

The Lifeline



December 2016

24-Hour Phone: 651-227-5502

Volume 52, Issue 12

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

When I was in active addiction, I lived in fear; my alcoholism rendered me powerless and hopeless. What a blessing I was given when the program of Alcoholics Anonymous showed me a better way to live!

The 12th Step allows us the opportunity to share our experiences, strengths, and hopes with each other, so that we may help another alcoholic in need. There were many people who told me that my motives and behaviors, like going into work sick with strep throat, needed to be evaluated. Here I learned that I am just as self-seeking and fear-filled as other alcoholics. I needed people in the program to deliver that message, as there were others in recovery that had walked the same walk as me.

It took time for me to practice these principles in all of my affairs. Like many alcoholics, I am stubborn, and I like to do things my way. Plus, recovery is hard work, especially early on, for many of us. However, eventually I learned that while this way of living was a lot softer and easier than continuing down my path of self-destruction. I became willing to do the work, and as a result, I became happy for the first time in years.

After going through the 12-Steps for the first time, my sponsor and I determined I was ready to start taking meetings to detox centers, volunteering with St. Paul Intergroup to answer the Night Owl phones, and sponsoring other women. It has been such a pleasure to be able to help other alcoholics in need, and it reminds me that the pain is only one drink away. If I want to stay spiritually fit, I have to put the work into my recovery every day. Some days are better than others, but I have this program to help me through any of life's struggles.

The message I can deliver to everyone I help is simple: "There is an answer to our suffering, and if you let me, I can show you the way." I am so thankful for every person in Alcoholics Anonymous who delivered that same message to me, and I am thankful that I too can deliver that message.

-Erica O., St. Paul Intergroup Representative, West End; St. Paul, MN



Join St. Paul A.A. Intergroup in a Sober Celebration!!

7:00 PM - Speaker Meeting
Dennis B.
Bridge to Shore

7:00 PM - Midnight Marathon Step Meetings

 ASL Interpreted

New Year's Eve 2016

Saturday, December 31st

Recovery Church
253 State Street
St. Paul, MN 55107



9:00 PM - Dance!!
Live D. J. "Lil Miss Anarchy"
(\$5 Contribution - all welcomed)

St. Paul & Suburban Area Intergroup, Inc.
608 Seventh Street West - St. Paul, MN 55102

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

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

At my first meeting I was full of fear and ashamed of being an alcoholic. I would have surrendered several years earlier had it not been for my inflated ego that kept me from accepting the fact that I could no longer drink like a normal person. Alcohol, which had been my friend for the first 10 years of my drinking career, turned into a dangerous enemy during my last five.

Paradoxically, in spite of my low self-esteem, my sick inflated ego tried to tell me at that first meeting that I was somebody special and therefore should look for more appropriate help elsewhere, rather than from a "leper colony." What if someone spotted me and advised my four remaining clients that their consultant was an alcoholic and not to be trusted? Furthermore, had I during my first weeks in AA heard participants in open AA meetings use last names, I would have used it as an excuse to run away from AA because to stay might lead to my anonymity being broken to the wrong persons.

Somebody at my first meeting, who looked vaguely familiar, buttonholed me before I had time to sneak out. This man, Dennis, had apparently seen me visiting his company and noticed that I looked like I had an alcohol problem. He told me not to worry, that AA would protect my anonymity, and that the members of this group—an open meeting—were mostly white-collar workers who, because of their jobs and status in their community, had to keep their affiliation with AA a well-guarded secret. He informed me that at AA meetings people were told not to break anyone's anonymity, not even their own. The use of full names could be dangerous for professionals and definitely scare some newcomers away.

At the time I did not know that only a small percentage of first-time visitors actually stay in AA long enough to qualify for their first milestone: a three-month chip. Therefore, hearing full names could send publicity-shy persons back to continue their descent toward alcoholic unhappiness and death. Bill W. in his last message stated that, "The principle of anonymity must remain our primary and enduring safeguard."

