

The Lifeline



October 2014

24 Hour Phone: 651-227-5502

Volume 50, Issue 10

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

My progression since coming into AA and a new way of life has been so rapid, I count my blessings and give thanks to my Higher Power several times daily.

At the end of my article, "My Wife Divorced Me" (March '67), I said I didn't know how I could ever repay the AA program. Since that time I am learning how to make repayment.

First, I thank God (as I understand Him) for AA, then I attend meetings as often as possible, make visits to the alcoholic clinic and try to carry the message. But I believe my biggest way of making payments is by practicing the AA principles in all my affairs.

I have found a wonderful life and I just try to share it with everyone I come in contact with. I am a mailman, and meet many people every day.

Many of these people remember me when I was lost in the mahogany jungle and want to know how I found my way out, and came back such a changed person. I'm not very anonymous on my mail route, as I sure as hell wasn't before. (I was just reminded the other day of the time I was delivering the U.S. mail half loaded on a child's skate board. I was in a hurry to have one of those appointed rounds of drinks at the local pub. Sometimes I wonder how I even salvaged my job out of some of the chaos I caused which I cannot mention in its entirety.)

I'm very proud of AA. I don't advertise it openly but when someone asks, the mail gets delayed slightly while I tell them of a wonderful way of life available to all of them and it doesn't cost a cent.

So far I've had some success in my mail-route Twelfth Step work. I am very proud of a barmaid, who though only sober a short time is doing a wonderful job, under very tempting circumstances. I can see the remarkable change in her every day. It surely is a miracle.

My greatest enjoyment is practicing the AA principles in all my affairs. As I take the Tenth Step I don't find very many wrongs I have to admit, and it is so simple to practice the principles I don't know how I ever missed them before.

Ed F., Warren, OH (Reprinted From *The Grapevine* September, 1967, with permission of the A.A. Grapevine, Inc.)

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

"We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance Than the weight we could collective throw back of any other cause."

- Twelve Steps and Twelve Traditions, p. 177

How much it means to me that an unbroken tradition of more than half a century is a thread that connects me to Bill W. and Dr. bob. How much more grounded I feel to be in a Fellowship whose aims are constant and unflagging. I am grateful that the energies of A.A. have never been scattered, but focused instead on our members and on individual sobriety.

My beliefs are what make me human; I am free to hold any opinion, but A.A.'s purpose—so clearly stated fifty years ago—is for me to keep sober. That purpose has promoted round-the-clock meeting schedules, and the thousands of intergroup and central service offices, with their thousands of volunteers. Like the sun focused through a magnifying glass, A.A.'s single vision has lit a fire of faith in sobriety in millions of hearts, including mine.

Reprinted from *Daily Reflections*, page 310, with permission of A.A. World Services, 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

Notes From your Board...

Board Nominations: Soon it will be time for new nominations to the intergroup board. Intergroup's book store, meeting referrals, events and bank of speakers are only here because of people who volunteer and our excellent staff. I wasn't very interested when I was nominated for a board position but I didn't know what was good for me (not the 1st time that I've had that experience). My experience here on the intergroup board has been a renewal of my AA experience and service. Please consider joining us or nominating someone else who would serve in this capacity.

Steve N. - Member at Large

WHAT IS THIS AA?

1. It is that which costs nothing, yet is more valuable than any other possession the alcoholic can acquire.
2. It is that which has no monetary value, yet the wealthiest man will give up all his possessions, rather than lose -this "Pearl of Great Price."
3. It is that which restores the rich to sanity, and brings the lowliest derelict to a life of dedicated and useful service to his fellow man.
4. It is that which is not "religion," yet it encompasses and strengthens and builds all religious faiths.
5. It is that which brings rest to man, yet it drives him from his bed at all hours of the night to bring AA to the suffering alcoholic.
6. It is that which causes man to love all of humanity, yet which strengthens and deepens the love of man for his mate and his family.
7. It is that which makes man totally selfish, in that his sobriety must, to him, be the most important thing in all the world, yet which makes man into a totally unselfish person in his desire to share with his fellow man.
8. It is that which talks not of rewards after death yet which prepares man for the greatest blessing eternity can offer—for "he that bath done it unto the least of these, my brethren, has done it unto me."
9. It is that which takes the weakest man and turns him into a 'man of courage, strength and great will power.
10. It is that which takes total strangers and almost instantly turns them into the closest of friends.
11. It is that which requires no formal education, yet which turns man into a philosopher.
12. It is that which man must not give up, yet the more of it he gives away, the more he possesses.

