



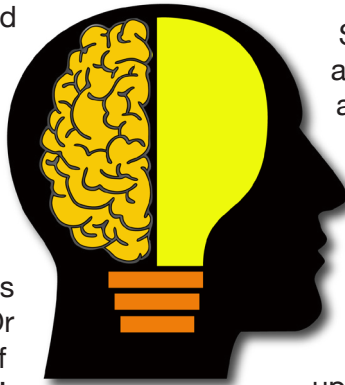
## STEP SEVEN

*“Humbly asked Him to remove our shortcomings.”*

**T**HE idea that there wasn't anything I couldn't do was in my head for as long as I can remember. It caused me much pain as I tried to tackle things which were far beyond my ability. I remember clearly the day I came to realize that in fact that while I may do some things well—there were a great many things that others could do far better than I could. That insight came as quite a shock and was a very bitter disappointment.

Oh, I had clues along the way. For example, there was the boss who once said to me, “You are the humblest egotist I know.” I took that to mean that I was humble rather than that I was arrogant. Or the folks who would say, after I came off the dance floor, “you are some dancer.” I thought they were complimenting my dancing. But looking back I am pretty sure the opposite was true.

Those were simply my shortcomings being manifested in how I conducted myself. My attitudes were displaying themselves through my actions for all to see—but I never looked in that mirror. I was too afraid of what I might see. But some things have a way of bringing themselves into view anyway. For me they used my dreams—or should I say nightmares. I always wondered about those things until I did the real 4th Step and 5th Step and the



nightmares stopped. I had finally acknowledged the opinion I had of myself.

It took a little while before I connected the dots between my past nightmares and the process of the 4 thru 10 Steps. But once I realized how connected the experiences were it all made sense. The single thought when I had my spiritual experience, at 1 year, was, “my life was the direct result of all the actions I had taken.” It was through the 4th to 10th Steps that my actions changed and so did my life experience.

So, I asked myself, why is it that I have admitted my defects of character and am ready to have God remove my shortcomings—but nothing seems to be happening. Time, inventory, prayer and meditation have shown me that my shortcomings are the proof that I still have old attitudes present in my mind. It's really incredible how good a drunk like me is at lying to themselves and covering up things that are not pleasant to view. This reminds me of a comment someone once made when I was complaining about what I thought was my wife's attempt to control me. He said, “In a tug of war—either person can let go of the rope.”

A speaker at an A.A. convention once remarked that when we are having trouble with a Step—the best approach is to review our work on the Step preceding it. That certainly holds true here. I have discovered that God will indeed remove the shortcoming, just as soon as I let go of the rope which ties me to my poor attitude. If you want

*Continued on page 6*

---

---

### ***The Lifeline: Purpose Statement***

---

---

*The Lifeline* is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Inc. 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 St. Paul Intergroup. We welcome articles on a Step, Tradition or Concept, in addition to descriptions of personal experience. We also welcome original cartoons and drawings expressing the wry side of A.A. experience.

Please email your article to [Lifeline@aastpaul.org](mailto:Lifeline@aastpaul.org) or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 33 Wentworth Ave E, Suite 355. W. St. Paul, MN 55118-3431. 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 & Suburban Area Intergroup, Inc.**

**33 Wentworth Ave E, Suite 355, West St. Paul, MN 55118-3431**

Website: [www.aastpaul.org](http://www.aastpaul.org) e-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) Fax: 651-290-0209  
Office Hours: Monday through Friday — 9:30 AM to 5:30 PM; Closed weekends and holidays



# ST PAUL INTERGROUP OPEN HOUSE

**July 9, 2022 – 1 pm to 4 pm**

Each year, St. Paul Intergroup hosts an OPEN HOUSE to allow AA members to check out the office location and enjoy the company of other members. You could also win big in our 50/50 drawing. Come on down with your closest AA friends and join us. Intergroup will provide hot dogs, treats, and refreshments. Bring cash to participate in the 50/50 raffle and contribute financially to the essential mission of St. Paul Intergroup.



