



STEP 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

When I joined Alcoholics Anonymous, I had no intention of trying to make conscious contact with God. I knew I wasn't the most powerful being in the universe and felt there was some kind of underlying connection between me and the world around me, but I didn't think I needed more than that. I figured a semi-regular repetition of the 3rd Step prayer, 7th Step prayer, and Serenity Prayer would suffice. And for a good, long while it did. I was able to keep busy enough with service work, friendships, relationships, and hobbies that I didn't feel much of the pain that comes from having a God sized hole in your soul.

In my seventh year of sobriety, I gave birth to my daughter. My world was turned upside down. What I thought was supposed to be one of the most magical times of my life was terrifying and lonely. An immense pressure to be the most perfect mother bubbled up from within and poured out in a fiery stream of judgment, resentment, fear, self pity, and self loathing. I was miserable and angry. I had just joined a new home group and felt apart from

everyone there. I struggled to connect with my fellow AAs, was constantly anxious and felt like I was missing some kind of vital knowledge that everyone else around me seemed to have. For the first time ever, AA didn't feel like the place I belonged. I felt like an outsider looking in and I couldn't for the life of me understand why.

Over the next year and a half, I searched high and low for a solution to my emotional distress. I tried trail running, circus arts, making my own herbal tinctures, sleeping more or less, working more or less, and even toyed with the idea of psychedelic assisted therapy. I got involved with my homegroup and my sponsorship family but still felt disconnected. I listened to the people at my homegroup who really seemed to talk the talk and walk the walk. They had a regular prayer and meditation routine. My sponsor only asked me every time we talked if I had prayed about it, whatever "it" was that was happening to me at that moment. Because that's what life had become, a bunch of stuff happening to me. There wasn't any personal responsibility in sight. I was a victim. One evening during a phone call with my sponsor, she said something along the lines of "Yeah, well, you've used up all of the spiritual savings you had stocked up in your bank account... and actually, you probably ran out YEARS ago". Something about the word "years" made me

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 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

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Office Hours: Monday - Friday 9:30 to 5:30, Saturday 10:00 to 2:00 Sunday Closed

pause. It sounded so long. I couldn't believe I had been sober and in AA long enough to have YEARS of doing things WITHOUT a real spiritual practice. Having it reflected back to me that way allowed me to see the giant God sized hole that I had dug within myself.

It was recommended to me that I pray on my knees, every morning and evening. I started doing it. It felt silly at first, I wasn't sure what to say so I did repeat some of the prayers I mentioned earlier but I also thought about how I heard others pray. My sponsor often prayed aloud with her sponsees and I tried to imitate her form of prayer. Sometimes I went back to my childhood prayers rooted in Catholicism. I thrifted a small wooden plaque with the Prayer of St Francis on it and put it next to my bed. My husband and I attended some different churches together. I started talking about God with fellow AAs. I started praying aloud by myself and later with my husband and daughter. I started actively looking for God in all the little moments around me, like REALLY looking. I started thanking God for the good times and the bad, trying to be open to God's will for me regardless of if I was enjoying what was going on around me. And eventually, in this last year or so, I've built enough of a relationship with my Higher Power to believe I am trying my best to carry out God's will. There is immense comfort and relief in feeling that. I don't have to be the picture perfect mom or wife. I can connect on a real and spiritual level with my fellow AAs, and feel that I am truly being of service. I no longer feel like an outsider, like I am missing vital information. The information was always there, plain and simple. All I needed to do was consciously make an effort to connect with God, pray only for knowledge of God's will for me and for the power to carry that out.

Alice H

St Paul, MN

TRADITION II

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

Tradition Eleven saves me (and AA) from deep insecurity. How?

Public relations is a real profession. PR folks work for corporations and individuals who want their public perception to be managed. I understand PR professionals to be essentially in the narrative business: they craft and manage stories to help their clients achieve the desired ends. This can involve emphasizing the good, or minimizing the bad, or both. Either way, PR representatives—like lawyers, advertisers, and marketers—are paid to improve their clients' prospects.

The existence of Tradition Eleven suggests the early AAs were uniquely preoccupied (obsessed?) with public relations.

First, Tradition Six already counsels against entanglement with outside enterprises (like going into business with an outside professional public relations firm), and Tradition Eight recommends that we remain forever nonprofessional (such as not opening our own professional public relations firm). Yet the founders decided the catch-all provisions of Traditions Six and Eight failed to sufficiently guard against self-promotion, specifically with respect to public relations.

