



Step Nine - Made Direct Amends Whenever Possible, Except When to Do So Would Injure Them Or Others

Step 9 is curious because it is a step that requires us to be both self-focused and self-less. It is the culmination of the work on ourselves that we started in Step 4 and requires a continual effort that focuses on our pasts, but the execution of the amends requires us to be selfless by showing up in front of people we have harmed, admitting our wrongs, and asking if there is anything we can do to make it right.

When I was new to AA, my sponsor told me that I could do any step with a “1” in front of it right away. He was right; those are the “now” steps. We do them daily, and they are useful in every moment, if we choose to take advantage of them. But steps 4 through 9 are history steps; they require looking back and exploring our pasts. They are the opportunity to fully clear out our messes—not just our

drinking messes, but all our messes—and then proceed forward with a clean slate. It’s not accidental that Steps 4 through 9 are sometimes referred to as the “Cleaning House” steps. And Step 9 is the culmination of that process. So, we have been thinking about ourselves for 5 steps—finding and illuminating every dark nook and cranny of our pasts, writing down what we have done, discovering our patterns of unhealthy living, and recording with specificity who we have harmed. Now it’s time for action and more action. And it’s time to stop thinking about ourselves. It’s important to stop thinking about ourselves at this point, because too much thinking about ourselves will inevitably cause us to freeze or panic at the thought of exposing our soft underbelly to the people we have harmed. Who more than us knows better how badly we have treated people in our lives? And now we are expected to show up before them, admit what we have done, give them an opportunity to pile on any-

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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.

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

thing we missed, and then ask them if we can make it right? If that's not leading with the chin, what is!?

But that is just fear talking. And overcoming that fear—taking a leap of faith, because faith is the antidote to fear—is the price we need to pay if we are to receive the promised reward of the clean slate.

Freedom from the guilt, shame, anger, resentment, and harms of our past is a kingly gift if we are simply willing to pay the price of showing up as our new, rigorously honest selves. Anyone who is unsure whether it is worth it just needs to pick up a copy of the Big Book, open it to Chapter 11 (“A Vision For You”), and read the first two pages. If you like that idea for your own life, then it is well worth setting aside your fear and ego and getting down to the business of making amends.

For me, the hardest part of making amends was always making all the amends. It was pretty easy to get the big ones out of the way: spouse, parents, close friends, family members—all the people who saw our descent into the abyss. I harmed them again and again, in big ways and small, and I wanted those relationships back to the way they used to be—or even better, if I'm being honest. But after the big ones, I started to feel lighter and freer. The people who weren't the main targets of my angst or wreckage started to slip to the side, and my list kind of fell into obscurity, with a smattering of old acquaintances who never got the full 9th Step treatment.

Failing to complete the amends on my 9th Step list is a missed opportunity, though. Those people to whom I still owe an amend are people with whom my rela-

tionship is not as full or honest as it could be. I'm missing the opportunity of having cleared out the spiritual tartar from those harms that still blocks me from lightness and freedom and happiness.

And it is odd to me that I found that process difficult to complete, because my attitude has always been that if I'm going to go through the struggle of getting better, I should really go for it. Why only give up alcohol when I can give up the other deleterious coping mechanisms as well (video games, smoking, gambling, strip clubs, etc.). If I want to be happy, joyous, and free, I will need to give up all those items eventually as well. Why not do it all at once and actually learn how to live well without those vices weighing me down?

We owe it to ourselves (selfishly) and the people in our lives (selflessly) to do a complete and thorough 9th step, and walk into tomorrow free of our old baggage, and ready to make new mistakes and learn new lessons.

Graham, St. Paul

**TRADITION 9 - A.A., AS SUCH,
OUGHT NEVER BE ORGANIZED;
BUT WE MAY CREATE SERVICE
BOARDS OR COMMITTEES
DIRECTLY RESPONSIBLE TO
THOSE THEY SERVE**

When I moved away from the Twin Cities about a year ago, I thought getting back into a regular routine of meetings would be pretty easy. I had been around AA long enough to know how to find meetings, walk into a room by myself, and meet new people. I knew not every meeting was going to be my favorite, but I figured I would find a few

that I really connected with. That has not really happened.

I have gone to different meetings and found myself comparing them to what I was used to in the Twin Cities. Some of the meetings have different formats. Some have a different group of people. Sometimes I just do not feel the same connection I had at meetings before I moved. At first, I told myself I just had not found the right meeting yet. Eventually, though, my attendance started to fall off. The more meetings I went to that I did not really enjoy, the easier it became to just skip them. Missing one meeting did not seem like a big deal. As you can probably guess, that snowballed into missing lots of meetings.