**OPEN HOUSE  
OPPORTUNITIES TO  
PARTICIPATE**

---

**CASH  
CONTRIBUTIONS  
ACCEPTED**

---

**WIN 50 / 50 PRIZES**

---

**AA LITERATURE &  
OTHER ITEMS FOR  
SALE**

---

**HOT DOGS, TREATS,  
& REFRESHMENTS**

---

**OUTDOOR  
MASKLESS EVENT**

## **ST PAUL INTERGROUP**

Wentworth Center  
33 Wentworth Avenue E  
Suite 355  
West St Paul, MN 55118

<https://www.aastpaul.org/>

July 9, 2022 – 1 pm to 4 pm

# SELF-SUPPORT 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***

.....  
33 Wentworth Ave E.  
Suite 355  
West St. Paul, MN 55118-3431

## ***30% General Service Office***

.....  
P.O. Box 459  
Grand Central Station  
New York, NY 10163

## ***10% Southern MN Area 36***

.....  
Southern Minnesota Area Assembly  
P.O. Box 2812  
Mpls., MN 55402-0812

## ***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

### **LOOKING FOR A SERVICE OPPORTUNITY?**

*Become a St. Paul Intergroup Night Owl*

If you are interested - Contact:  
Nightowl@aastpaul.org  
to schedule training.

*St. Paul Intergroup Office*  
33 Wentworth Ave E, Suite 355  
West St. Paul, MN 55118-3431  
To RSVP - please call 651-227-5502

# 2022 INTERGROUP BOARD OF DIRECTORS

## WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	Rachel P.
Chairperson	Brian M..
Alternate Chairperson	Open
Secretary	Kelly K.
Treasurer	Lindsey D.
Alternate Treasurer	Bill C.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Renee B.
2021 Member-At-Large	Roger E.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Rachel P.



### **Office Volunteers:**

Mary D, Lynn E., Nancy T,  
Roger E., Debbie L.,  
Frank D, Bernie, Kat A., Joy



# GENERAL SERVICE OFFICE NEWS

## Update on printing delays and backorders due to supply chain disruptions

(Excerpts from a communication)

Dear A.A. Friends,

As we have been updating everyone throughout these unprecedented times, supply chain disruptions throughout the worldwide paper, printing and trucking industries continue to unfavorably impact the manufacture and distribution of A.A.W.S. literature and other items.

Since 2020 we have implemented many measures in efforts to reduce potential backorders — for example, ordering paper and scheduling reprints with our printers of the Big Book, *Alcoholics Anonymous*, and other items more than six months in advance of projected need.

**The good news:** Demand for the Big Book, *Twelve Steps and Twelve Traditions*, and other items of literature has rebounded from the early days of the Covid-19 pandemic — as folks are returning to in-person meetings.

**The not-good news:** We are currently out of stock of the English hardcover Big Book (Item B-1) and unable to reprint expeditiously. This is due to a serious supply-chain matter beyond our control regarding a disruption in the necessary paper delivery during the holidays at our printing plant.

### **Taking action**

*We are in communication daily with our printers, and I personally have reached out to their leadership to emphasize how important this book is in carrying A.A.'s message to our Fellowship and beyond.*

### **Update**

The expected in-stock date for copies of the Big Book, unabridged hardcover (B-1), to be available for order from our warehouses is currently third week of June.

Other formats of the Big Book are available on the A.A.W.S. webstore

As you know, the Big Book, *Alcoholics Anonymous*, English edition may be accessed in many formats. The following English-language formats are currently in stock and available for ordering:

- Big Book unabridged (with stories) softcover (B-30)
- Big Book CD set, abridged (M-81a)

Note: A few other formats of the Big Book, as well as other A.A.W.S. book titles, are currently on backorder and in the reprint process at printers and manufacturers.

# TRADITION SEVEN

*“Every group ought to be fully self-supporting, declining outside contributions.”*

I have been around A.A. long enough, and I am still sick enough that I really enjoy discussions of our 7th Tradition and what self-support means. We offer our program freely, but at some point, the bills must be paid—and the 7th Tradition forces me and my group to examine how effectively we are using our contributions. Since you are reading The Lifeline, the Intergroup newsletter, I am assuming you know about our Intergroup and at least some of the services that it provides to our fellowship. However, I bet you’d be surprised how many of our fellowship including long-timers are not very aware of Intergroup.

The cost of living in the St. Paul is rising – that’s a no-brainer, wouldn’t you agree? So, keeping our meetings going and our Intergroup operating is getting more expensive, too. Trust me: I haven’t done much research in preparing this article, but I am assuming that our General Service Office in New York has increasing expenses as well. The cost of being a self-supporting member of A.A. must be going up too.

