

# The Lifeline



August, 2006

24 Hour Phone: 651-227-5502

Volume 41, Issue 8

## **Step Eight:** Made a list of all persons we had harmed and became willing to make amends to them all.

The Big Book, (p. 76), says, "We have a list of all persons we have harmed and to whom we are willing to make amends . . . We made it when we took inventory." Step Eight requires that we make the list of all persons we have harmed. It is recommended that this "list" be an actual, physical, written list. As one AA has said, "a mental list will make you mental." It is important to actually make the written list, because for one AA, he spent an inordinate amount of time in his own head thinking about the people he had harmed. He believes going over and over this list in his own head and the fear of making the amends, probably led to his relapse. For him, actually writing the list got that information out of his head and was the first step towards becoming willing to make the amends. Notice that Step Eight doesn't require the actual making of any amends. It only requires the list and the willingness to make those amends. The list gives the AA a tool to utilize with a sponsor in determining which amends are more pressing than others and which are more prudent to wait on.

It is important that the list we make include *all* persons we had harmed. "The prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remember in what poor favor we stood with most of them. There were cases, too, where we had damaged others who were still happily unaware of being hurt. Why, we cried, shouldn't bygones be bygones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of *all* the people we had harmed." (*Twelve Steps and Twelve Traditions*, p. 79). One AA, in making his list, kept thinking about what some of the people's reactions were going to be, kept thinking about how he was going to explain his actions, kept thinking about whether the harmed person would "disown" him. In addition, in thinking about some people who should be on the list, he had a tendency to note that the person had also harmed him and so it was somewhat of a wash; why should he make amends to this person when they had harmed him, too? These are examples of how *fear* and *pride* can keep our list from being complete. The list *must* be made without regard to what may or may not happen in Step Nine amends.

Prayer and meditation are certainly not overrated in making this list and gaining the willingness to make amends. Opportunities for prayer and meditation are present throughout an AA's day; we only need make a conscious effort to pray for willingness to make amends, and the willingness will come to us eventually. "If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol.* (*Alcoholics Anonymous*, p. 76).

Remember, above all, to keep your Higher Power with you when making your list. Remember: "Thy will, not mine, be done." According to the *Twelve Steps and Twelve Traditions* (p. 82), "Whenever our pencil falters, we can fortify and cheer ourselves by remembering what AA experience in this Step has meant to others. It is the beginning of the end of isolation from our fellows and from God."

— Ed M. and Jennifer C.



St. Paul AA Intergroup  
**Old-Timers' Recognition  
& Ice Cream Social**  
Saturday, September 16th, 2006  
Lutheran Church of the Redeemer  
285 North Dale St, St. Paul, MN 55103

**St. Paul Intergroup of Alcoholics Anonymous®**

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)

Fax: 651-290-0209

Office Hours: Monday, Wednesday, Thursday, Friday — 9 AM to 6 PM; Tuesday: 9 AM to 8 PM

1600 University Avenue W. Suite 407 St. Paul MN 55104

**Tradition Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.**

“These obstacles, however, are very real. The first and one of the most difficult, has to do with forgiveness. The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. This is especially true if he has, in fact, behaved badly at all. Triumphantly we seize upon his misbehavior as the perfect excuse for minimizing or forgetting our own.

Right here we need to fetch ourselves up sharply. It doesn't make much sense when a real tosspot calls a kettle black. Let's remember that alcoholics are not the only ones bedeviled by sick emotions. Moreover, it is usually a fact that our behavior when drinking has aggravated the defects of others. We repeatedly strained the patience of our best friends to a snapping point and have brought out the very worst in those who didn't think much of us to begin with. In many instances we are really dealing with fellow sufferers, people whose woes we have increased. If we are now about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?"

Page 80 of *Twelve Steps and Twelve Traditions*. Used with permission from AA World Services, Inc.

**The Twelve Concepts: Concept VIII** (by David K.)

The Trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all directors of these entities.

This concept is a logical extension of the third Concept ("Right of Decision"). In the business world, a corporation needs to have executives with authority to directly manage it's affairs, especially a service corporation. While the Traditions recognize the ultimate authority of the Groups, an annual meeting such as the General Service Conference can only serve as an overall guide to the General Service Board.

