



STEP ONE

“Admitted we were powerless over alcohol, that our lives had become unmanageable.”

In the first step of Alcoholics Anonymous, we admit we are powerless over alcohol, and our lives are unmanageable. When I first got sober, someone in the program told me to replace “alcohol” with other things causing havoc on my life, like money or relationships. That stuck with me because it’s true – my dependence on various things can make life just as unmanageable.

As I delved into Step 6, focusing on my character flaws, I realized relying on these imperfections can make life as chaotic as when I was drinking. It’s like playing whack-a-mole; although I’m not the stumbling, angry drunk that I once was, letting emotions get the best of me can cause just as much damage as it once did in my past.

I’ve learned to manage my expectations, but I’ve also realized I can’t expect others to do the same. People often expect continuous spiritual growth from me, and when I fall short, it can lead to harm. Recognizing the things that make my life chaotic is crucial. I need to keep an eye on them to avoid hurting others when I’m not at my best. The daily reprieve is my lifeline, helping me stay on track.

However, I’ve come to realize that these expectations from my loved ones and close fellows, though challenging, are often rooted in genuine care. Acknowledging the significance of these expectations, especially from the people I deeply care about, has become a vital aspect of my journey. Today, I understand that embracing these expectations, even when they seem daunting, allows me to demonstrate my commitment to personal betterment and to the relationships that matter most. While the bar may sometimes feel too high, there is power in recognizing the positive impact that arises when I engage earnestly with these expectations, I display in action my dedication to growth and the well-being of both myself and those I cherish.

I recognize that recovery isn’t only about not drinking. Recovery to me is about building lasting, loving relationships with the world, it’s about understanding when to admit that I need help, and understanding that even when I fall, I should dust myself off and look at where I had gone wrong. I have a ways to go working on my emotional sobriety; but thanks to the AA program, I have people to help me work through my struggles and I can lead a life where I reduce the harm I cause to others; while spreading joyousness and freedom.

Jacob F - AA St. Paul Intergroup Staff

staff@aastpaul.org

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 through Friday – 9:30 AM to 5:30 PM; Closed weekends and holidays

4th STEP WORKSHOP

6 Thursdays beginning:

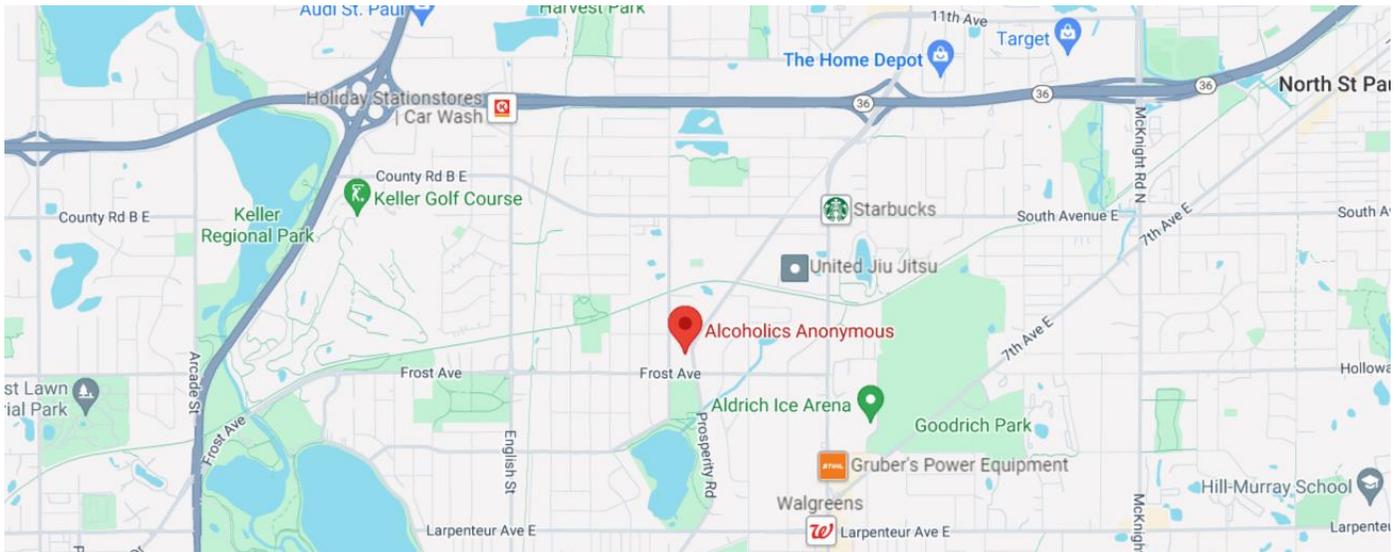
January 18th, 2024

7:30 PM – 9:00 PM

Maplewood Alano

1955 Prosperity Road, Maplewood, MN 55109

New Location, Space is Limited, Please Register!



