

# The Lifeline



September, 2008

24 Hour Phone: 651-227-5502

Volume 43, Issue 9

## **STEP NINE: Made amends to such people whenever possible, except when to do so would injure them or others.**

**This month we have Bill W's reflections on Step Nine from a period of over twenty years, from 1939 (the Big Book) to 1961 (the A.A. Grapevine).**

Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all. We ought to sit down with the family and frankly analyze the past as we now see it, being very careful not to criticize them. Their defects may be glaring, but the chances are that our own actions are partly responsible. So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.

The spiritual life is not a theory. We have to live it. Unless one's family expresses a desire to live upon spiritual principles we think we ought not to urge them. We should not talk incessantly to them about spiritual matters. They will change in time. Our behavior will convince them more than our words. We must remember that ten or twenty years of drunkenness would make a skeptic out of anyone.

From the Big Book (1939), page 83.

The readiness to take the full consequences of our past acts, and to take responsibility for the wellbeing of others at the same time, is the very spirit of Step Nine.

From *Twelve Steps and Twelve Traditions* (1952), page 87.

Just how and when we tell the truth—or keep silent—can often reveal the difference between genuine integrity and none at all.

Step Nine emphatically cautions us against misunderstanding the truth when it states: "We made direct amends to such people whenever possible, except when to do so would injure them or others" Because it points up the fact that the truth can be used to injure as well as to heal, this valuable principle certainly has a wide-ranging application to the problem of developing integrity.

From the *A.A. Grapevine*, August 1961

Though the variations were many, my main theme was always "How godawful I am!" Just as I often exaggerated my modest attainments by pride, so I exaggerated my defects through guilt. I would race about, confessing all (and a great deal more) to whoever would listen. Believe it or not, I took this widespread exposure of my sins to be great humility on my part, and considered it a great spiritual asset and consolation!

But later on I realized at depth that the great harms I had done others were not truly regretted. These episodes were merely the basis for story-telling and exhibitionism. With this realization came the beginning of a certain amount of humility.

From the *A.A. Grapevine*, June 1961



### **St. Paul Intergroup Ice Cream Social and Old-timers' Recognition!!!**

**Saturday, September 20th, 1PM  
Lutheran Church of the Redeemer  
285 N. Dale St., St. Paul, 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 NINE: A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

*Sometimes the best explanation of a Tradition in the usual, short form may be the "long form" of that Tradition, which can be found at the back of the 12 & 12, or in Appendix I of the Big Book.. While Tradition Eight is the Tradition that most directly applies to St. Paul Intergroup, Tradition Nine also directly addresses Intergroups and Central Offices. — Editor.*

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or Intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

— *Twelve Steps and Twelve Traditions*, p. 191 - 192, reprinted with permission of A.A. World Services, inc.

### **The Twelve Concepts: Concept Nine**

**Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.**

Vision is, I think, the ability to make good estimates, both for the immediate and for the more distant future. Some might feel this sort of striving to be a sort of heresy because we AAs are constantly telling ourselves, "One day at a time." But that valued maxim really refers to our emotional lives and means only that we are not to repine over the past nor wishfully fantasize or day-dream about our future.

As individuals and as a fellowship, we shall surely suffer if we cast the whole job of planning for tomorrow onto a kind Providence. God has endowed us human beings with considerable capability for foresight and He evidently expects us to use it. Therefore we must needs distinguish between wishful dreaming for a happy tomorrow and the today's use of our powers of thoughtful estimate--estimate of the kind which we trust will bring future progress rather than unforeseen woe.

Vision is therefore the very essence of prudence--a sound virtue if ever there was one. Of course we shall often miscalculate the future in whole or in part. But even so, this will be far better than to refuse to think at all.

— Reprinted from *Twelve Concepts for World Service* by Bill W., by permission of AA World Services, Inc.

### **2008 Steering Board**

<b><u>Chair:</u></b>	<b>Tom S.</b>
<b><u>Alt. Chair:</u></b>	<b>Mary Jo N.</b>
<b><u>Secretary:</u></b>	<b>Lesli D.</b>
<b><u>Treasurer:</u></b>	<b>Diane E.</b>
<b><u>Members at Large 2008:</u></b>	<b>Steve B. &amp; Jeff H.</b>
<b><u>Members at Large 2007:</u></b>	<b>Mark K. &amp; Lisa L.</b>
<b><u>Advisor to the Board:</u></b>	<b>Jeff T.</b>
<b><u>Office Manager:</u></b>	<b>Tom N.</b>

### **Office Calls in July**

Meeting information	236
Inventory/hours	50
12th step calls	11
Temporary sponsor	14
Speaker request	6
Special events	8
Outside issues	22
Info For Professionals	4
Administrative	150
Other	62
<b>Total Calls</b>	<b>563</b>
<b>Daily average</b>	<b>24.5</b>
Visitors	161

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

## Saint Paul AA Intergroup Representatives' Meeting Minutes, July 15, 2008

The meeting was called to order at 7:30 (see attendees below); The Primary Purpose of Intergroup was read by Donald.