The problem is that I was not just missing meetings. I was also not being of service. That has made me think about Tradition 9 in a different way.

Tradition 9 says, "A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." I have always thought of this tradition as being about how AA organizes itself. We have enough structure to keep things running, but we are not supposed to become a highly organized institution. There are committees, service positions, group consciences and other things that help meetings function, but all of that is supposed to serve the primary purpose of AA.

Lately, I have been thinking about the other side of that. The fellowship only works if people actually participate in it. It is pretty easy for me to sit back and decide that I do not like a particular meeting. I can decide the format is not for me or that I do not connect with the people there. But if I stop going to meetings because they are not exactly what I want, I am not really doing anything to make the fellowship better either. I cannot complain that I have not found a recovery community that feels like home while also staying home.

That is probably the part of Tradition 9 that I need to pay more attention to right now. When I lived in the Twin Cities, I had a routine. I knew where meetings were. I knew people. I had meetings that I liked and people I looked forward to seeing. I probably took some of that for granted.

Moving away meant starting over. Coming back

to an area where I already had history did not necessarily mean that I would automatically find the same kind of connection in AA. I have changed. The people here have changed. The meetings have their own personalities. I have spent a lot of time comparing what I have now to what I had before.

Maybe that is not particularly helpful.

Maybe I need to stop looking for the perfect meeting and start thinking about what I can bring to the meetings that are available. Being of service does not have to start with some huge commitment. For me, it might just start with showing up consistently. I cannot be of service to a meeting I do not attend. I cannot build relationships with people if I am not in the rooms. I cannot expect to feel connected to the fellowship if I am staying on the outside of it. I have to take some responsibility for my meeting attendance. Tradition 9 reminds me that AA does not need to be organized around my preferences. If I want to be part of the fellowship, I have to participate in it. Maybe finding my place has less to do with finding the perfect meeting and more to do with becoming useful wherever I am. For me, right now, that might be as simple as just showing up.

Leif H
Sturgis, SD

THOUGHTS FROM THE BOARD

I would like to start this article by expressing how grateful I am for Frank, who stepped out of retirement once again to serve as our office manager. Having him back has been an incredible gift to St. Paul Intergroup, and I'm grateful for the experience, dedication, and willingness he continues to bring to this work.

Thank you Frank!

★ COMO PARK BIG BOOK ★



★ ANNIVERSARY
★ MEETING ★

★ Thursday, September 24, 2026 ★



6:00

Dinner - Pot Luck



6:30

Speaker - Mark M.

965 Larpenteur Ave W, Roseville, MN 55113

With that being said, my thoughts for this article are mostly on the topic of service work and just why it is important not only to me but to the lifeblood of AA.

When I first got sober, I moved into a sober house that required me to have a home group and a service position. My first service position in AA was “butt-can man.” I took this very seriously, as I was an avid smoker at the time. I brought an ashtray each week, made an announcement at the beginning of the meeting, and emptied the ashtray at the end.

I had a sense of pride in that little job. It showed me that I was “one of” and that I could be useful to the people around me. Little did I know that my humble beginnings as an ashtray attendant would eventually lead me to the service work I’m doing today. Over the years, my life outside of AA continued to grow, and so did my sense of responsibility to AA as a whole. There have been times when my spiritual connection to God has been shaken, and I’ve looked at other members of AA and thought, “That must be nice. They only go to one meeting every few weeks. No service position, no home group. They don’t have to do all the stuff I have to do!” Those thoughts usually get stopped by something my sponsor has said to me: “Do you want what they have?” I can answer that with a resounding “NO.”

Now that I’m sober and of service, I know my work on Earth isn’t simply to go to a few meetings. My purpose is to be a part of something so much bigger than myself and my “little plans.”

“For free and for fun” has become a bit of a mantra in my service work on the St. Paul Intergroup board. And, somewhat surprisingly, over the past eight months, I’ve actually been having fun doing it.

Maybe it’s because I’m getting older. Maybe I don’t take myself quite so damn seriously

anymore. Or maybe—just maybe—God is working in my life as well as in the lives of the people I’m fortunate enough to serve alongside. When I look for the good in things, I seem to find God’s handiwork.

I also have to say that our current board has been an absolute pleasure to serve with. Service work isn’t always easy, and it certainly hasn’t always been fun for me over the years. There have been plenty of meetings, responsibilities, difficult conversations, and times when I’ve wondered why I volunteered for any of this in the first place. But something has changed for me. I’ve found joy in the work. I’ve found joy in showing up. I’ve found joy in working with other people who care about Alcoholics Anonymous and want to see it continue to be available to the next alcoholic who walks through the door.