To register, please email:

maplewood4thstep@GMAIL.com

Have Questions or Need Help, Just Call

Andy 651-491-1401 or Judy 651-470-4003

TRADITION ONE

«Our Common welfare should come first; personal recovery depends upon AA unity.»

Our whole AA program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why AA Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in AA the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few AA groups impose penalties on anyone for nonconformity. We do suggest, but we don't discipline. Instead, compliance or noncompliance with any principle of AA is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "judge not," we observe most literally.

"But," some will argue, "if AA has no authority to govern its individual members or groups, how shall it ever be sure that the

common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?"

The answer seems to be that we AAs cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must: we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no AA, and that without AA there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm AA. We humbly confess that we are but "a small part of a great whole."

Our common welfare should come first;
personal recovery depends upon AA unity.
- from the December 1947 Grapevine

BY: BILL W.

2024 60th International Women's Conference

ONLINE!

INTERNATIONALWOMENSCONFERENCE.ORG



February 8-11, 2024
Live from Portland, Maine

KEYNOTE SPEAKERS broadcast to you from Portland, Maine
ENTERTAINMENT and fellowship Friday and Saturday nights
HYBRID PANELS: Attend select panels as they happen live
EXCLUSIVE online panels & workshops for attendees
OPPORTUNITIES to be of service to other sober women

\$15
Registration

THOUGHTS FROM THE BOARD

MATCHING CALAMITY WITH SERENITY

When I was new to AA, I did not understand what Saint Paul Intergroup does. I knew of it as the place to go to buy a big book - at that time, in the green building off University Ave in St. Paul. Over the years, I came to rely upon the aastpaul.org meeting directory and over time I realized that Intergroup did many more things than just sell books. I attended events like Gratitude Night without even knowing they were sponsored by Saint Paul Intergroup (SPI)!

Throughout my sobriety, Intergroup has been an ever-available resource. In winter of 2021, a good friend approached me about taking a service position on the SPI Board. I needed to get re-connected to service as the pandemic (and my fear of public spaces/interaction) was lightening a bit. It was the perfect opportunity to get plugged in, so I jumped at the chance.

I have had the privilege of being a part of the SPI Board for the past two years. Since I joined the board in January 2022, there have been several major transitions with office management and board management. Two years seems like a relatively short time to pack in all of that change. To be transparent, most of the changes happened within

a single calendar year.

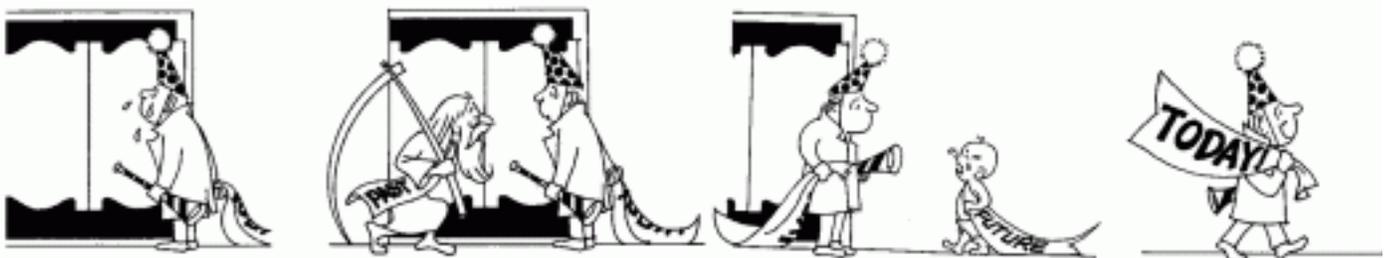
Throughout all of this transition, I have sought to show up for my given position and to match calamity with serenity as best as possible. This has taken much help from my sponsor and trusted "elder statesman" of this program. Underlying all of this, though, is my relationship with a power greater than myself, whom I call God. Prayer and meditation have been essential to maintaining my own peace of mind and helping to guide Intergroup toward a place of stability.

As we enter 2024, my hope is that Intergroup, having once again reached a place of stability and being able to function as intended, will be able to make small improvements to better serve the Fellowship. I would love to see an increase in participation from our groups in the St. Paul & suburban areas - not a small effort, for sure! But beyond that, I'll leave what happens up to the God of my understanding.

I am so grateful for this continued opportunity to serve an organization which has been such a great resource for me in my own sobriety.

Kelly K, Chair of the Board (2024)

chair@aastpaul.org



OFFICE UPDATE AND GRATITUDE FOR YOUR SUPPORT

As we approach the end of the year, we wanted to share some exciting updates about the office and express our heartfelt gratitude for your continued support.

Office Reorganization: A Team Effort We are planning a significant office reorganization and could use some willing and able bodies to assist with moving furniture and making our office more comfortable for our volunteers, visitors, and office staff.

Financial Success and Fiscal Responsibility: We are delighted to share that we may finish the year in the black with our budget. This success is a testament to the collective efforts of the board members and the office manager. As we move forward, we remain committed to responsible spending and will continue to explore ways to cut costs without compromising the ability to be of service.