June minutes were approved and accepted as is.

Treasurer's Report. Diane E. A) June Contributions \$3810– 47.6% of Income. Contributions for June were above the budgeted amount for the month and year to date. Sales for June were below budget for the month Expenses were also below budget. June Sales \$4186– 52.4% of Income. Group contributions \$3348. Thanks to the groups who contributed this month; we serve 580 regular meetings per week.

Office Report -- Tom N. A) We hired a new part-time staff member, Liz Nahm; B) Two new Public Information projects that include St. Paul Intergroup numbers: Mpls Intergroup posted ads in 'City Pages' and Dist 8 has posted billboards in our area (interested members can contact District 8 for billboard locations and other questions).

Website Report – Jonathan. Usage in June hit an all-time high; Still looking for an assistant to help with site; Doing some 'behind-the-scenes' database updates. The site works best using Firefox browser. Please help keep us up to date by sending new meeting and event info to the office ([lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)).

Outreach Program – Jeff C. Had a committee meeting July 6<sup>th</sup>, and will be recruiting more people (hope to get 20 volunteers) for Outreach visits to our member meetings; Next committee meeting is July 26<sup>th</sup>, Tom N will supply Jeff with outreach packets. Interested volunteers can call Jeff at 612.386.6661 or email at [outreach@aastpaul.org](mailto:outreach@aastpaul.org)

Night Owl Report – Cathy B. Volunteer databases and the Handbook have been updated. Had about 35 people at our June 28<sup>th</sup> workshop; Have acquired 17 new volunteers in June and have only 1 open shift. (yeah!). Tom N. is working with committee to update the 12-step volunteer list.

### Intergroup Events.

- Intergroup Open House on June 21<sup>st</sup> went well; had about 70 - 75 people; thanks to the Downtown Club for donating use of chairs (saved \$\$) and Jonathan for use of tables
- Ice Cream Social/Oldtimers' Recognition Sept 20. Tom S. & Lesli D. will meet with M.J. Dunn within next couple weeks to finetune details. Flyers are printed and distributed. Will need volunteers to sign up at next month's meeting.

### Old Business.

- By-Laws Committee – Marty M. distributed newly-revised By-laws (reviewed by the lawyer) to the Board for review; expect to have these ready for Reps' distribution within 2 months.

### New Business.

- Matt/Rosemount, planning to go to International in San Antonio in 2010 and wondering if SPIG may be interested in a hospitality room there.

Group Announcements- New speaker meeting "Hole in the Doughnut", Tuesdays; Uptown Picnic 9/14/08; NO 8/31/08 Sunday night speaker meeting. See [www.aastpaul.org](http://www.aastpaul.org) for more details on events.

Concept Review – Julie did a great job on presenting Concept VII; Suzanne volunteered for Concept VIII.

Mock Report – Thanks, Jon, for report; Julie volunteered for next month.

Closed with the Responsibility Statement and Lord's Prayer.

### Attendees:

Donald B-Main Idea Tues	Angela S-Midway	Jonathan-Web Servant	Mary Jo N - Alt Chair	Tom N - Office Mgr
Barb D-GreatHope WBL	Jan B-McAlester/Plymouth	Val—Back to Basics, Brnsvl	Matt R-Rosemount AA	Tom S-Board Chair
Cathy B-Night Owl Co-coord	Jeff C-Summit Hill/Outreach	Lesli D - Secretary	Steve B-Board At-Large	Julie M-Basic Txt
Diane E-Board Treasurer	Tom C-Shrvw 12x12	Lisa L - Board At-Large	Suzanne-Mendota 10:30	Walter-Como BB
Don D-SSSt.Paul Spkr Mtg	Jon C-3rd Edition	Mark K - Uptown squad	Taylor B-Womens Basic Text	Joe B-OMD

*Next Meeting: Tuesday, August 19th. Same place, same time (7:30 PM)*

**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 Conference-approved 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

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

Night Owls are often the first A.A. contact for the newcomer! A Night Owl shift is a once-a-month commitment to answer Intergroup phones after hours. 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. **If you can help, call the office or go to our website: [www.aastpaul.org](http://www.aastpaul.org)**

**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](http://www.district26-area36.org)

**Thanks to all the terrific volunteers who helped in the Office during July!**

Andrew, Andy B, Anthony, Bill, Brian, Brandon, Carolyn, Chris, Greg, Gretchen, Jack, Jack R, John, Jaclyn, Jeff H, John M, Jon, Julie, Lee, Markien, Mary Kay, Matt, Maureen, Mike A, Mike R, Neal, Neil, Reed, Rob, Susan, Taylor, Zak.