Well, how much is my sobriety worth??? You know that ad on TV – cost of roses? \$20-\$40; a fancy haircut? \$72; having time for dinner with your honey: Priceless? Is my sobriety still a dollar in the basket? \$2? \$5? Or is sobriety priceless? What’s the dollar value on “priceless?”

Some members say that anonymity is kind of an old-fashioned idea – I don’t care who knows I am an alcoholic; maybe self-support has run its course too? Everybody knows an alcoholic – think of how many newcomers we could help with all the outside support we could get. I’ll bet pretty soon our City Hall will have advertising on it – look at the Twins ballpark – there’s advertising everywhere. I could get Twitter or Google to sponsor my Home Group – kind of like having our softball team sponsored by Mickey’s Lodge or the Shannon Arms tavern, or Anchor Steam brewery? We could even get a bunch of sweatshirts made up to spread the word. Or you know or we could go to Starbucks and get coffee

and pastries donated – that would save a lot. Good idea?

Time = Money. Many in our fellowship are on fixed incomes for a variety of reasons. Expenses increase, but our income doesn’t keep pace. Our fellowship is largely run by volunteer efforts with volunteers maintaining our groups, answering phones, doing 12th Step service; however, there are expenses. From our Twelve Steps and Twelve Traditions: “Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time office staff hired. Over many protests, these things were accomplished. We saw that if they weren’t, the person coming in the door couldn’t get a break. These simple services would require small sums of money which we could and would pay ourselves. At last the pendulum stopped swinging and pointed straight at Tradition Seven as it reads today.” We minimize our expenses but we can’t eliminate them entirely. This may be a topic for another time, but if we really look at all the services that are provided by our contributions, it’s quite impressive. Our contributions are used both locally and around the world to carry the message of Alcoholics Anonymous. Profits from literature sales make up the difference – not enough group and individual contributions are received to support the services deemed necessary.

Finally, I maintain that our tradition of self-support is a huge aspect of keeping A.A. right-sized. Even the smallest monetary contribution needs to be acknowledged and appreciated. New in A.A., I figured that the fellowship received grant money, or some kind of outside charitable contributions. After a while, I realized that the basket going around the room finances our meeting and also the services that Intergroup and General Service provide. Please talk about how our contributions are used – with other members, sponsees, and complain if you’re not happy. Costs ARE going up, but currently we are still getting a small bang for our A.A. buck. Just remember, a buck doesn’t go as far as it did in the good old early days of Alcoholics Anonymous!

Member/Group  
Contributions



*Andy Anonymous  
The Point Newsletter  
San Francisco, CA  
San Francisco, CA*

**The Anonymity  
of  
The Basket**

# DISTRICT SERVICE MEETINGS

---



---

Step Seven. . . - continued from page 1

to keep a coffee cup from leaking and causing a mess—first you have to repair the crack through which it leaks.

Keeping that in mind, the best approach to reducing the number of ‘shortcomings’ (where we come up short on attempting to live out our spiritual ideals) is to use the awareness of them to go back and do the discovery necessary to identify the attitude that caused them to begin with. This is often called “reverse engineering.’ Certainly a process that perfectly fits a person like me, as I seem to have lived my life in some kind of backward manner up to this point. The things I thought would work for me failed—and the ones that I was sure would not work performed perfectly.

The end result of all this is that once I discover and embrace the truth of my defective attitude(s), I am now in a place where I can let go of it and ask God to remove any kind action that would ordinarily result from it. What had once been a struggle—now seems as easy as falling off a log.

---



---

**District 8 (Ramsey Co.)**

Currently meeting on Zoom  
 3rd Wed., 7:00 PM  
 Email: dist8@area36.org (for Zoom info)

**District 15 (Wash. Co.)**

Christ Lutheran Church  
 11194 N. 36th St.  
 Lake Elmo  
 4th Mon., 7:00 PM  
 Email: dist15@area36.org (for Zoom info)

**District 19 (Dakota Co.)**

Rosemount Community Center  
 13885 South Robert Trail  
 Rosemount  
 2nd Wed., 7:00 PM  
 dist19@area36.org  
 Email: dist19@area36.org (for Zoom info)