- Judge Eugene K. Mangum, Phoenix, AZ

(This article was shared with us by one of our long-timers at our Ice Cream Social in August, and several people then asked that we share this with you in the Lifeline. Judge Mangum, a non-alcoholic, started a special Court Class for Alcoholics in Phoenix in the 1960's.)

| <u>2014 Steering Board</u> | | <u>Office Calls in August 2014</u> | |
|-------------------------------|-----------------------|------------------------------------|-------------|
| <u>Chair:</u> | Christa W. | Meeting information | 109 |
| <u>Alt. Chair:</u> | Tim B. | Inventory/hours | 20 |
| <u>Secretary:</u> | Michelle M. | 12th Step calls | 11 |
| <u>Treasurer:</u> | CJ M. | Temporary sponsor | 16 |
| <u>Alt. Treasurer</u> | | Speaker request | 17 |
| <u>Members at Large 2014:</u> | Tiffany B. & Steve N. | Special events | 4 |
| <u>Members at Large 2015:</u> | Hillary B. & Paul T. | Outside issues | 13 |
| <u>Advisor to the Board:</u> | Jean O. | Info for professionals | 1 |
| <u>Office Manager:</u> | Frank N. | Administrative | 79 |
| | | Other | 46 |
| | | Total Calls | 316 |
| | | Daily average | 15.5 |
| | | Visitors | 251 |

UPCOMING A.A. EVENTS!!

| | |
|--|--|
| <p align="center">9th Annual Seniors in Sobriety International Conference Embassy Suites by Hilton 2577 W. Greenway Rd, Phoenix, AZ Thursday, October 2nd - Sunday, October 5th For more Info: www.seniorsinsobriety.org</p> | <p align="center">District 7, 16 & 19 Present Anonymity and Social Media The Internet—Friend or Foe? Grace United Methodist Church 15309 Maple Island Road, Burnsville, 55306 Saturday, October 4th 1:00PM For more info call: Ayla B. @612-323-7696, Brenda L. @952-451-9321, Or Gretchen B. @507-210-6090</p> |
| <p align="center">North Dakota State Roundup <i>“Communicating Our Legacies-Vital in a Changing World”</i> Alerus Center – 1200 South 42nd Street, GRAND FORKS, ND Friday, October 3rd - Sunday, October 5th For more information: www.grandforksaa.org</p> | <p align="center">Area 36 Southern Minnesota Area Assembly New Ulm Community Center New Ulm, MN Saturday, October 18th 9:00AM - 5:00PM For more info: www.area36.org</p> |
| <p align="center">32nd Annual St. Cloud Roundup <i>“The Spiritual Remedy”</i> River’s Edge Convention Center 10th Fourth Ave S., St. Cloud, MN Friday October 24th - Sunday, October 26th For more info: www.stcloudroundup.org</p> | <p align="center">Founder’s Day Weekend 2014 Celebrating 74 years of AA in the Upper Midwest <i>and Honoring A.A. members with One Year of Sobriety!</i> DoubleTree Park Place Hotel St. Louis Park, MN Friday, November 28th - Sunday, November 30th For More info: www.FOUNDERSDAYMN.org</p> |
| <p align="center"><u>Group and Area News</u></p> <p>New Meeting: <i>The Dakota Alano</i> is now hosting an Open 12 & 12 Mixed meeting on Tuesdays at 6:00PM at the same time as their regular Closed 12 & 12 mixed meeting. The Alano is located at 3920 Rahn Road in Eagan, 55122. Questions? Call: 651-452-2921.</p> <p>Meeting Change: Beginning Oct. 1, the <i>We Care</i> group is moving to a new address at 410 Hayward Ave. N. Oakdale, MN 55128.</p> <p>Meeting Change: The <i>11th Step Moonroof</i> group in Stillwater is now meeting Sunday evenings at 8:30, instead of on Wednesdays, at the same location, the <i>St. Croix Alano (Roach Hall)</i>, 208 S. 3rd St.</p> | <p align="center"><u>Fourth Step & Big Book Workshops</u></p> <p align="center">By The Book 4th Step Workshop Wednesdays, ~6:30PM - 7:45PM ~ 2218 1st Ave, Minneapolis, MN 55404 For more info: www.aabythebook.org</p> <p align="center"><u>Your News?</u></p> <p align="center">We invite you to share your AA news here! Please send your items to lifeline@aastpaul.org. We look forward to hearing from you.</p> |