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



**INTERGROUP INCOME FOR JULY**

Number of Group Contributions: 36  
Total Group Contributions: \$4958.08  
Number of Faithful Fivers: 14  
Total from Faithful Fivers: \$240.00

***“Thanks!” to the groups that contributed in July:***

- 12 x 12 By the Book
- Amigos III
- Apple Valley Monday Big Book
- As Bill Sees It
- Back to Basics - Burnsville
- Basic Text
- Como Park Big Book
- Dakota AA Fri. Night 8 PM
- Dakota Alano Mon 6 PM
- Dakota Alano Wednesday AM Roosters
- Day by Dei
- Defogged Men's Group
- Eagan Tuesday Nighters
- East Side Squad 6
- Fireside Women's BB Group
- Friends in Recovery
- Grovers Thursday Night
- Happy Joyous and Free
- Highland Park Groups
- Hope & Unity - Lakeville
- Just for Today Women's
- Maplewood Groups
- Midway Club
- New Brighton Alano Sq 14
- North Hamline
- Primary Purpose Woodbury
- Ridge Runners I
- Rosemont Groups
- Roseville Wed Group
- Sat. AM Women's
- Shoreview Big Book Plus
- St. Luke's Sat Men's
- St. Paul Speaker Meeting
- Summit Hill
- Summit Women's Group
- The Book Club - Oakdale
- Third Tradition Northfield
- Two Alternatives Oakdale
- Uptown Groups
- Valley Creek Monday
- Valley Creek Thursday Night
- Wednesday Stillwater Step Group
- White Bear Lake
- White Bear Lake Redeemer
- Women's 12 x 12 Monday
- Woodbury Serenity Sisters

***The Lifeline: Purpose Statement***

*The Lifeline* is the 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.) We welcome articles of opinion or descriptions of personal experience, 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 content that might violate A.A.'s Traditions, etc. The deadline is the 13th of the preceding month (i.e., submit a Tenth Step essay by the ninth month, September.)

# UPCOMING A.A. EVENTS!!

<p>18th Annual <b>HEARTLAND ROUND-UP</b> September 5th - 7th Park Rapids, MN <a href="http://www.heartlandroundup.com">www.heartlandroundup.com</a></p>	<p><b>Fiftieth Southern Minnesota Roundup</b> "There is a Solution" September 5th - 7th Best Western Hotel, North Mankato, MN <a href="http://area36.org/events.html">area36.org/events.html</a></p>
<p><b>Uptown Club Annual Picnic</b> Newell Park - Fairview Ave &amp; Pierce Butler Rte Sunday, September 14th, 12 PM to 4 PM</p>	<p><b>Second Annual We Sober Fest</b> A.A. Speaker Meeting, Live Music, Camping September 20th—Sept 21st Nowthen, Minnesota Info: (651) 558-1075</p>
<p><b>Southern Minnesota Area 36 Assembly</b> Saturday, October 4th, 9:00 AM - 5:00 PM Holiday Inn - Owatonna <a href="http://www.area36.org/">http://www.area36.org/</a></p>	<p>St. Paul Intergroup <b>Fall Step Workshop: Step 6</b> Tuesday, October 14th 2008 Lutheran Church of the Redeemer 285 Dale Street North</p>
<p><b>26th Annual St. Cloud Roundup</b> October 24th - 26th St. Cloud Civic Center Info (320) 309 - 8715</p>	<p><b>Founder's Day Weekend</b> Friday, November 28th – Sunday, November 30th Doubletree Park Place Hotel - Saint Louis Park, MN <a href="http://www.foundersdaymn.org/">http://www.foundersdaymn.org/</a></p>

**Dear Bill W.,**

I've been sober for two years now and I've worked all Twelve Steps. I have a sponsor and I do service work. I know this is self-pity, but I've been in a rough spot now for several months and it seems unfair — I do everything I'm told but I'm not always happy.

— An Anonymous Drunk

"I don't think happiness or unhappiness is the point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge?"

[...]

When pain comes, we are expected to learn from it willingly, and help others to learn. When happiness comes, we accept it as a gift, and thank God for it."

From *As Bill Sees It*, p. 306, reprinted with permission of AA World Services, Inc.



**"Do we have any newcomers in their first 30 years of sobriety?"**

Cartoon reprinted by permission from the July, 2003 A.A. Grapevine.

## Is your meeting represented at Intergroup?

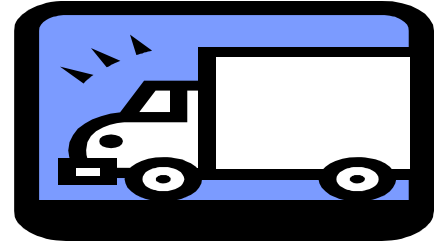
The September Representatives' meeting will be held September 16th, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94; from Dale turn west on Iglehart to park.

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

Change Service Requested

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Organization  
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St. Paul, MN  
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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 our life-saving message. Your contribution entitles you to a one-year subscription to the *Lifeline*. You may also contribute annually, quarterly, etc.

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

I would like to receive the *Lifeline* every month by email, not postal mail. My email address is:

(please print clearly) \_\_\_\_\_