**A CONTRIBUTION OF \$1.00 PER MEMBER PER YEAR TO THE SERVICE ENITIES WAS FIRST SUGGESTED IN 1970**



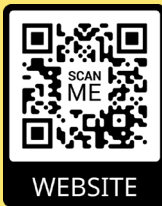
**WHAT DO YOU THINK THOSE SERVICES, SUCH AS THE ONES INTERGROUP PROVIDES, IS WORTH TODAY?**

For more information,  
contact Lindsey D. at  
treasurer@aastpaul.org



# 59TH INTERNATIONAL WOMEN'S CONFERENCE

DALLAS, TEXAS



**FEBRUARY 16-19, 2023**

RENAISSANCE HOTEL ADDISON/DALLAS  
InternationalWomensConference.org

TO JOIN THE VOLUNTEERS OR PROVIDE SILENT AUCTION OR  
SCHOLARSHIP CONTRIBUTIONS, CONTACT:

**VOLUNTEERS**

✉ VOLUNTEERS59IWCDALLAS@GMAIL.COM

**FUNDRAISING**

✉ FUNDRAISING59IWCDALLAS@GMAIL.COM

**GET OUR NEWSLETTER**



CHAIR, TERRI O: CHAIR59IWCDALLAS@GMAIL.COM

# THE A.A. GROUP AND THE ELECTRICIAN

A little group had formed as was now in need of a new meeting space as their current space was being sold. A Higher Power brought them to connect with a local business that had a basement space they would rent to them. It was a rough space – just cement floor and cement block walls. But we alkiees like that kind of rough space— maybe it’s because we feel that our lives a ‘rough space’ that is under construction in sobriety.

The group moved in and began to meet. In a little time they saved enough money to build walls for smaller meeting rooms, so meetings could be more intimate. The oldtimers of the group also developed a method by which they would circulate between the meetings to ensure that cliches didn’t form.

There were two roughed in bathroom plumbing pipes. The group built the two bathrooms – one for men and one for women. The business they rented from had just disposed of two large mirrors that had been the back for some display cases. Those mirrors were installed in the bathrooms. Quite large – 4 ft by 4ft – they were place on the wall next to each commode. It took some of the more shy members a bit to get used to this element of the bathroom.

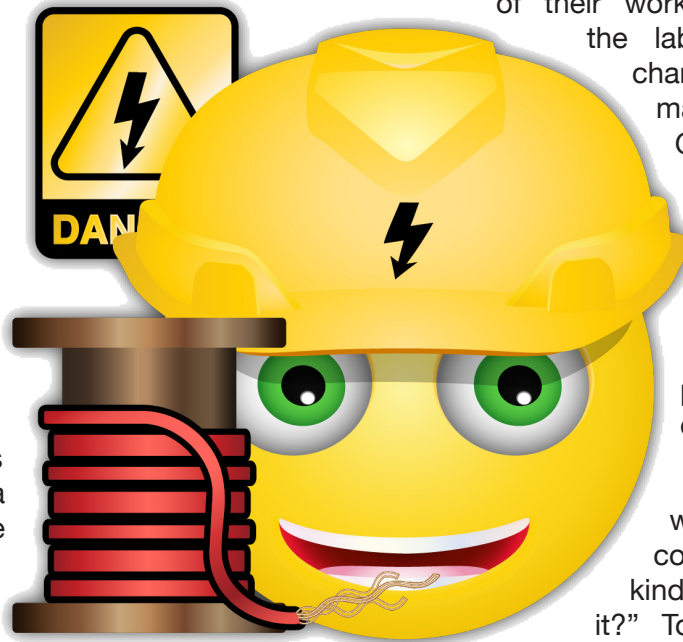
A.A. Life was good there. They had three meetings a week, with Friday being a Speaker Meeting. One Friday night when the speaker was just getting to the ‘what happened’ part of their sharing—and had just made the statement, “and then the lights came on for me, “ the electricity went out. With several coffee pots going – the circuit had overloaded. It was then that they realized that the power panel was in another room of the basement they could not access.

The group decided that they need to raise the money to hire an electrician to install a separate power panel so they could manage their own electricity use. The building owner agreed to this approach as well. Members made the needed sacrifices and some money was soon raised. A local electrician was asked to submit an estimate for the work to be done. The Group Representative met with the electrician and the discussed the needed work.

Upon completing his review of the intended work, the electrician met with the Group Representative and offered his bid. He also noted that due to it being an A.A. group, and him wanting to be supportive of their work, he would forego the labor cost and only charge the group for the materials needed. The Group representative informed the electrician that the group could not accept that proposal—that they would need to pay the full amount on the bid.