A Thank You to Our Community: Our success wouldn't be possible without the unwavering support of our AA members in the St. Paul and surrounding areas. Your trust in us allows us to extend a helping hand to those struggling with our disease of Alcoholism. We sincerely appreciate the continued support and look forward to growing together in the coming year.

Thanks to our Volunteers: We are grateful to our Night Owl Coordinating Committee and our many Night Owl service volunteers for answering our phone after-hours and assisting callers with their recovery.

Continued Growth and Service: With your support, we hope to continue growing and expanding our services to better serve the needs of our recovered and recovering alcoholic community. Together, we can make a positive impact and aid our fellows.

Once again, thank you for being an integral part of our St. Paul Intergroup family. Your dedication and commitment make a meaningful difference, and we are excited about the opportunities that lie ahead.

Best Regards from the office team,

Frank N.
Ken S.
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**



New AA Meeting at the Minneapolis VA Medical Center

Wednesdays at 6:00 pm
in the Chapel off the Flag Atrium

One Veterans Drive, Minneapolis, MN 55417

This is a closed, mixed meeting of Alcoholics Anonymous. In support of A.A.'s singleness of purpose, attendance at closed meetings is limited to persons who have a desire to stop drinking. Mixed meetings are for any gender.

The AA Preamble states, "A.A. is not allied with any sect, denomination, politics, organization or institution." The Veterans Administration has no affiliation with Alcoholics Anonymous. They simply provide a space to hold meetings.

DISTRICT SERVICE MEETINGS

2023 INTERGROUP BOARD OF DIRECTORS

District 8 (Ramsey Co.)

Fairview Community Center
 1910 Cty. Rd B West, Rm 108
 Roseville
 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.)

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



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

Advisor to the Board	Keith I.
Chairperson	Eliot W.
Alternate Chairperson	Kelly K.
Secretary	Lindsay C.
Treasurer	Bill C.
Alternate Treasurer	Devin R.
Member-At-Large	Tom W.
Member-At-Large	(Open)
Member-At-Large	Janice K.
Member-At-Large	Mary U.
Office Manager	Frank N.

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,
 Jamie Lynn, with questions (651)-995-8997

Save the Dates!

42nd Annual

Recovery, Unity & Service Conference

A Southern Minnesota
Area Event

January 19th - 21st, 2024

Best Western Premier
Nicollet Inn*, Burnsville

Special Room Rate:
\$119 King, \$129 Two Queens

(*) The Name of This Venue
Will Change to the
Wyndham This November

Call 952-435-2100 and
Reference "RUSC 2024"

*“Connecting With Love,
Unity, and Service”*

RUSC MISSION STATEMENT

The primary purpose of the Recovery, Unity & Service Conference is to attract members to general service, inform new GSRs, and develop strong future servants. Through presentations and sharing of the selected readings based on the chosen theme, the Recovery, Unity & Service Conference fosters the growth of the Area Committee members, and integrates the General Service Conference theme into our Area service work.

St. Paul & Suburban Area Intergroup, Inc.

@SPIntergroup

Fell Free To Vist our
online store at :

aaspi.company.site



venmo

You can also donate on
our website directly at:

www.aastpaul.org

Office Frank D.
Volunteers Jenna L.
 Blayne
 Bernie Karl
 David D.
 Shaun L. Thanks to your all!
 Jane H.
 Lynn E. And Thanks to our many Night Owl volunteers as well.
 Hoot Hoot!

THE FOLLOWING GROUPS, MEMBERS AND FAITHFUL FIVER MEMBERS MADE
THE SERVICE OF INTERGROUP POSSIBLE LAST MONTH:

- 44 A.A. Groups contributed - \$3,708.06
- 42 Faithful Fivers contributed - \$1,245.37
- Total Contributions - \$6,296.10

Fourth Dimension
 Downtown Alano Squad 50
 Hope Church - Monday AA
 Cottage Grove Groups (CGAA in
 the Park)
 Gratitude in Action - Mahtomedi
 Midway Club
 One More was Added to the Fel-
 lowship
 Maplewood Groups
 Third Tradition Northfield
 Saturday Morning Serenity Group
 White Bear Wed AM Women's
 Wednesday Night Men's 12 x 12
 Women's Principles and Promises
 Mendota 1030 AA Group

This Simple Program
 This Simple Program
 Rule 62 Step & Tradition Group
 Old Timers
 Summit Hill
 Forest Lake Alano
 Ridge Runners III Sun 830AM
 Woodbury Wed. Noon Group
 Cannon Falls Group
 Mahtomedi Happy Hour 12 & 12
 A New Pair of Glasses
 Elements Group
 Firing Line
 Mahtomedi Tuesday Step
 Pocketing Our Pride - Mpls

*Thank You So
Very Much!*



Meeting
Info Calls

37



12th Step
Calls

7



Speakers
Calls

4



Office
Calls
121

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 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 *Faithful Fivers* (\$5.00/month), *Terrific Tennes* (\$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