Thanks to Dennis, I joined that group, found a sponsor and got support from his cronies. In the beginning, I needed and received a lot of stroking and positive reinforcement. Eventually, I understood that they did this to teach me that helping other alcoholics would help me to stay sober. My sponsor encouraged me to do service work, but warned me of the temptation to hide behind job titles to avoid working the program. He also pointed out that rigorous honesty with myself, the Steps, and helping others would eventually replace my inflated ego with humility, turn my low self-esteem into self-respect, and lead me to a happy and joyous life.

Some are sicker than others. Early on it was suggested that I seek psychiatric help. So I did. Luckily for me, I found someone who knew our Twelve Step program. He could read me like an open book. He even shocked me by pointing out that my choice of attention-getting neckties made me no different from other newcomers with odd-looking haircuts and bizarre clothes. According to him, such individuals had grown up in varying versions of loveless and dysfunctional homes. Prior to coming to AA we escaped into alcohol to dull our feelings of inadequacy and low self-esteem. This left a deep hole that craved to be filled with attention and stroking.

A third of a century ago I was told, "It will get better"—and it has. My wife of 24 years and I recently took our cakes together, celebrating 71 years of combined sobriety. Thanks to Alcoholics Anonymous, we live a happy and harmonious life one day at a time. And thank you Dennis, for making me feel safe when I first got here.

- Anonymous

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The Lifeline: Purpose Statement

The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Incorporated. 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, in addition to descriptions of personal experience. We also welcome cartoons and drawings expressing the wry side of our A.A. experience.

Please email your article to lifeline@aastpaul.org, or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 608 Seventh Street West, St. Paul MN 55102. 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.

Notes from Your Intergroup Office

Hello dear reader, my name is Dennis B and I am serving as your new office manager at St. Paul Intergroup – I am also an alcoholic. My first few weeks have been exciting. Many of you have been so kind to stop by and wish me well - and that is greatly appreciated!

The thing that has struck me most, now that I have an 'inside' view of the Intergroup's operation, is the dedication and hard work that you get a sense of the moment you walk in the door. Bill and Ken, fellow staff members, have made me feel very welcome. Frank has done a grand job of providing my training, and the Board members have been wonderful.

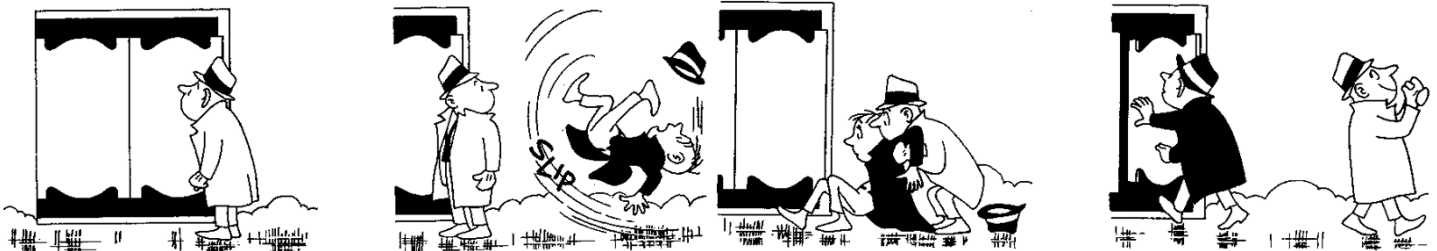
If you haven't stopped by recently – please do. We have much to offer in addition to AA literature, medallions and book covers. There is a world of opportunity to share what has been so freely given each of us. You can share that as a: office volunteer, Speaker List member, Twelfth Step List member, and Night Owl list member. Each of these opportunities can both strengthen and broaden ones sobriety – it certainly has mine over the years! Come join us!

Thank You St. Paul Area AA!