The electrician was aghast. He commented, “That’s kind of arrogant, isn’t it?” To which the Group Representative explained that while they were drinking, alcoholics often abused the generosity of family, friends and business people by not repaying loans they had agreed to—and the group wanted to make sure it no longer took that kind of action. As this was being explained, one could see the electrician coming to realize how true this was. Perhaps because he may have been taken advantage of by drunks before. The full bid was agreed on, the work done and the bill paid.

To this day that groups reputation in the community is a top notch one due to the good will of the electrician as he worked with other people and businesses in the community and shared his experience with, and opinion of, that A.A. group.





**St. Paul & Suburban Area Intergroup Representatives' Meeting Minutes, May 17, 2022 7:30 pm**

1. **Opened** with the Serenity Prayer, Introductions, and read the primary purpose of Intergroup
2. **Approved** prior month's minutes (motion: Mary S. , 2nd: Roger E.). Motion passed with a majority vote.
3. **Financial Report, Lindsey D** – *See the Treasurer's Report for complete financial details.*  
The Costs of goods sold are holding steady. Contributions are down about \$20K from last year. Operational expenses were down some but remained higher than average. Over the next few months, there will likely be higher operational expenses due to stocking up on literature. Questions? Email [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org)
4. **Office Report, Dennis B** – *Please see the Office Report for more info or contact the office at [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)*  
The office has stocked up on literature to sell at Gopher State. Construction/renovation has begun on the space that will be rented adjacent to the Intergroup office. Online sales are growing due to rising gas prices. The speaker program is going well. Intergroup will give a \$4 discount on the \$4 off the “Moon & Stars” fancy medallion at Gopher State - tying into the roundup's theme for the year. Spring Fling provided experience in doing a hybrid system along with a PA system. Some adapters have been purchased to help with this in the future.
5. **Night Owl Report, Rachel P.** – *for more information contact Rachel at [nightowl@aastpaul.org](mailto:nightowl@aastpaul.org).* There are 3 open shifts currently: 3rd Tues (10PM-6AM), 3rd Sat (2-7PM) & 4th Mon (10PM-6AM). The committee is currently updating the 12th step call list. Night Owl Orientation training is offered on the 3rd Sat. of the month at 10 am via Zoom, or individually as requested.
6. **Website Report, Jonathan L** – *Please see the Web Servant Report for more info or contact Jonathan at [webservant@aastpaul.org](mailto:webservant@aastpaul.org)*
7. 775 regular weekly meetings, 293 groups in the area (down 4 groups & up one meeting). 47 changes to the meeting directory in the past month. 770 meetings supported by 289 groups - down 4 groups and 5 meetings since the last report. Website traffic was down in April but that could be due to changes in how Google reports analytics. If you have web development skills, are interested in serving, or have any special group AA announcements, *please email [webservant@aastpaul.org](mailto:webservant@aastpaul.org).*
8. **Outreach Program, Brian M** – Down to ONE meeting that is MIA. 4 active members & 4 adjunct members. Members visit one group per month. *If you are interested in participating, please contact Brian M. at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) or 651-303-7349.*
9. **Update from the Board, Brian M** - The Spring Fling was a big success. Brian M. is the new board chair. The board is developing A Conflict of Interest policy that will be presented next month.
10. **Liaison Reports:**  
**District 8** (Ramsey County): **Lindsey D** - Stillwater Correctional Facility is allowing groups to visit but you have to get re-certified to visit. Dist. 8 is looking into doing some more bench signage. *If you have questions, reach out to Lindsey D 952-215-4471.*  
**District 19** (Dakota County): **Denny C** - last meeting was not well attended. Please consider attending the meeting if you attend meetings in Dakota County. District meeting is held on the 2nd Wednesday of the month via Zoom (only online at the moment). For more information, please email [djackchris@aol.com](mailto:djackchris@aol.com).
11. **Intergroup Events -Robyn W.**
  - a. **Spring Fling recap - Lindsey D. - April 30th**  
There were a lot of people at the event - maybe 80 in person and 20 online (for the hybrid meeting). This attendance beats any in-person Intergroup event held in the last 4 years. There was a lot of hype about the cake walk. The event was financially successful - Intergroup made a little bit of money.
  - b. **Gopher State Roundup - Rachel P. - May 27th - 29th**  
Intergroup will host a hospitality suite (#225) and is looking for groups to help host the hospitality suite for 2-hour shifts. Intergroup will be providing coffee and water. Groups can bring treats/snacks/food and have people to answer questions on behalf of Intergroup. There are 5 slots still open for Saturday and Sunday. If you or your group are interested, please email Rachel P. at 651-410-0556.
12. **New Business** - Nomination of a new Alternate Board Chair for the Intergroup board - no volunteers. Please consider this position and pass this information along to your friends. There is a 3-years sobriety requirement for this 2.5-year position. For more information, please email [chair@aastpaul.org](mailto:chair@aastpaul.org).
13. **Group AA Announcements:**
  - Renee B helped recently start a new Monday night Big Book study called A New Pair of Glasses. If you would like any information on this, please text Renee at 652-295-0855. New Brighton Alano will have a hospitality room at Gopher State, where they traditionally serve hot dogs, soda, etc. Please stop by for some food and fellowship during Gopher State. Rule 62 will be hosting an anniversary potluck and open speaker meeting on June 25th. Text Kelly for more info: 816-719-5310
14. **Suggestions for next month's agenda: Please contact Kelly K at [secretary@aastpaul.org](mailto:secretary@aastpaul.org).**
15. **Grapevine Report:** Tom S. ; **Volunteer for May:** Christian
16. **Concept Review: Concepts IV & V:** Lindsey D. ; **Volunteer for VI:** Mark R.
17. **Mock Rep Report:** Lisa L.; **Volunteer for June:** Mary S.
18. **Closed** with the Responsibility Statement

