



## STEP 1

We admitted that we were powerless over alcohol - that our lives had become unmanageable.

Life is a journey. It takes many twists and turns. Some we can see ahead of time and prepare for it. Some take us by surprise and our reactions can vary depending upon the circumstances. Most of us make some plans in regards to our future. A lot of us take an approach that can adjust along the way. Fly by the seat of our pants, if you will. None of us can see the future.

A lot of our reactions are reactive. We think and act according to outside influences that we have little or no control over. Taking care of basic necessities is an overriding imperative. While life can offer a lot freedom and flexibility food, clothing and shelter requirements are a driving force that cannot be ignored. In theory this is how life is for most of us. We plod along doing the best that we can. We try to manage our daily lives in a way that produces the least amount of stress and anxiety. When something happens that we cannot control influences or changes our lives, how we respond has a direct impact on our lives. The results may change us forever.

Alcoholism is a disease. At least that is the way it was presented to me when I was in treatment. I did not ask to become an alcoholic as much as I would not ask to be diagnosed with incurable cancer. I can ask the question of why I am an alcoholic. It does not change the fact that am. I had to accept that fact! Easier said than done. I rebelled at the very idea. That was not who I was. My using was not the problem. I was just having a good time. I rationalized my behaviour and how it was impacting other people. I was not the problem, they were. Sound familiar? The last thing that I was prepared to do was to admit that my use of alcohol had become a problem. Why can't people just leave me alone?

Our lives had become unmanageable. This is the lithmus test. Unmanageability was the determining factor of whether or not I indeed had succumbed to the disease of alcoholism. All that was required of me was to take an honest look at my life. Are you kidding me? I had spent years of forming a narrative that enabled my using. I thought that I was pretty good at it and had everyone fooled. I could not and would not stop. Nothing was going to get in my way. This is exactly the time when the twists and turns of life intervened. I was thirty one years old. I was married with four children. My using was spiraling out of control. The consequences of the result of my using were mounting, even

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*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) Online Store: [aaspi.company.site](http://aaspi.company.site) E-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) Phone: (651) 227-5502  
Office Hours: Monday - Friday 9:30 to 5:30, Saturday 10:00 to 2:00 Sunday Closed

# TRADITION I

though I refused to see it. My wife gave me an ultimatum. Either straighten out your life or she would leave me. I stood at the turning point. I admitted myself into a thirty day in-house treatment program. I had no intention of stopping using. I was flying by the seat of my pants.

Alcoholics Anonymous is a fellowship that is made up of recovering alcoholics. Their stories reveal what they were like, what happened and what they are like now. I was about two weeks into treatment. I had been given the scientific information that described the effects of alcohol on my body and brain. I was introduced to the Twelve Steps. One Saturday morning we were all together in one room and a speaker from a local AA group spoke to us and shared his story. I listened. I mean for the first time I really listened. This guy was speaking about me. The things that he said resonated and caused me to reflect on my own situation. It was at that moment that I accepted the fact that I was indeed an alcoholic. My life was about to take another turn.

One alcoholic helping another alcoholic. Sounds too simple. But this is how it works. If that man had not taken the time out of his life to come and speak on a Saturday morning, I may never have gotten sober. I may have lost my marriage. I might be dead. Think about it. We have no idea about the things that we say and do can have an effect on other peoples lives. That is why carrying the message is so important. God works in space and time through people. I've heard that the Third Step is actively working in any AA meeting. It is important that we share our hope, strength and experience. Even though we cannot see the future, we can trust that a loving God may use us to help a fellow alcoholic acheive sobriety. Now matter how far down the scale we have gone, we will see how our experience can benefit others.

Bernie W.

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With arms clasped tight, a group sticks together to do its job. And this newcomer got to see that the minute he walked in the door.

When I first entered the rooms of AA, I was suffering and in pain, unsure of myself and looking for answers. The members of that group went out of their way to make me feel welcome. They took me out for coffee, gave me their phone numbers and asked for mine (which I gladly gave). They took me to meetings when I wanted to go, they took me to meetings when I didn't want to go, and they took me to meetings when I wasn't sure what I wanted to do. They were constantly on the phone with me, checking to make sure I was OK.

And this effort didn't come from just one or two members. Almost all the older members of that group participated in keeping me busy, making me feel "a part of." They gave me their time, while giving me no time to think about drinking.

During that first year I was in AA, it seemed to me that the members of my home group surrounded me, arms clasped tight, as if in some version of the game Red

Rover. (does anyone remember that game?) And no matter how hard I tried, or how fast I ran, their arms held fast, and I could not break through. They kept me in the middle of AA, united in carrying the message to me until I was able to understand and then become part of the united circle for the next newcomer who walked in.

As much as I sometimes got angry at them and resented them for keeping me so occupied, I'm forever grateful that they loved me when I couldn't love myself, that they cared enough to show love by keeping me in the middle.

As AA members we have a declaration of unity, a tradition of unity, a duty to unity and a principle of unity. As an individual member, am I fulfilling this? As a group member, am I a part of this? As a trusted servant, am I a steward of this? Do I protect and inspire the practice of the principle of unity?

As a member of AA, I must continuously ask myself these questions. Am I taking the time to listen to all sides? Do I hear all sides, even if they go against my own thoughts? Am I being objective or is my mind closed to all other opinions except my own? Do I go out of my way to ensure that all voices are heard, regardless of their thoughts? There is no worse feeling than being left out, a sense that my voice doesn't matter.

