



"I'd like to make amends for stealing your husband. I'm sober now. Will you take him back?" - (The Grapevine, Dec. 2012, Reprinted with permission of the A.A. Grapevine, Inc.)

2013 Steering Board

<u>Chair:</u>	Jean O.
<u>Alt. Chair:</u>	Christa W.
<u>Secretary:</u>	Cedar H.
<u>Treasurer:</u>	Jim G.
<u>Alt. Treasurer</u>	John L.
<u>Members at Large 2013:</u>	Tim B. & Eva P.
<u>Members at Large 2014:</u>	Mickey M. & Jan T.
<u>Advisor to the Board:</u>	Denise A.

Office Calls in May 2013

Meeting information	126
Inventory/hours	20
12th Step calls	8
Temporary sponsor	26
Speaker request	23
Special events	7
Outside issues	17
Info for professionals	1
Administrative	92
Other	67
Total Calls	387
Daily average	16.8
Visitors	223

UPCOMING A.A. EVENTS!!

**Hole in the Doughnut
Five Year Anniversary**
Roseville Lutheran Church
1215 Roselawn Ave W. Roseville, MN
Tuesday, July 9th - Potluck 6PM; Speaker 7PM
Main Speaker: Chuck R.—Tradition 5 Group

55th Annual ICYPAA
International Conference of Young People in A.A.
“Revolutionary Change”
The Historic Arizona Biltmore
2400 east Missouri Ave, Phoenix, AZ 85016
Thursday July 11th - Sunday, July 14th
www.55th.icypaa.org

AREA 35/AREA 36 - Joint Workshop
Calvary Community Church
1200 Roosevelt Road
St. Cloud, MN 56301
(corner of Copper Ave S. & Hwy 75)
Saturday, July 20th 2013
www.area36.org or www.area35.org

Alano Society of Minneapolis
3rd Annual Block Party
2218 First Avenue South, Minneapolis, MN
Saturday, July 27th, Noon - 11PM
www.2218alano.org

Greater Minneapolis Intergroup
13th Annual Open House
7204 West 27th Street, Saint Louis Park, MN
Saturday, August 3rd 9AM - 1PM
www.aaminneapolis.org

Saint Paul Intergroup
Ice Cream Social & Long-Timers Recognition
The Recovery Church
253 State Street, Saint Paul, MN 55107
Saturday, August 24th 4PM - 6:30PM
www.aastpaul.org

Group and Area News

Moved/Updated: *The Easy Does It on Easy Street Oldtimers Gratitude Group* meets Wednesdays 12-Noon at the Como Park Pavilion, 1360 North Lexington Parkway (in Como Park). To find the meeting please take the elevator to the basement. There is ample parking in lots north and south of the Pavilion. The format is Open Discussion - all are welcome!

New Meeting: There are some new meetings at the *St. Croix Alano* in Stillwater. They've added a Monday 9:30AM Closed Topic/Step meeting; a Tuesday 8:30AM Closed Topic/Step meeting; a Wednesday 6:30PM Closed Youth only meeting; and a Saturday 7PM Closed *As Bill See It* meeting.

Fourth Step & Big Book Workshops

By The Book 4th Step Workshop
Wednesdays,
~6:30PM - 7:45PM ~
2218 1st Ave, Minneapolis, MN 55404
For more info: www.aabythebook.org

Your News?

We invite you to share your AA news here! Please send your items to lifeline@aastpaul.org. We look forward to hearing from you.



**St. Paul Intergroup
Annual Open House
Saturday, July 13th 11AM - 3PM**



~Please stop ~
We'll have BBQ (veggie too!), Coffee, Pop, Water, Treats
& lots of Good Fellowship!!