Brian M - Chair, Outreach	Lindsey D - Treasurer, Dist 8	Elly C - Member-at-large	Bill C - Alt Treasurer
Rachel P - Advisor	Elly C - Member-at-large	Jonathan L - Web Servant	Dennis B - Office Manager
Kelly K - Secretary	Roger E - Member-at-large	Camille K - A New Light	Denny C. - Vision for You Too
Tom W. - Firing Line	Emily H - Rule 62	Lisa L - WBL Womens AA	Sharon L - Basic Text 10AM
Paul C - Night Owl	Mary B - Uptown House	Hannah - West End	Marquita - Practicing these Principles
Lisa S.	Mary S - Uptown House	Gwen - Fireside Women	Gary B - No Time Like the Present
Christian C - SPOSM	Ken - Como Park BB	Patrice V - Dei by Dei	Heather B - Safe Haven, Dist 15
Eliot W - OMD	Amy - Pocketing Our Pride	Sharon L - Basic Text	Ryan B - One More Was Added....
Steve C - Hole in the Donut	Mark R. - Summit Hill	Guy T - Fairmon AA	Mike C - New Brighton Alano

# THOUGHTS FROM THE BOARD

**F**AST approaching is my favorite time of the year, summer!– filled with warmth, sunshine, and lasting memories spent outdoors with loved ones. As the theme of July’s Lifeline is Step 7, I would like to reflect on my experience with this step in my day-to-day life.

To me, Step 7 is all about letting my higher power get rid of my defects of character by practicing humility. According to the Oxford dictionary, humility is “a modest or low view of one’s own importance; humbleness”. Wow! When I read that it seems so simple, but yet can be so hard to put into practice. I get the most opportunities to practice humility in these three ways–1) Letting people, my higher power and experiences in, 2) listening and 3) striving to maintain a beginner’s mindset in all areas of my life. A tall order, indeed, but if I have the honest desire to work towards them, it is my belief that God will do most of the heavy lifting for me.

Before I got sober, I took pride in being self-reliant and private with most things in my life. Not only was I afraid of letting people in because I thought I would get hurt, but I also wanted to portray an image of being put together. Building up walls to keep people out was actually a form of arrogance on my part–

thought I could do without any help or community. But by following the example of my fellows in the program, I was able to learn that it was ok to share my life with others, ask for help and open up.

By listening to others, I gain access to rich wisdom and experiences without having to directly experience those all-too-familiar growing pains from which they often come. I have come to learn that God often speaks through other people–and at just the right time, too! All I have to do is listen.