I now understand that this is my great responsibility in AA. I'm to foster, nurture and protect that unity that every newcom-

er, indeed every member, deserves every time they walk through the doors of AA. The single most important thing I can do for every member of AA is to become a part of that circle that keeps us united, giving all of us the opportunity to be joyous, sober and free.

This we owe to AA's future: To place our common welfare first; to keep our Fellowship united. For on AA unity depends our lives, and the lives of those to come.

By: Sean B. | Charlottetown, Prince Edward Island

St. Paul Intergroup Outreach Committee

# Together We Can Help

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

**Volunteer!**

Scan the QR  
Code



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

**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

# Thoughts From the Board

As we pass by the darkest day of the year, I am reminded of how necessary it is for me to say hello to, and acknowledge, the darkness, but it's also a time to intentionally bring light into my life. Here in Minnesota, whether we're here by choice or by circumstance, we all must grapple with how to navigate the cold, the snow and darker days. I've come to understand that I must be diligent this time of year in seeking my higher power in the faces of others.

In describing a spirituality that is practical and hands-on, the big book tells us that "We have come to believe that He would have us keep our heads in the clouds with Him, but that our feet ought to be firmly planted on Earth. That is where our fellow travelers are, and that is where our work must be done." This is the magic sauce for me.

The idea that I must combine a spiritual pursuit with boots on the ground service is the recipe for me to remain balanced. I cannot thrive, or even survive probably, by attempting to live the life of a hermit - pursuing spiritual matters in the absence of humanity. Neither will service by itself free me from the bondage of self.

I'm often asked to contribute time and energy, even when life has plenty for me to do. As a parent, an employee, a friend, a board member or as an AA member, the requests for service keep coming. It may seem inconvenient. I may be tired. I may have other things that need doing. I often convince myself there other things more enjoyable to do (and I'm often wrong). The fact is, I'm always fulfilled by service, whatever the form, and good company, and the laughter and connection it brings, enriches me.

Winter is a good time for me to shut down the electronics, sit and watch the snow fall and meditate. I need and enjoy the quiet. But it's also a time when I have to put effort into being with my people and say 'Yes' when asked to show up. Head in the clouds - boots on the ground. I need both.

Don Hulson  
Treasurer

# District 1

Winter Service Workshop

# The A.A. Service

# Manual

Every Monday

6pm - 7pm

January 5 - March 30

Meeting ID: 851 9014 6092

Passcode: 123456

# 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

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## 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](mailto:manager@aastpaul.org)

651 - 227 - 5502

# DISTRICT SERVICE MEETINGS

# 2025 INTERGROUP BOARD OF DIRECTORS

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

Advisor to the Board: Kelly K.  
Board Chair: Ricardo G  
Alt. Board Chair: Alex S.  
Treasurer: Brittani G.  
Alt. Treasurer: Don H.  
Secretary: Andrew A.  
Members at Large:  
Emily M.  
Brandon H.  
Heather R.  
Alex L.  
Office Manager: Jacob F.  
Webservant: Jonathan L. & Ethan

## 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



### 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

# Trusted Servant Leadership Training

*“Your Guide to Success in General Service”*

Saturday, January 31, 2026

9:00 a.m. – 12:00 p.m.



This is a **free** online-only meeting to learn about general service.

Zoom Link: <https://us02web.zoom.us/j/81746600742?pwd=1YDOKbqx19rbf7w7uUNF9Qpd1NLb3N.1>

Zoom Meeting ID: 817 4660 0742

Zoom Password: V0nRCM

## WHAT we will be covering:

- How to fulfill your role as a GSR (General Service Representative), District Committee Person (DCM) or other District Officer, or Committee Chair for your District or Area;
- The general service upside-down triangle structure explained and your role in carrying the message;
- The nuts and bolts: How District and Area meetings work and how you can participate;
- How you can participate on AA committees at the District and Area level; and
- Removing uncertainty and fear for those AA members interested in getting involved in general service.

## WHAT we'll be doing:

- Providing you with practical training through short “how to” presentations, group discussion, and sharing by past trusted servants; and
- Teaching you about the practical responsibilities of trusted servants and how we practice AA's spiritual principles in general service.

## WHO should attend:

- Anyone new to or currently participating in general service. ALL ARE WELCOME!!

Questions? E-mail: [TSLT@area36.org](mailto:TSLT@area36.org)

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.

*Thank You So Very Much!*

### 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!!



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

- 25 A.A. Groups contributed - \$2,812.34
- Faithful Fivers contributed - \$1,759.41
- Total Contributions - \$7,965.04

Forest Lake Alano  
 11 W. Bernard Group  
 East Side Club - East Side Group  
 4th Step Workshop  
 Burnsville - Primary Purpose  
 Weekend Jumpstart II  
 Mellen AA  
 Saturday Morning AA - Lindstrom  
 CRC Friends of Bill W.  
 Shoreview 12 x 12  
 White Bear 96 Group  
 Pocketing Our Pride - Mpls

Valley Step Group  
 Saturday Morning Womens Group  
 Maplewood Groups  
 Saturday Morning Serenity Group

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Twin Cities MN  
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 Fifteeners* (\$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 Fifteener (\$15.00/month)

Thoughtful Thirtiers (\$30.00/month)

### **3. Choose a Payment Method:**

Credit Card/Debit

Visa  MasterCard  AMEX  Discover

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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