The longer I’m engrossed in AA service work at the entity level, the more I’ve been reminded of why I’m doing this at all. I know this thing doesn’t keep going if we don’t give it away. I also know this work is important because many years ago, a hopeless alcoholic found a solution to his alcoholism by sharing his time and resources to help other hopeless drunks.

This thing is so much bigger than me, and I am truly grateful that I’m able to step into this game of life and contribute to the program that saved my life from the hopeless state I was living in every day.

I don’t know if this article will help anyone who reads it. I don’t even know if it makes sense. But I do know this: this gift was freely given to me, and my hope is that I will be able to give it away to others for many years to come. I love AA. And I will continue to sacrifice my time, for free and for fun, to help keep this thing moving forward for the next 91 years.

In service,
Brandon H.
ALT Board Chair

Office Update

Perhaps the biggest news in the office came in a letter from the AA World Services last week. It was an update about the forthcoming fifth edition of the Big Book. It is now scheduled to be ready in February, 2027.

The new edition will have a removable dust jacket but be more expensive, with a list price of \$20 with a hard cover. (No word yet on the softcover editions.) We sell our fourth edition hard cover Big Books at \$15, and plan to continue that until we run out of them.

Last month, I spoke of my struggle with getting an August Lifeline prepared for mailing. I neglected to mention the invaluable assistance I received from our Board member, Gary K., who also did much heavy lifting with this edition. Thanks, Gary.

Among other projects, we've been working to update our many lists. These include the mailing list for the Lifeline, our lists of Twelve Step volunteers, and others. Our Twelve Step lists are still much shorter than they used to be, so please consider volunteering for this vital service. I also want to send a shout out to our Assistant Webservant, Ethan W., who provided near-magical help in updating our printed, paper Meeting Directory. (The magic came from his expert use of AI. Kids these days, eh?)

I'd like to conclude with my gratitude for all the Faithful Fivers we now have making online contributions. That program has definitely grown and prospered over the last few years. Thanks to all of you!

4th STEP WORKSHOP

6 Tuesdays beginning:

September 15th, 2026, 7:30 PM - 9:00 PM

Maplewood Alano

1955 Prosperity Road, Maplewood, MN 55109

To register, please email or call:

maplewood4thstep@GMAIL.com

Andy 651-491-1401 or Jackie 651-235-7949

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 ALO-
CHOLICS 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 November 7 (part 1) &
Saturday November 14th (part 2)*

*Time: 10 AM to 3 PM
(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.

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Alt. Treasurer: Marc K

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Emily M.

Jamie Lynn

Matt

Gary K

Office Manager: Frank N.

Webervant: 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

2026 FALL FELLOWSHIP

St Croix Alano Club
208 South 3rd Street
Stillwater, MN 55082

SATURDAY, OCTOBER 10TH
4:00-7:00 PM



**Join us for an afternoon of
Recovery Fellowship!**

\$Food * Music * Speaker * Fellowship * 50/50 ~ Drawing\$

\$10 covers dinner and event expenses.

All additional Good Will donations are appreciated!

This is a fundraiser to build funds to support the
maintenance costs of our treasured Roach Hall.

****RECOVERY****

**Roach Hall / St. Croix Alano Club
Stillwater, MN**

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 D., Matt W., Sue M., Fritz, Travis B., Mick A.

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 July:

29 Groups contributed \$3287.05		49 Faithful Fivers contributed \$945.21	
		Total Contributions \$8167.61	
A Woman's Way	Mahtomedi Happy Hour 12 & 12	SOS Afton Sat Morn	
Children of Chaos Plus	Maplewood Groups	Third Tradition Northfield	
Cliffhangers I Thursday Night	New Brighton BB	Turning Point in Wayzata	
Dakota Alano - Fri 4PM	North Dale Group	Wednesday Night Men's 12 x 12	
Farmington Wednesday Big Book	North Road Group		
Fireside Women's BB Group	OMD		
Forest Lake Alano	Pages of Wisdom		
Freedom from Fear	Pocketing Our Pride - Mpls		
Grupo Nuevo Amanecer	Rivertown Big Book - Hastings		
Hugo Group	Safe Haven Too		
It's Seven Somewhere	Saturday Morning Womens Group		
Macalester Group AA	Second Sandwich		
	Shoreview 12 x 12		

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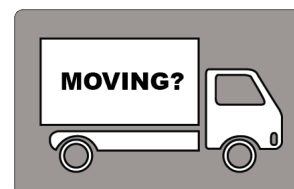
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Twin Cities MN
Permit 7451

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 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)

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Card # ____/____/____/____
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*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:

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