Lastly, by practicing a beginner’s mindset, I approach life with curiosity, humility and grace. Innumerable are the times I thought I knew the right answer to something, only to be shown a more effective solution that I could have never come up with on my own. The easiest way to practice this in my opinion, is through service work in AA. Literally all I have to do is show up with willingness. The steps, traditions and concepts are there to keep all in check. Any time I have shown up for service work I have been given the gift of being a part of a fellowship whose beauty and love my words cannot even begin to define, and had as much fun as a child playing on a summer day.

In love and service,  
Rachel P.  
Advisor to the Board

						
12th Step Calls	Website Visits	Office Calls	Night Owl Calls	Meeting Info Calls	Speakers Calls	Literature Purchased
0	7,564	246	162	48	11	678 Books

THE FOLLOWING GROUPS, MEMBERS AND FAITHFUL FIVER MEMBERS MADE THE ABOVE SERVICES POSSIBLE:

- Dakota Alano - Thur 7:30 Mens
- Friends in Recovery
- Hastings Club
- Highland Park Group
- Lake City Group
- Mahtomedi Happy Hour 12x12
- Midway Club
- Prescott Sat Morning BB
- Rosemount Groups
- Sisters of Serenity
- Summit Hill
- Third Edition Group
- Third Tradition Group
- This Simple Program
- Truning Point - Wayzata
- Uptoen Group
- White Bear Lake SAT AM Womens



- 17 A.A. Groups contributed \$ 2,715
- 12 Gratitude Contributions totaled \$ 693
- 25 Faithful Fivers contributed \$ 489
- 11 Digital Contributions \$ 776
- Online Sales \$ 957

*Thank You So Very Much!*

# SHARE YOUR STORY IN THE FIFTH EDITION OF THE BIG BOOK

The A.A. General Service Office in New York is requesting submissions of personal stories to be used in the Fifth edition of the Big Book. The criteria are:

- 1) 3500 words, double spaced, in 12 point type. Handwritten manuscripts should be approximately 5-6 pages. Stories will be accepted in English, Spanish and French.

If you have any questions, please email:  
[5BBStory@aa.org](mailto:5BBStory@aa.org)

The A.A. General Service Office is calling for sharing from the Hispanic community for inclusion in the Fourth Edition of the Spanish Big Book. The same criteria as was mentioned above for the Fifth Edition. In addition, they will accept manuscripts related to ethnic, cultural gender and LGBTQ diversity; etc. Email: [4LGHistorias@aa.org](mailto:4LGHistorias@aa.org) Put "Fourth Spanish Edition on the envelope. Send to: Box 459 Grand Central Station, New York, NY 10163

**S  
P  
A  
N  
I  
S  
H**

**A.A.  
FOR  
THE  
BLACK &  
AFRICAN -  
AMERICAN  
ALCOHOLIC**

The A.A. General Service Office in New York is requesting submissions of personal stories to be used in the pamphlet noted above. The criteria are:

- 1) 3500 words, double spaced, in 12 point type. Stories will be accepted in English, Spanish & French. email: [pamphletstories@aa.org](mailto:pamphletstories@aa.org) with your submissions or questions



**THIS IS YOUR  
OPPORTUNITY TO  
SHARE YOUR  
EXPERIENCE, STRENGTH  
AND HOPE WITH MANY  
OTHER ALCOHOLICS IN THE U.S.  
AND CANADA.**

St. Paul & Suburban Area Intergroup  
33 Wentworth Ave E  
Suite 355  
West St. Paul, MN 55118-3431

Change Service Requested

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Twin Cities MN  
Permit 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 *Individual Contribution* Enrollment Form

Your Intergroup strives to be self-supporting, and with your personal support we can 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. Please consider becoming one of our *Faithful Fivers (\$5.00/month)*, *Terrific Tanners (\$10.00/month)*, or *Fantastic Fifteeners & \$15.00/month*.

### 1. Contact Information:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_ ZIP: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### 2. Amount & Frequency:

Amount \$ \_\_\_\_\_  
Frequency: (check one)  
 Monthly  Quarterly  Bi-Annually  Annually  
Start on: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Faithful Fiver (\$5.00/month)  
 Terrific Tenner (\$10.00/month)  
 Fantastic Fifteener (\$15.00/month)

### 3. Choose a Payment Method:

Credit Card/Debit  
 Visa  MasterCard  AMEX  Discover  
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**  
33 Wentworth Ave E, Suite 355  
West St. Paul, MN 55118-3431