St. Paul Intergroup Annual Gratitude Night NOVEMBER 22nd



The Recovery Church
253 State Street, Saint Paul, MN 55107
(corner of Plato & State)




ASL Available - Please RSVP with Intergroup Staff by **October 21** (651) 227-5502

St. Paul Area Intergroup Representatives' Meeting Minutes August 19th, 2014

I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.

II. Minutes from July were reviewed and approved.

III. Treasurer's Report – CJ reminded us that Treasurer's Report is included on the website in the same section as Reps Meeting Minutes. The Prudent reserve policy is also on the website. CJ reported on the checking and payroll accounts. Both have healthy balances. Literature sales are doing fine. Expenses were down from last month. Contributions from groups are up from last month. The **Faithful Fiver** automatic and electronic payment program is available, and you are invited to participate in this convenience! Forms are available in the *Lifeline* or on the website. Other questions/concerns can be sent to CJ M. at treasurer@aastpaul.org.

IV. The Office Report – GSO has said there will be a price increase of 20% on all AA literature beginning October 1, 2014. Frank encourages groups to stock up before October to save money. Price increase does not include Grapevine publications. Grapevine has new book coming out called **Sober and Out** which is about LGBTQ experiences. New printer installed July 17th. Application for hospitality suite arrived for Founder's Day, same price as last year \$341.86. Minneapolis IG City Pages ad will probably be switching to Vita.MN due to City Pages price increases. The office always welcomes volunteers, there is always work to do in the office. Jobs include answering phones, update list of speakers, help arrange temporary sponsors, update the 12th-step list, and clerical tasks such as making copies. 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 or email at manager@aastpaul.org.

V. The Website Report – Jonathan reported on the National AA Technology Workshop. Some topics were how to use technology to reach deaf community, and helping people coming out of treatment to connect to AA. He brought back CDs of the conference which are available in the office. Jonathan explained that the conference was mainly focused on idea sharing. AAWs sent current/past board members, Grapevine board member and Regional Trustee. Jonathan working on how to add a radius search to our online meeting search. Many service opportunities are available on the website. 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 – The program is looking for people to go out to any meeting serviced by the St. Paul Intergroup and bring information about what Intergroup has to offer. Contact Tiffany B at outreach@aastpaul.org for more information on assisting Intergroup with this valuable service opportunity!

VII. Update from the Board – Alternate Treasurer Kelly B has stepped down. Those who may be interested in this position should submit resumes to Frank at manager@aastpaul.org. Requirements include being 2 years sober, an accounting background and Quickbook knowledge. The board will select a new Alternate Treasurer next month and bring decision to next rep meeting. The new Alternate Treasurer will become Treasurer in January and serve until end of 2015.

VIII. Night Owl Report – At the time of this meeting we had 3 shifts open and still are looking for one female to be on the Night Owl committee. Please call Dan 612-328-3444 if interested, and please visit the website or call the Office for more information. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.

IX. Liaison Reports:

CPC is looking for veterans to act as temporary sponsors for the Ramsey Co./Washington Co. Diversion Program. Contact Jeff T. at 651-271-9225. Info also on Intergroup website. Ramsey Co. Detox will be getting some large print big books from the District 8. District 8 will host the next Archives Alive in November. District 15 discovered a free website called Signup Genius which will coordinate sign-up sheets. Jonathan mentioned another site called Volunteer Spot for coordinating sign-ups.

X. Upcoming Intergroup Events:

Gratitude Night will be the next intergroup event. Check website for details.

XI. Old Business: none

XII. New Business: none

XIII. Group AA Announcements:

Shannon – MNYPAA – conference coming up in April 2015 in St Paul; to fund Volleyball tournament on August 31st, suggested \$10 donation, winner will get free registration for conference, followed by speaker and bonfire
If your meeting location is closed on Labor Day so no meeting that night, inform Intergroup so a notice can be posted on our website. We also suggest you have volunteers at door that night.