St. Paul Area Intergroup Representatives' Meeting Minutes May 21st, 2013

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were unanimously approved.
- III. Treasurer's Report – Jim G. reports that contributions were slightly down in April, and overall YTD down 9%. Sales were up in April and are above budget year-to-date (contrary to written summary), and equity rose by almost \$300. Expenses remain well below budget and Intergroup's financial health remains strong. Questions/concerns can be sent to Jim G. at treasurer@aastpaul.org.
- IV. The Office Report – Frank N. reports that the Office is absorbed in efforts to prepare for our literature sales at Gopher State, and we look forward to seeing lots of our fellows at that event! There is an available donation of 25 stackable chairs (delivered); just let Frank know if your group is interested. Frank reminds us that the Office continues to seek submissions of writing, cartoons, and/or jokes from individuals for inclusion in the Lifeline. Office staff is available to help you create a flyer for your AA-related event, just call!
- V. The Website Report – The full usage report and server statistics are available on the website. Groups are encouraged to contact Jonathan (webservant@aastpaul.org) or the Office for AA-related events which may 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 – Contact Mickey M. (outreach@aastpaul.org) or the Office if you can help with this important service opportunity.
- VII. Update from the Board – No additional information to report.
- VIII. Night Owl Report – There are five recurring shifts available. Please visit the website or call the Office for more information and to volunteer. Chrissy C. is the new Chairperson of the Night Owl Committee. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- IX. Liaison Reports: Scott (District 8) reports that the district meeting was dominated by discussion of the recent New York Conference. More bus stop signage will soon appear locally. The Green Can for ASL Interpretation is falling short of the expense and the District will seek additional funding to keep the current utilized interpretation intact. Nancy (District 15) reports there will be a meeting and discussion with the District's delegate, including potluck dinner, on June 24 at 6pm at Christ Lutheran in Lake Elmo. The next event is the Washington County Fair in August. District 15 is working on outreach as well and will coordinate with Intergroup.
- X. Upcoming Intergroup Events:
Gopher State (May 24-26). Intergroup will sell literature and host a suite.
- XI. Old Business
Spring Fling, April 20 (Denise & Mickey, Co-Chairs). Attendance was low but it was a great event as always! Hope to see you again next year!
- XII. New Business: None.
- XIII. Group AA Announcements: None.
- XIV. Suggestions for next month's agenda: Nancy volunteered to provide a brief delegate's report summary (July).
- XV. Craig delivered the Grapevine Report. Kristen M. volunteered to do the Grapevine Report for June.
- XVI. Chad delivered the Concept Review for Concept V. Michelle volunteered for June.
- XVII. Nancy delivered the Mock Rep Report. Scott volunteered for June.
- XVIII. Closed with the Responsibility Statement.

Christa W., Alternate Chair	Jim G., Treasurer	John L., Alternate Treasurer	Cedar, Secretary	Eva P., Member at Large	Tim B., Member @ Large
Frank N., Office Manager	Chad O., Como Park BB	Stokley B., Defogged Mens Group	Scott L., District 8	Nancy T., District 15	Tali M., Fireside Women's Group
Chris K., The Firing Line	Craig O., Happy Hour 12x12	Julie H., Happy, Joyous & Free	Hillary B., Hole in the Donut	Michelle H., Look To This Day	Harry T., Main Idea
Adrienne B., Maplewood Alano Groups	Zak W., MNYPA	Bella J., MNYPA	Michele M. New Brighton BB	Kristen M., No Time Like the Present	Bryant R., OMD
Gabriel S., Students of Life	Kat M., Summit Hill	Don D., Third Edition BB	Joe S., 12x12 By The Book	Mary K., Uptown Groups	

JULY MEETING: Tuesday the 16th 2013 (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 131523
St. Paul, MN 55113

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

MAY CONTRIBUTIONS

Number of Group Contributors: 37
Total Group Contributions: \$4056
Number of Faithful Fivers: 10
Total from Faithful Fivers: \$97

Thank You!

District Meetings

District 8 (Ramsey Co.)

Fairview Community Center
1910 Co. Rd B, Rm 108, 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 May**

Andy B., Andrew P., Angela G.,
Anita B., Bob P., Bob V.,
Brendan F., Carol R., Chris H.,
Dan V., Drisanna G., Greg K.,
Henry O., Jack R., Jenice G.,
Jim C., Jimmy P., Joe G.,
Karl G., Kevin S., Kyle S.,
Mike B., Phil P., Rick B.,
Suzanne B., Steve S., Ty K.

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



**Thanks to the groups that
contributed in May 2013**

- A Fresh Start
- Anoka Day By Day
- Apple Valley Daily Reflections
- Book Club- 'The book club'
- Children of Chaos Plus
- Como Park 12 & 12
- Dakota Alano Friday 6 PM
- Defogged Men's Group
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Forest Lake Alano
- Happy Joyous and Free II
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Inver Grove Heights Club 84
- Lit Up Group
- Live and Let Live
- Look to This Day
- Midway Club
- Oakdale Woodbury Sun Group @ HSI
- Problem & Solution Meeting
- Ridge Runners II Sat 830 AM
- Roll of Nickels
- Roseville Wed Night
- Sisters of Serenity
- St. Stephen's Tuesday Group
- Stillwater Morning Groups
- Summit Hill
- The Promises Meeting
- Third Edition Group
- Third Tradition Northfield
- Twelve Steppers - Arlington Hills
- Uptown Club
- Weekend Jumpstart II
- White Bear Lake
- 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 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.

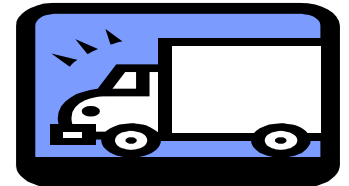


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

Non-Profit
Organization
U.S. Postage
PAID
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) _____