Indeed our Class A (non alcoholic) Trustee Bernard Smith; recognized as the "architect of the General Service Conference," put the justification best and simplest with this quote from *Alcoholics Anonymous Comes of Age*:

I frequently attempted to define the fellowship of AA with little success until one day while in England I listened to a broadcast delivered by Canon C. E. Raven, a noted British religious leader. In the course of this broadcast, Canon Raven set forth the conditions of a true fellowship in these words: 'Three conditions are necessary for true fellowship: The possession of a common ideal involving a complete release from selfishness and division. The discharge of a common task big enough to capture the imagination and give expression to loyalty. And the comradeship, the "togetherness," thus involved as we find out the joy and power of belonging to an organic society and engaging in a whole time service. We can find it at its fullest extent where the ideal is highest and most exacting, where the task extends and integrates every one of our strengths and every element of our being, where comradeship is so solid and deep that we respond one to another without conscious effort, realize the unspoken need, and react to it spontaneously and at once.

Under such conditions, all vitality that we usually waste upon our jealousies and our vanities--upon keeping up appearances and putting other people in their proper place--becomes available for creative use.'

These words have meaning for AA, I believe, not only as a definition of a true fellowship and of our goals and attitudes but as reminders that AA is not a static, passive social organism but, in its largest sense, a dynamic, creative force that releases our latent power to live and act constructively.

In designing the Conference, our antecedents (primarily Bill W. & Bernard) were careful to allow for a legal separation between the Conference and the Corporate entities; not only to protect the fluidity and responsiveness of our services, but to protect the groups themselves from any possible legal or political fallout.

**2006 Steering Board**

- Chair:** Marty M.
- Alt. Chair:** Jeff T.
- Secretary:** Eric H.
- Treasurer:** Mary Jo N.
- Members at Large 2006:** Alfred K. and Roxi S.
- Members at Large 2005:** Tom S. and Patty M.
- Advisor to the Board:** Renee B.
- Office Manager:** Tom N.

**Office Calls in June\***

Meeting information	160
Inventory hours	17
12th step calls	20
Temporary sponsor	13
Speaker request	24
Special events	0
Outside issues	27
Administrative	64
Other	38
<b>Total Calls</b>	<b>421</b>
<b>Daily average</b>	<b>19.1</b>
Visitors	58

\*Call tally is for calls taken during office hours only and does not include calls taken during Night Owl shifts.\*

## St Paul AA Intergroup Minutes from June 20, 2006 Main Body Meeting

The meeting was called to order at 7:30

The primary purpose of Intergroup was read.

**In attendance:** Eric H, Greg M, Roxi S, Diane E, Charlie S Lisa L, Jeff T, Ross B, John B, Mary J, Bob B, Judith F Jonathan L, Michael K, Tom S, Charlie M, Marty M, David A, Alfred K, Barb B, Laurie T, Julie C, Frank W, Mary Jo N, Paul T, John F, Suzanne B, Tom N.

The May minutes were approved.

**Treasurer's Report:** Mary Jo presented the treasurer's report for May. Postage costs were higher because of annual permit fees. Contributions for the month came to less than \$3 per groups, leaving us a little below budget for May. This also showed how modest (but higher) contributions from all groups could be a great boon for Intergroup.

**The Office Report:** Tom delivered the office report for May. The Lifeline is in flux as we try printing it in-office to save on expenses. A new part time staff member is needed. As usual, summer visitors to the office are fewer than usual.

**Website Report:** Jonathan presented the May website report. Traffic on the site has been steady and the online meeting directory is apparently helping a lot of people, based on the number of hits. He added several events to the site and updated meeting schedules.

**Outreach:** Alfred presented the April Outreach report. He and Tom hit a number of business meetings at the larger clubs. Hitting every meeting is difficult since so many have their business meetings on the third Thursday of the month. Two main points: to urge meetings to send representatives to the monthly Intergroup meeting and to contribute to the *Lifeline*. Alfred also mentioned that the Outreach program could use some female members to carry our message to women's groups.

**Night Owl Report:** Dianne presented the May night owl report. She has a few open shifts, which is great, since just a year earlier there were MANY open shifts.