12 Tips for Sober Holidays

1. Line up extra AA activities (help on the phones, speak, empty the ashtrays).
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep your AA telephone list with you at all times.
4. Find out about holiday meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an AA friend--or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance).
8. Go to church. Any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letters.
10. Don't project about holiday temptations: Remember "One day at a time."
11. Even if you cannot give material gifts, enjoy the beauty of holiday love.
12. Carry the message. Give the joy away, and it will be yours to keep.

(Reprinted with permission of the A.A. Grapevine, Inc. December 1989, Vol. 46 No. 7. Adapted from Box 4-5-9.)



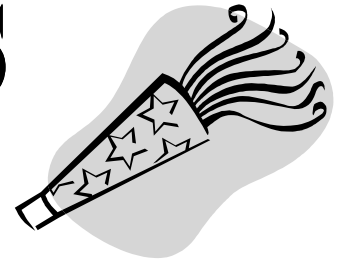
(Victor E. Cartoon reprinted with permission, Copyright © The AA Grapevine, Inc.)

Join St. Paul AA Intergroup

In a Sober Celebration!!

New Year's Eve 2016

Saturday, December 31st



7:00 PM **Open Speaker Meeting**

Speaker: Dennis B.
Bridge to Shore,
Minneapolis, MN

 ASL Interpreted



9:00 PM—Midnight - **Dance**

Live D. J.

“Lil Miss Anarchy”

(\$5.00* Contribution Requested)



9:00 PM—Midnight:

**Marathon
Step Meetings**



Recovery Church

253 State Street - St. Paul, MN 55107

For more information call the Intergroup office: 651-227-5502

*No one turned away for lack of funds - plenty of service opportunities!!

UPCOMING A.A. EVENTS!!

Southern Minnesota Area 36 Area Committee Meetings

Best Western
North Mankato, MN

Saturday, December 5th - 9:30 AM—5:30PM

For More Info: www.area36.org

14th Annual

Wild Rice Roundup

“Lose Your Winter Blues”

Shooting Star Hotel & Event Center
Mahnomon, MN

Friday, January 13th - Sunday, January 15th, 2017

For More Info: www.wildriceroundup.com

WICYPAA XXIV

(Wisconsin Conference of Young People In Alcoholics Anonymous)

"Sunlight of the Spirit" pg 66

Crown Plaza Milwaukee Airport
6401 South 13th Street, Milwaukee, WI

Friday, January 13th - Sunday, January 15th 2017

For More Information: www.wicypaa.org/

Southern Minnesota Area 36 Recovery, Unity & Service Conference

Best Western

North Mankato, MN

Friday, January 20th - Sunday 22nd, 2017

For More Info: www.area36.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.

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

Group and Area News

New Meeting: *One More Was Added To The Fellowship* is hosting a Wednesday 7:30PM, Closed, Mixed, Speaker meeting at the Swedenborgian Church, 170 Virginia Street, Saint Paul 55102.

New Meeting: *There Is A Solution IV* is holding a Tuesday 7:00AM, Closed, Mixed, Big Book meeting in the basement of the Claddagh Coffee Café, 459 West Seventh Street, Saint Paul, 55102.

Meeting Ended: The *Big Book Belles* are no longer hosting their Tuesday 5:30PM Big Book meeting at the Christ Lutheran Church in Lake Elmo.

~Please let the Intergroup office staff know about any changes to your meeting~

Email: lifeline@aastpaul.org or call 651-227-5503

Itching To Share Your A.A. Story?

Your Intergroup currently serves over 60 speaking commitments each month - more than 720 different opportunities each year to share your experience, strength, & hope!

Most of our speaking commitment are weekly opportunities - many are A.A. groups and some are treatment facilities. Most are evening and weeks, but some are daytime—so lots of choices!

If you are available during the daytime or at short-notice, we would especially like to hear from you!

To sign-up, please call 651-227-5502 Mon - Fri, 9 - 5:30, or complete our volunteer sign-up sheet on our website: <http://www.aastpaul.org/?topic=18>

A minimum of two years sober is requested.



Looking for a Service Opportunity? Become a St. Paul Intergroup Night Owl!