XIV. Suggestions for next month's agenda: none

XV. Sandy K. volunteered to do the Grapevine Report for September.

XVI. Mike C. volunteered for Concept IX Review for September.

XVII. Jimmy H. volunteered for giving the Mock Rep Report September.

XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

| | | | | | |
|------------------------------|-----------------------------------|-----------------------------------|------------------------------|--------------------------------|---------------------------------|
| Tim B., Alternate Chair | Jean O., Board Advisor | CJ M., Treasurer | Hillary B., Member at Large | Steve N., Member at Large | Tiffany B., Member at Large |
| Jonathan L., Webservant | Frank N., Office Manager | Mike S., Basic Text | Sandy K., Como Park BB | Z J., Dakota Alano Saturday AM | Nancy T., Daily Reflections |
| Mike C., Defogged Men | Nancy T., District 15 | Jestine M., Fire-side Women | Terry H., The Firing Line | David P., Happy Joyous & Free | John F., Highland Sun. Nite BB |
| Muggsy A., Hole in the Donut | Dave L., No Time Like the Present | Sonya J., Pocketing Our Pride | Jimmy H., Problem & Solution | Todd W., Rosemount Alano | Steve N., St. Paul Speaker Mtg. |
| Shannon W., Students of Life | Jenn B., Summit Hill | Cheryl B., Third Edition BB Study | Joe S., 12x12 by the Book | | |

October MEETING: Tuesday the 21st, 2014 (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

AUGUST CONTRIBUTIONS

Number of Group Contributors: 26
Total Group Contributions: \$3064
Number of Faithful Fivers: 17
Total from Faithful Fivers: \$265

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 August**

Amy S., Breck M.,
Bob P., Burt K.,
Cathy T.,
C. J. M., David J., Drew K.,
Frank D., Henry O.,
Jim C., Kate R., Lorene
Nancy D., Randy N.,
Patrick R.,
Samone, Sam S.,
Steve W., Suzanne B.,
Tom B., Ty K.

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



**Thanks to the groups
that contributed in
August 2014**

Burnsville - Primary Purpose
Burnsville Wed. AM Mens Group
Children of Chaos Plus
Dakota Alano Friday 6 PM
Dakota Alano Monday 6 PM BB
E.B.S. - Sat Speaker
Episcopal Home group
Forest Lake Alano
Fourth Dimension
Highland Park Groups
Highway 96er's Group
Hole in the Donut Group
Live and Let Live
Maplewood Groups
Midway Club
North Dale Group
North Hamline
Ridge Runners II Sat 830 AM
Roseville Wed Night
Rule 62 Group
Summit Women's Group II
Twelve Steppers - Mounds Park
Una Luz en el Camino
Uptown Club
White Bear Lake Redeemer
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, 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.

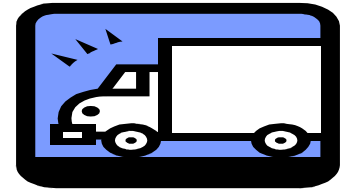


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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* - Enrollment Form

Faithful Fivers graciously contribute \$5.00 or more to St. Paul Intergroup each month to enable us to continue to carry A.A.'s vital message of Hope and Recovery to all who need and want it. Your contribution entitles you to a one-year subscription to *The Lifeline*. Contributions may be made annually, bi-annually, quarterly or monthly.

~Yes! Please enroll me as a *Faithful Fiver* !

1. Contact information:

Name _____
Address _____
City _____ State _____ ZIP _____
Phone Number _____
Email _____

2. Amount & Frequency:

Amount: \$ _____
Frequency: (check only one)
 Monthly Quarterly Bi-Annually Annually
Start on ____/____/____
 Please send my receipt to my email address
 Please send my receipt to my home/postal address
 Please send my **Lifeline** to my **email** address instead

3. Choose a Payment Method:

Credit Card/Debit Card*
 Visa MasterCard
Card # _____/_____/_____/_____
Expiration Date: ____/____
Name on Card _____

Signature _____

*I authorize St. Paul Intergroup to automatically bill my account as specified (monthly, quarterly, etc.). I understand that I am free to cancel this authorization at any time by contacting Intergroup.

Check - Please make payable to:

Saint Paul Intergroup
1600 University Ave W. - Suite 214
Saint Paul, MN 55104