Second, there is no tradition calling out, by name, the practice of law, advertising, marketing, medicine, pastoring, accounting, teaching, engineering, managing, counseling, or any of the many other professions that exist in broader society and are liberally mentioned in AA literature. "Press, radio, and films" are included in

Tradition Eleven as part of the self-promotion balancing act we seek to achieve. Suggestions about AA keeping a healthy distance from other professions are sprinkled throughout AA literature—including Tradition Six—but none except public relations is addressed by name in a dedicated tradition.

The special treatment of public relations was intentional.

Alcoholics Anonymous states that “the classification of alcoholics seems most difficult, and in much detail is outside the scope of this book.” (The Doctor’s Opinion). Thus, most AA literature duly avoids absolute pronouncements about “all alcoholics.” However, there is a near-universal generalization regarding public relations as expressed in Twelve Steps and Twelve Traditions: “By temperament, nearly one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening.” (Tradition Eleven). It’s a broad statement that directly calls out “nearly every one of us.”

In my experience, this broad statement is true. The explanation for the universal tendency toward irrepressible promotion is found elsewhere in Twelve Steps and Twelve Traditions: “We simply had to be number one people to cover up our deep-lying inferiorities.” (Step Twelve). In personal terms, I need people to join my club, my group, my table at fellowship, because if they don’t, it further confirms what I’ve suspected, that I’m a no-good loser, and I don’t deserve friends or fun or anything happy. Maybe I should drink. That’s how my thoughts can go.

It seems the founders had the same problems. They realized that they sold things so hard to offset their deep inferiority. Thus, they adopted Tradition Eleven to curb their own insecure impulses for promotion. That’s how I understand the literature.

Since getting sober, I’ve never once felt compelled to break this tradition at the public level. I’ve mentioned AA to family members and at work, as recommended in our literature. But that’s it.

I’ve joined many home groups over the years, and I’ve never once attended a business meeting where

someone suggested using group funds to buy advertising for the group, or to enter a group float in a parade, or anything like that.

Occasionally, people have given me cards printed with things like “John Q.P., Call Anytime” or “Town Group #1, Meeting Hall, Mondays, 800pm.” Such overtures promote nothing except my opportunity to improve my sobriety. They hardly invoke the traditional tools of professional PR.

My reaction to such benign outreach confirms the wisdom of Tradition Eleven. Even with years of recovery, if my mood is wrong, when someone hands me something at a meeting, I bristle. I think, “Do I look like a newcomer? Like I need this? You want me to call you? When did you get sober? How about you call me?” That’s how my thoughts can go.

I respond better to messages like, “Come back if you want. Or don’t. Whatever. We’ll be here. But it is nice to meet you.” No promoting.

Alcoholics are described in the literature as often childish, sensitive, grandiose. If AA’s purpose is to carry the message to the alcoholic who still suffers (Tradition Five), it’s good to use methods apt to actually reach a suffering alcoholic. After trial and error, our founders concluded those methods should rely on attraction, not promotion, and they should not be deployed like a public relations campaign.

From what I’ve seen, it works. It really does.

St. Paul Intergroup Outreach Committee

Together We Can Help

- Help keep meetings up to date!
- Let people know about Intergroup!

Volunteer!

**Truly Make a Difference in
the Life of an Alcoholic!**



Scan the QR
Code

The Hand of AA Always to be There...

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

(651) 227-5502
outreach@aastpaul.org



Get ready for the

ST PAUL INTERGROUP GRATITUDE NIGHT

November 22, 2025 7 PM to 10 PM

The Recovery Church 253 State St, St
Paul, 55107

Join us in celebrating
gratitude with speakers,
cake, and fellowship!



Office News

Hello Everyone!

Our sales and contributions are down severely. Our numbers are looking rough and it has been a steady downward trend all year. Sometimes this is common but the trend downward has increased which is not common. We could really use some extra help and ideas on how St. Paul Intergroup can do better.

We have space available and would be happy to host workshops and meetings if members are interested. Please reach out to the office manager.

We have a new Outreach Chair and her name is Macy. She is doing a wonderful job setting up group outreach. If you're interested or have any questions about group outreach, we could use more participation, feel free to email her at : Outreach@aastpaul.org.

There are other ways to do outreach for St. Paul Intergroup too. We will need liaisons in the near future to bring updates and group support to our surrounding districts, area 36, or even to MNPAA. If you have any interest in this, please feel free to reach out to the office.

St. Paul intergroup is always looking for more ideas for how to better support our groups and members in the St. Paul and surrounding area.

St. Paul intergroup is also happy to help in setting up and putting on workshops. We have a space available for the groups and members to host such things.

Thank you all for your continued support of the AA community.