Upcoming Night Owl Orientations:

Saturday, December 17th, January 21st, February 18th

Every Third Saturday from 10:00 - 11:00 AM

St. Paul Intergroup Office

608 Seventh Street West - St. Paul, MN 55102

To RSVP please call: 651-227-5502

St. Paul Area Intergroup Representatives' Meeting Minutes October 18th, 2016

Opened with the Serenity Prayer, introductions, and Matt read the Primary Purpose of Intergroup.

Minutes from last month were reviewed, Erica motioned and Cheryl seconded, and were approved.

Treasurer's Report, Matt R gave the report. Bank account is \$23,823 and prudent reserve is \$45,066. Liabilities increased and receivables increased. Total contributions are up, group contributions are up and office sales are down. Expenses are down. Overall a net increase of \$1,810. Contact Joe W at treasurer@aastpaul.org

Office Report/Night Owl Report, Frank N gave the reports. Seems more visitors are staying longer at our new location. Increase in office volunteers are keeping the office clean and well stocked. New "Gift Set" of 4 books, an "AA History Shelf" is available for \$30 (\$45 value) and free shipping. Service opportunities are available including open Board positions up for elections next month and for literature sales at Founder's Day Weekend. 34 groups and 10 individual Faithful Fivers contributed. 3 open Night Owl shifts. Night Owl Orientation is every 3rd Sa 10am at the Office. Contact Office at manager@aastpaul.org; Night Owl at nightowl@aastpaul.org

Website Report, no verbal report but written report indicates 671 meetings and 278 groups total. Down 0 meetings and down 2 groups. Contact Sergey at webservant@aastpaul.org

Outreach Program, 2 MIA meetings need to be visited. Contact Jistine M at outreach@aastpaul.org

Update from the Board, HR Committee will be hiring an office manager; Board elections next month, Jenni S

Liaison Reports: District 8, no report; District 15, Julie H, arranging group inventory and budget for 2017, Sponsoring Your Professional seminar is next week; District 19, Dan R, completed District inventory, upcoming Cooperation with Professional Community (CPC) breakfast.

Upcoming Intergroup Events

Gratitude Night, Sa 11/12, 7pm speaker Bob N, 1 yr. speaker Olea H, Mount Zion Temple, 1300 Summit Ave, St. Paul, MN 55105, Jenni S and Mike C

Founder's Day, 11/25-27, Literature Sales (Office Mgr) and Hospitality Suite volunteer sheet circulated (Scott L and Joe W), Double Tree in Bloomington

New Year's Eve, Sa 12/31, working on location and band, Sandy K and Jistine M

Old Business, researching portable ramp for handicap accessibility, Board elections in November, submit a service resume to manager@aastpaul.org, Sandy K

New Business, proposed 2017 budget presented to reps for approval next month, Matt R

Group AA Announcements:

OMD 1st Fr 11/4 7pm potluck, speaker and medallion ceremony, 1221 Marshall Av;

Uptown Group 1st Sa 11/5 7-9pm pin night and AA/Al-Anon speakers, Recovery Church;

Summit Hill annual open meeting and pin night Mo 11/7, 5:30pm potluck, 6pm meeting, Mt Zion Temple

Firing Line, annual speaker meeting and potluck, Sa 10/22 New Life Presbyterian Church; West End Club, 2nd and 4th Fr medallion/speaker meetings at 8pm, 6pm potluck on 4th Fr, 955 W 7th St

Suggestions for next month's agenda: None

Grapevine Report, David gave report; volunteer for December, Carolyn

Concept X, Tony gave report; volunteer for Concept XI for December, Erica

Mock Rep Report, Kate; volunteer for December, Open

Closed with the Responsibility Statement

Meetings Represented: Como Park BB; District 15; District 19; The Firing Line, Roseville; Gratitude in Acton, Mahtomedi; Highland BB Sunday Night, St. Paul; Hole in the Doughnut, Roseville; Main Idea, St. Paul; Maplewood Alano Groups, Maplewood; Outright Mental Defectives, St. Paul; Pocketing Our Pride, St. Paul; Problem & Solution, St. Paul; Rule 62 Step & Tradition, St. Paul; Shoreview 12 & 12, Shoreview; Sober Goats, St. Paul; St. Paul Speaker Meeting, St. Paul; Summit Hill, St. Paul; Uptown Groups, St. Paul; West End Groups, St. Paul; Women's Basic Text, St. Paul.

