



STEP FIVE:

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I have heard it said that Step Five is probably one of the hardest steps to take, but also provides one of the greatest opportunities for personal growth.

I was very fortunate to have the opportunity to do my first Fifth Step with someone who hears them on a very regular basis in a treatment center. Coming on the heels of what was probably a far too extensive Fourth Step, I was somewhat worried about how much time this Fifth Step thing was going to take. I had pages and pages of inventory that I believed I needed to get through. My ability to get through all of that stuff in a reasonable amount of time was due in large measure to the focus that was brought to the process. He immediately began to help me see how many of these wrongs were related to a relatively limited number of defects/shortcomings, and that everything leads back in some way to selfishness and self-will (sort of like a demented version of six steps of separation).

My Fifth Step did not involve anything that I could get into any real trouble over. Much of it had to do with admitting to myself and to the outside world that I am not what you see. I was afraid, I worried, I resented people and institutions, my sexual conduct was not always what it should have been. In short, I was admitting that I am not the expensive suit and car that everyone saw . . . the guy who had everything he could need. I was going to be smashing down these walls of protection that I'd worked so hard to construct.

My life, over the almost 15 years of my alcohol abuse, was dominated by lying and deception. Admitting the ways in which I did these things to myself was pretty simple, I was there, I knew what had been done. Admitting them to God was simple as well, he was there too, it wasn't as if I was going to be telling him something he didn't already know. It was that third party to this discussion that had me feeling hesitant. As I said, I had spent years doing exactly the opposite of this . . . what an opportunity to begin changing!

Step Five also presents us with the opportunity to begin to "grow up" spiritually. We are given the chance to become honest about everything we have done, and unload some of that burden that has been with us for years. Once we have the integrity to be honest with God, becoming honest with ourselves and others becomes much easier.

It was through this process, with the assistance of the human being, and with the beginnings of a positive spirituality guiding me, that I learned the exact nature of my wrongs and how to change them and myself with help from God. It was also the real beginning, for me, on the road to peace and serenity.

If you have done your Fourth Step, I encourage you to move, with all reasonable haste to the Fifth. The reward of the experience is worth whatever fear, humility, and mental anguish you must bring yourself to feel. Keep moving forward.

— Nate R., Office volunteer.

St. Paul Intergroup of Alcoholics Anonymous®

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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 Five: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Says the old proverb, "Shoemaker, stick to thy last." Trite, yes. But very true for us of A.A. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not ever be diverted from its primary purpose.

[.....]

And may we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of A.A.--"That of carrying its message to the alcoholic who still suffers alcoholism."

— Bill W., Reprinted with permission of The A.A. Grapevine, Inc, April 1948, also in *The Language of the Heart: Bill W.'s Grapevine Writings*, The A.A. Grapevine, Inc., 1988, p. 82-83.

The Twelve Concepts: Concept Five

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Newcomers to A.A.'s General Service Conference are often surprised at the pains taken by the presiding office to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by a vote in which a "substantial unanimity" is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself.

This is A.A.'s "Right of Appeal" in action, and Bill says the same principle should apply to meetings of our area committees, trustee committees and boards. On an issue of grave importance, the minority has the actual duty of presenting its views.

This "Right of Appeal" recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

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2009 Steering Board

<u>Chair:</u>	Mary Jo N.
<u>Alt. Chair:</u>	Julie M.
<u>Secretary:</u>	Jeff T.
<u>Treasurer:</u>	Michael K.
<u>Members at Large 2009:</u>	John D. & Jeff C.
<u>Members at Large 2008:</u>	Lisa L. & Mark K.
<u>Advisor to the Board:</u>	Tom S.
<u>Office Manager:</u>	Tom N.

Office Calls in March

Meeting information	251
Inventory/hours	24
12th step calls	23
Temporary sponsor	33
Speaker request	15
Special events	2
Outside issues	34
Info For Professionals	3
Administrative	132
Other	95
Total Calls	565
Daily average	25.7
Visitors	214

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

St. Paul AA Intergroup Representatives' Meeting Minutes, March, 2009

- I. Open with Serenity Prayer and Introductions; Molly read The Primary Purpose of Intergroup
- II. Approve last month's minutes. Approved unanimously
- III. Treasurer's Report – Michael K.
Contributions were up for the month of February; Some things were paid a year in advance.
Money left over from last year should be split out to Prudent Reserve.
Money left over from last year should be split out to past Employment issue
A more detailed financial report is available on the website or at the office upon request
- IV. Office Report -- Tom N.
Remodeling almost done; Open house in June; There is now a third phone station for Office volunteers
- VI. Website Report - Jonathan Not present
- VII. Outreach Program – Jeff C
3 – 4 active volunteers are doing meeting outreach; Still need more volunteers, call Jeff C. 612-386-6661
- VIII. Night Owl Report – Patti M
Things are going well, if anyone wants to be oriented, please call Patti M or the Intergroup office
There is one shift open 6a – 9a on first Thursday of the month (go to www.stpaulaa.org)
- IX. Intergroup Events.
Mark reported that Tradition Workshop went well.
Discussion about moving it to evening for better attendance
TGIS/Spring Fling will be April 25th – still looking for groups to volunteer to help with set up/tear down etc.
Approximately \$5 for dinner, \$7 for dinner and dance.
Open house is June 20th at the newly renovated Intergroup Office
Ice Cream Social will be Sept 19th, 1pm – 4pm, speakers will have 25 years or more sobriety.
- X. Old Business.
1. Bylaws – meeting with attorney was productive and process has started to revamp.
- XI. New Business.
Volunteers needed for Gopher State; you can find a purple form, call the Intergroup office or sign up online.
- XII. Group Announcements or Concerns.
Amigos 3 in Stillwater will be having a pancake breakfast; St Paul Sunday Night 8pm Speaker Meeting is moving to St. Joe's hospital with validated (free) parking; St Marks Church on W 7th; West End has expanded, is open to new meetings. Steering Committee on the 3rd Thurs of the month at 6:30. New meeting started in White Bear Saturday night at 7pm at St Stevens Church; Area Assembly is being held at The Mermaid this Saturday.
- XIII. Concept Review (I) for February – **Charlie**.
Volunteer for March, Concept III: Michael K.
- XIV. Mock Rep Report: **Angela**. Volunteer for March report: Dan W.
- XV. Close with the Responsibility Statement and Lord's Prayer.

Attendance:

Diane D-Wed AM Womens	Garth M—Defogged Mens	James L Back to Basics	Mollie & Jenny—Basic Text	Russ G—Main Idea
Angela S - Midway	Charlie S—NTLP	Cathy O—Maplewood	Jennifer-Back to Basics	Dan W-Firing Line
Joe S—Happy, