



Thoughts from the Board

I recently began my two-year term on the Saint Paul Intergroup Board as a Member at Large with a sense of satisfaction and dedication. I have previously been involved in general service while I lived in Ohio, and I know from experience that when using my time and skills to help AA, I feel more positive emotions and less negative ones. I develop new friendly relationships and get to know AA members in wider communities. I grow emotionally and spiritually by applying consideration to something bigger and more important than myself. I feel dedication because I want to help the St. Paul and surrounding suburbs' AA community thrive. I want to help carry the message so others can gain the benefits I have from AA. I am blessed to live in the Summit University neighborhood, which provides much of what I need a short distance away, where I can walk to practically everything, including AA meetings. This perhaps contributes to a Saint-Paul-centric perspective, my love of St. Paul AA, and in less provincial and more broad-minded sense, my desire to meet

and support members in the wider community.

Why should I love intergroup, you may wonder, especially if you are new to AA. There are lots of reasons. St. Paul Intergroup does many things to support my effort to "carry the message" and to support our communities. St. Paul Intergroup is the entry way for suffering alcoholics to connect with AA by phone. The staff answers the phone during business hours, and AA members answer the phone after hours by participating in the Night Owl program. St. Paul Intergroup hosts a website that provides information about all the meetings and events in our community. It maintains a list of meetings that is electronically fed to the AA World Services Meeting Guide app on our phones. It hosts social events so that we can have fun together and meet alcoholics from other meetings in the community. It sells conference approved literature, medallions, and related AA merchandise. Come visit the Office at 33 Wentworth Avenue in West St. Paul. You will meet friendly staff and volunteers who can discuss AA and provide information about meetings and events. You will find a real live bulletin board with announcements. You will be able to easily browse the many pamphlets and the books. You may even make a new friend.

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

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

The Office is efficient and friendly thanks to the work of the Jacob F. our former Office Manager, who recently resigned. Jacob worked hard to reduce costs in several areas including the cost of the Lifeline newsletter and by introducing processes that increased efficiency. He developed processes and documentation that helped volunteers work efficiently. Jacob worked hard on outreach so that groups could understand what Intergroup has to offer and to keep track of meetings for the Meeting Guide app and the Meeting Directory page at aastpaul.org. I got to know Jacob by helping with the Lifeline newsletter. I will miss Jacob's guidance and conversation.

In the AA Twelve Concepts for World Service, Concept XI, in the section "Paid workers, how compensated," (pages C-44 and C-45) Bill Wilson wrote based on experience and thoughtful consideration,

"We believe that each paid executive, staff member or consultant should be recompensed in reasonable relation to the value of his or her similar services or abilities in the commercial world. This policy is often misunderstood. Many AA's no doubt regard A.A. world services as a sort of necessary charity that has to be paid for. It is forgotten that our particular charity is just as beneficial to us as it is to the newcomer; that many of those services are designed for the general welfare and protection of us all. We are not like rich benefactors who would aid the sick and the poor. We are helping others in order to help ourselves. Another mistaken idea is that our paid workers should labor cheaply, just as charity workers often do elsewhere. If adopted, this concept would mark our service workers for unusual financial sacrifices, sacrifices that we would ask no other AA's to make.... We should also consider the well-known fact that cheap help is apt to feel insecure and be inefficient. It is very costly in the long run. This is neither good spirituality nor good business. Assuming that service money is readily available, we should therefore compensate our workers well."

I hope you share in my love of St. Paul AA. You can help Intergroup by making sure

your groups are contributing the customary amount determined through AA tradition: 50% of the basket after rent, coffee and other expenses, which is described elsewhere in this newsletter. Do you know where your group's money is going? You can also contribute individually once or on a recurring basis. You can purchase literature at the Office, which affords a small financial contribution to Intergroup. You can volunteer at Intergroup. We especially need people to help the Outreach Committee by reporting about whether meetings have dissolved or are still going strong. Together, we can spread the word of Saint Paul Intergroup and its importance to our community including surrounding areas.

Yours in service,
Gary K (member3@aastpaul.org)

UP IN SMOKE

Members out west find a fun and sometimes chilly way to gather in fellowship and embrace Step Seven

In 2011, at a regular meeting of the Above the Bar Group in Divide, Colorado, one of our members, Steve B., told us about something he and his drinking buddies in Michigan used to do.

On the winter solstice, they would build a bonfire and while sitting around it drinking they talked about things in their lives that made them really angry. Someone got the idea of writing those things down on pieces of wood and throwing them into the fire. There wasn't really anything too spiritual about what they were doing except for the date they did it on. It was really just an excuse to drink and complain about how the world had victimized them.

Steve said that he had been thinking about that since he had gotten sober and he wanted to turn it into a spiritual ceremony that could maybe help alcoholics when working on their Steps, especially Steps Six and Seven. He asked if the group would be interested in doing something like that.

So on the winter solstice that year, we had our very first of many "Do You Have a Burning Defect?" get-togethers at a lake located at 9,000 feet altitude on the north side of Pikes Peak. We would meet in an

old, uninsulated pavilion with an ancient wood-burning stove. Some years we would have to shovel a foot or more of snow so we could park our four-wheel drives. (Did I mention we were at 9,000 feet in the Colorado Rockies in late December?) The event would start at 6 p.m. with a potluck dinner followed by an open discussion AA meeting.

Early on, our group made a decision to run the event in the spiritual focus of Step Seven, humility and trust in our Higher Power. We got rid of the signup list for the potluck and no longer asked people to RSVP. We also dropped the "going around the table" or "playing tag" format when deciding who should share during the open meeting in favor of letting people volunteer to share when it moved them to do so. And we no longer had a time limit on the meeting. It goes for exactly the amount of time it needs to go.

The level of honesty, sincerity and desire to have our Higher Power remove our character defects was always truly moving and spiritual. Many of the people who attended would often say later that it had a profound impact on them and their program. Once word got out about the gathering, we began to have members from 40 miles away who would brave the weather and snow-covered roads to come.

One of the key points we made at the event is to concentrate on the positive rather than the negative when working on character defects during the coming year. A list of character defects with the corre-

St. Paul Intergroup Newsletter

**St. Paul and Nearby
Communities' AA
Program is Vital —
Support It with Your
Contributions!**



**Carry the message
to alcoholics in our
community with
your experience,
strength, hope, and
creative abilities!**

We are seeking contributions in these areas:

- Articles about the steps, traditions, sponsorship, AA experience
- Graphics related to St. Paul AA
- Original AA jokes and cartoons
- Local AA organization event announcements

**If you write your shares or leads, it is
easy to turn it into an article! Email us.**

**For further details and schedule, please contact
lifelinechair@aastpaul.org**

sponding character assets was made available for everyone. Each attendee was given a piece of paper with the Sixth Step prayer at the beginning of the meeting.

Attendees were encouraged to write down the character defects they intend to burn along with the corresponding character asset and carry it with them. It was recommended to concentrate on the character asset rather than the defect.

The meeting would end with all of us gathered in a circle reciting the Seventh Step prayer. We wrote our character defects on a piece of wood relative to the size of the defect—a small piece of wood for a small defect and a larger piece of wood for a large defect. One time someone drove up the pass from Colorado Springs with a two-foot log with character defects written all over it that wouldn't even fit into the stove!

One of the principles of the ceremony was that everyone had to verbalize their character defects by saying them out loud. For many of us, this verbalization brought a profound intensity to our desire to be rid of them. Attendees were encouraged to share their character defects with another human being, the group as a whole, or to find a spot away from everyone and share it out loud with their Higher Power. After they've done this they'd throw the piece of wood into the fire and watch it burn with the smoke symbolically going up to

their Higher Power.

In 2014, my wife and I moved to Surprise, Arizona and made the Surprise, Surprise Group our new home group. One day we floated the idea of continuing the ceremony there. On December 21, 2018, we celebrated the fourth annual Do You Have a Burning Defect? event at our home in Surprise. It was by far the largest, most well-attended event yet.

This year's gathering was even more powerful. When we all went outside to burn our character defects in the fire pit, we noticed that there was a visible ring around the full moon! Members gathered in small groups outside to share and verbalize their character defects in the bright moonlight. That really enhanced the spiritual experience. I'll never forget it. We all left that night with a renewed appreciation for what our Twelve Steps and Twelve Traditions book says about defining humility: "It amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be."

By: Garry and Renee J. | Surprise, Arizona
Grapevine Archives July 2024

Office Update

-Office Manager has resigned from his position effective July 3rd, Comments bellow

-Office Manager position is now open, more details on the website

- We recently updated our database of reps and volunteers so that we can better share updates, information, and events with our community
- We could always use more volunteers, St. Paul Intergroup runs on volunteers and the more members we have participating in AA St. Paul Intergroup the better it runs and more it can help care our primary message.
 - If you could talk to your groups about sending reps to our monthly board and rep meeting, this is one of the best ways to support St. Paul Intergroup, please also ask your reps to confirm their contact information with the office so they can receive updates for the meetings
- We had a wonderful time at gopher state thanks to the many volunteers who showed up to help. Our many volunteers are what make intergroup work smoothly.

I would like to deeply thank all of the groups and members who have supported intergroup over the years of my dedicated work, and all of those who have called into the office and allowed me to be there for them. I appreciate all of the trust and opportunities the groups and members have given me.

Best Regards,
Jacob F.

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

How It Works

4th Step

Workshop

*Where: St Paul Intergroup
33 Wentworth Ave
St Paul, MN 55118
Right Conference Room
(street level by front doors)*

*When: Saturday July 11th (part 1) &
Saturday July 18th (part 2)*

*Time: 10 AM to 3 PM - there is no cost
(will break for lunch 12:00 to 12:45)*

Cost: There is no cost-this is a free workshop

*Bring: Big Book, paper, pencils or pens & a friend or
two. Everyone and all 12-step programs
welcome!*

For sign-up and more information call
St Paul Intergroup 651-227-5502
Christopher B 651-707-5551
Marty Y 651-261-5484

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: Ricardo G.

Board Chair: Alex S.

Alt. Board Chair: Brandon H.

Treasurer: Don H.

Alt. Treasurer: Marc K

Secretary: Zach B

Members at Large:

Emily M.

Jamie Lynn

Matt

Kristine C.

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

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

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, Frank, Matt, 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 in the month of January:

- 25 A.A. Groups contributed - \$4,969.15
- Faithful Fivers contributed - \$2,742.15
- Total Contributions - \$7,954.98

Scandia AA
Forest Lake Alano
Wednesday Night Men's 12 x 12
Children of Chaos Plus
Most Important Thing Group--
Sunday, Roseville
We Care Alcoholics Anonymous
North Dale Group

WBL Thurs Bloom Ave
Complete Defeat Group
White Bear Lake Area A.A.
Friday Nite 12x12 By The Book
Shoreview 12 x 12
eagan tuesday nites
New Brighton BB
Saturday Morning Serenity Group
Maplewood Groups
Saturday Morning Womens Group

Valley Step Group
East Side Club - East Side
Firing Line
Grovers Thursday Night

St. Paul & Suburban Area Intergroup
33 Wentworth Ave E
Suite 355
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Change Service Requested

Non-Profit
Organization
U.S. Postage

PAID

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 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