2016 Steering Board:

Chair:	Sandy K.
Alternate Chair:	Jenni S.
Secretary:	Scott L.
Treasurer:	Joe W.
Alternate Treasurer:	Matt R.
Members-at-Large 2016:	Jistine M. & Mike C.
Members-at-Large 2017:	J.D. & Lesli D.
Advisor to the Board:	Tim B.
Manager	Dennis B.

Office Calls/Visitors—October 2016

Meeting information	80
Inventory/hours	37
12th Step calls	10
Temporary sponsor	17
Speaker request	32
Special events	0
Outside issues	8
Info for professionals	2
Administrative	51
Other	36
Total Calls	273
Average Calls/Day	13.0
Total Visitors	289
Average Visitors/Day	11.1

December 2016 REPS' MEETING: Tuesday, December 20th @ 7:30 PM

SAINT STANISLAUS CHURCH

398 West Superior Street; St. Paul, MN 55102

7th Tradition Suggestions for Groups

"Every A.A. 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

608 Seventh Street West
St. Paul, MN 55102

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

OCTOBER CONTRIBUTIONS

Number of Group Contributors:	50
Total Group Contributions:	\$5631
Number of Faithful Fivers:	13
Total from Faithful Fivers:	\$489



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
Rosemount
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 Groups that contributed in October!

A Baffled Lot
Amazing Grace Group
Anoka Day By Day
Apple Valley Monday BB
Como Park BB
Complete Defeat Group
Dakota Alano
Dakota Alano FRI 6PM
Dakota Alano FRI 8PM
Dakota Alano THUR 1145AM
Dakota Alano THUR 730PM Mens
East Side Club / East Side Group
Element Group
Fellowship Club AA
Forest Lake Alano
Friday Night By The Book
Happy, Joyous and Free - Mahtomedi
Highland Park Groups
Highway 96er's Group
Hugo Group
January 6th Group- Roseville
Lake Elmo Thurs Night Group
Lakeland Group
Lakeville Wed. Beginners Group
Look to This Day
Mahtomedi Happy Hour 12 & 12
Maplewood Groups
New Brighton BB
No Time Like the Present
North Dale Group
North Hamline
Not A Glum Lot
Pocketing Our Pride
Rosemount Groups
Rule 62 Step & Tradition Group
Shoreview 12 x 12
Sisters of Serenity
Sober Goats
Stillwater Morning Groups
Summit Hill
Third Tradition Northfield
Three R's Group
Transfiguration Group
Turtle Group - VA
Up In Smoke
Uptown Club
Valley Creek Monday
Valley Creek Thurs Night
White Bear Lake
Woodbury Primary Purpose

Thanks to all of the FANTASTIC Office Volunteers who helped in October:

Bob P., Bonnie L., Cathy S., Chad R., Chuck L.,
Colin K., Colin M., Desiree H., Dustin S., Elani S.,
Frank D., Henry O., Marc S., Mark D.,
Mike C., Mike H., Pat W., Paul K., Sarah S.,
Suzanne B., Ty K., Woody W.

Thanks to our AWESOME Night Owls too!

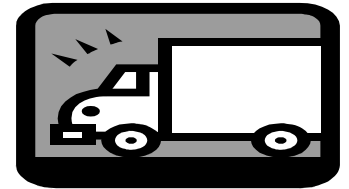


St. Paul & Suburban Area Intergroup
608 Seventh Street West
St. Paul, MN 55102

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 our 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
608 Seventh Street West
Saint Paul, MN 55102