### Upcoming Events:

**Open House** – Roxi S. Saturday June 24, 11am to 3 pm.

**Old Timers' Recognition & Ice Cream Social** – Tom S. September 16 at 2 PM. Tom is looking for help with the meeting and sent around a sign-up sheet.

**Fall Workshop** – Renee B. October 3--Need 4 speakers on Step Four. Two men & two women for 10 minutes each.

**Gratitude Night** – Jeff T. November 18, a male speaker is needed

**New Years' Eve** – Marty M. December 31

### Old Business:

**A Thank You** letter was sent to the Women's Conference for their generous donation.

**Spring Fling 2006** went well and turnout was huge. There was some debate from those who like the "old way" where we held a dinner with the dance. See below

**Spring Fling 2007** Intergroup used to hold a catered dinner, but as interest waned, the cost became less manageable. In order to rent a dinner hall and have it catered, we would need to charge \$25+ per person, something a lot of people aren't willing to do. Representatives reported that no one was particularly adamant about going back to the dinner format, especially with the expense. A final vote will be held in July.

### New Business:

**Non Conference Literature** is something people have been asking for. Our office has many loyal supporters, many of whom would like to support us by purchasing non-conference books and tapes. There are no hard and fast rules for handling this and about half of Intergroup offices do carry these texts. Tradition six would steer us away from this, as would our many supporters who are against it. This topic will be decided at Intergroups September meeting and all groups are prompted to return with a "yes" or "no" answer.

### Group Announcements:

Suzanne presented concept VI.

Alfred K volunteered to present concept VII in July.

Lisa L presented the June 20 mock rep report.

Suzanne volunteered to present the July mock rep report.

Closed with the Responsibility Statement and the Lord's Prayer.

## 7th Tradition Suggestions For Groups

“Every group ought to be fully self-supporting, declining outside contributions.”

Your group can make an informed decision regarding contributions with information from A.A. World Services. The information below is a suggestion taken from the pamphlet: “Self-Support: Where money and spirituality mix.”

### 50% St. Paul Intergroup

Spruce Tree Center  
1600 University Ave. #407  
St. Paul, MN 55104

### 30% General Service Office

P.O. Box 459  
Grand Central Station  
New York, NY 10163

### 10% Southern MN Area 36

Area Assembly  
P.O. Box 2812  
Mpls., MN 55402

### 10% District Committee

Ramsey County:

District 8, P.O. Box 2267  
St. Paul, MN 55102

Dakota County:

District 19, P.O. Box 1466  
Burnsville, MN 55337

Washington County:

District 15, P.O. Box 181  
Lake Elmo, MN 55042

SE Ramsey County:

District 26, P.O. Box 75980  
St. Paul, MN 55175

## INTERGROUP INCOME FOR JUNE

Total Group Contributions:  
\$3187.36

Number Groups Contributing: 30  
Total from Faithful Fivers: \$385.00  
Number of Faithful Fivers: 16

### District Meetings

#### **District 8 (Ramsey Co.)**

Fairview Community Center  
1910 Co. Rd B, Rm 203, Roseville  
3rd Wed., 7:30 PM

#### **District 15 (Wash. Co.)**

Christ Lutheran Church  
11194 N. 36th St., Lake Elmo  
4th Mon., 7:00 PM

#### **District 19 (Dakota Co.)**

Rosemount Community Center  
13885 South Robert Trail  
2nd Wed., 7:00 PM

#### **District 26 (SE Ramsey Co.)**

1099 Payne Ave. St. Paul  
2nd Fri., 6:00 PM  
www.district26-area36.org

### **Thanks to all the terrific volunteers who helped in the Intergroup Office during June!**

A. J., Allie, Barbara, Bob K., Christen, David D., Donald, Ed, Eliot, Gil, Jack R., Kevin, Kristine, Larry, Matt, Meg, Mike, Mike F., Mitch, Mitchell, Nick, Paul, Paul W., Peter, Rex, Russel H., Ryan, Steve H., Val



Thanks to all the Night Owl volunteers and groups as well!

### 12th Step Opportunity

Women’s Workhouse AA meeting  
Volunteers of America  
Dale and Larpenteur, St. Paul  
Saturday, 11:00 AM, Tuesday 4 - 5 PM  
You’ll need a background check (paid for).  
Women only, please.