Jacob F. - Office Manager
manager@aastpaul.org
651-227-5502

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 2407
James A Farley Station
New York, NY 10116-2407

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

WAYS TO FINANCIALLY SUPPORT INTERGROUP

1. VIA SQUARE

Use the camera on your phone to scan this QR code to be redirected to the SPI contribution webpage :



2. VIA CHECK

You are always welcome to stop by during business hours, or mail a personal or AA group check to the office at:

Saint Paul Intergroup
33 Wentworth Ave E, Ste 355
West St. Paul, MN
55118-3431

AREA 36 PINK CAN PLAN

**THE PINK CAN PLAN COLLECTS FUNDS
TO PURCHASE AA LITERATURE FOR ALCOHOLICS IN
CORRECTIONS FACILITIES IN
SOUTHERN MINNESOTA.**

MAIL CONTRIBUTIONS TO:

**PINK CAN PLAN
PO BOX 41633
PLYMOUTH MN 55441-0633**

ST. PAUL INTERGROUP BOARD AND REPS MEETING

EVERY 3RD TUESDAY OF THE MONTH
AT 7:30 PM

All are welcome but we especially
love to see group representatives!
Meet is located in the same building
as the Intergroup office.

33 Wentworth Ave E, West St. Paul
MN 55118
2nd Floor conference room

CONTACT DETAILS:

manager@aastpaul.org

651 - 227 - 5502

DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)
3rd Wed., 7:00 PM
Email: dist8@area36.org (for Zoom info)

District 15 (Washington 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.)
2nd Weds. Of the Month -7pm to 8:30pm
Eagan Community Center
1501 Central Pkwy
Saint Paul, MN, 55121
Lone Oak Room
dist19@area36.org



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

2025 INTERGROUP BOARD OF DIRECTORS

Advisor to the Board: Kelly K.

Board Chair: Ricardo G

Alt. Board Chair: Alex S.

Treasurer: Brittani G.

Alt. Treasurer: Don H.

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Heather R.

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GREEN CAN PLAN

**PLEASE HELP PROVIDE AN ASL
INTERPRETER AT AN AA MEETING IN
DISTRICT 8**



CHECKS CAN BE SENT TO

ASL FUND

PO BOX 131831

ROSEVILLE, MN 55113-0020

OR

CONTRIBUTE ELECTRONICALLY

VENMO @ASLFund-DistrictEight

Contact District 8 ASL Fund Coordinator

M·N·Y·P·A·A X·1·1·1

MINNESOTA CONFERENCE OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

PRE-REG: \$10

HOTEL: \$109/NIGHT



A HOST OF FRIENDS



HOTEL

MINNEAPOLIS, MN
JULY 3-5, 2026

MINNEAPOLIS MARRIOTT WEST



PRE-REG

If you would like to financially contribute to St. Paul, this QR code will bring you to the St. Paul Intergroup website contribution page.



There are other ways to contribute to St. Paul intergroup as well and you can find those on our website or at the office in person.

Office Volunteers

Bernie, Lynn, Frank, Mike, Matt, Macy, Sue

Thanks to your all and thanks to our many Night Owl volunteers as well.

Hoot Hoot!

If you are interested in being of Service, please Vist our Website or contact the office!!

Thank You So Very Much!



Meeting
Info Calls

52



Speakers
Calls

8



12th Step
Calls

11



Total
Calls
122

The following groups, members and Faithful Fiver members made the service of intergroup possible last month:

- 25 A.A. Groups contributed - \$6,825.83
- Faithful Fivers contributed - \$2,824.85
- Total Contributions - \$9,699.69

Forest Lake Alano
Wednesday Night Men's 12 x 12
Pocketing Our Pride - Mpls
Third Tradition Northfield
St. Paul Sun Night Speaker Meeting
Maplewood Groups
Good Neighbor Group
Saturday Morning Serenity Group
New Brighton BB
WBL Thurs Bloom Ave
Hugo Group
Lake City Group

Saturday Morning Womens Group
Children of Chaos Plus
Gopher State Roundup
Summit Hill
Summit Hill
Mahtomedi Happy Hour 12 & 12

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Permit 7451

Please let us know a month in advance if your address changes. 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 *Terrific Tennes* (\$10.00/month), *Fantastic Fifteneers* (\$15.00/month), or *Thoughtful Thirtiers* (\$30.00).

1. Contact Information:

Name: _____
Address: _____
City: _____ State: ____ ZIP: _____
Phone: _____
Email: _____

2. Amount & Frequency:

Amount \$ _____
Frequency: (check one)
☐ Monthly ☐ Quarterly ☐ Bi-Annually ☐ Annually
Start on: ____/____/____
☐ Terrific Tenner (\$10.00/month)
☐ Fantastic Fifteneer (\$15.00/month)
☐ Thoughtful Thirtiers (\$30.00/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