## “Thanks!” to all of the groups that contributed in June:

Basic Text AA, Como 12 x 12, Como Park Big Book Study, Cottage Grove AA, Eastside AA, Eastside Squad 6, Forest Lake Men's Tues, Fresh Air AA, Hastings AA, Highland Park AA, Hillside Buck Hill AA, Hugo AA, Lakeland AA, Main Idea AA, Marine Tues. Step Group, Midway AA, North Branch Community Groups, North End - Great Reality AA, Observing Recovery Victoriously AA, Pages of Wisdom BB, Red Wing AA, Ridge Runners II AA Group, Ridge Runners III AA, Rivertown AA, Roseville Centennial AA, Sisters of Serenity, Third Tradition Group, Uptown AA, White Bear Lake Area AA, White Bear Women's Wed. AM AA

### **BE A NIGHT OWL !!**

A Night Owl shift is a once-a-month commitment to answer phones during the hours that Intergroup is closed. Some shifts can be done in the office; all can be done from home. The commitment can be filled by an individual or a group. Taking on a Night Owl commitment means that when still suffering alcoholics call AA for help, they find another alcoholic at the other end of the line. When you or your group sign up to take a shift, you are trained in how to respond to calls and given all of the needed materials. **If you can help, please call Katie at the office or you can go to our website at [www.aastpaul.org](http://www.aastpaul.org) .**

### *The Lifeline: Purpose Statement*

The Lifeline is a monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for 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 Intergroup. (Exception: Quotations from A.A. books or pamphlets are reprinted with permission from A.A. World Services, Inc.; The A.A. Preamble is reprinted with permission of A.A. Grapevine, Inc.) We welcome articles of opinion or descriptions of personal experience (no poetry, please), which should be sent to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #407, St. Paul MN 55104. Materials or articles cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length and contents that may violate A.A.’s Traditions, etc. The deadline is the 2nd of the preceding month.

# UPCOMING EVENTS!!

## Area 36 Committee Meetings

Standing Committees & Area Committee Meet  
Saturday, August 12, 2006  
Best Western, Mankato MN

## Cornhusker Roundup XXIX

August 17, 18, 19 & 20  
Omaha, Nebraska  
[www.AA-Cornhusker.org](http://www.AA-Cornhusker.org)

## 25th Annual Al-Anon / Alateen Fellowship Weekend

with AA participation  
September 1st & 2nd, 2006

DoubleTree Park Place  
1500 Park Place Blvd.  
St. Louis Park, MN

## Experience the Serenity 16th Annual Heartland Round-Up

September 8 - 10, 2006  
Northern Pines Assembly Grounds  
Fishhook Lake—Park Rapids, MN  
More Information:  
218-573-3620

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285 North Dale St., St. Paul, MN 55103

## The 18th Annual Hiawathaland Get-Together

October 20, 21, & 22, 2006  
Holiday Inn, Austin, MN

Registration forms at Intergroup office.

## Founder's Day Weekend, 2006

November 24 - 26.  
Doubletree Park Place Hotel  
St. Louis Park, MN  
[www.FoundersDayMN.org](http://wwwFOUNDERSDAYMN.org)

## St. Paul AA New Year's Eve Celebration!

December 31st, 2006

Location to be announced—mark your calendar!

## Is your meeting represented at Intergroup?

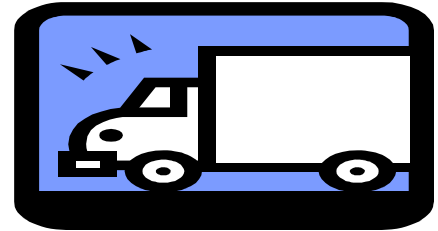
The August Representatives' meeting will be held August 15, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.

St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W., Suite #407  
St. Paul, MN 55104

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Please let us know if your address changes one month ahead of time. 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 Faithful Fiver Form

Faithful Fivers contribute five dollars to St. Paul Intergroup each month to enable us to continue to carry the life-saving message of AA. Your contribution entitles you to a one-year subscription to the *Lifeline*.

Name \_\_\_\_\_

Street \_\_\_\_\_

City, State, Zip \_\_\_\_\_

**Please send this form and a check to:**

St. Paul Intergroup, 1600 University Avenue W. #407, St. Paul MN 55104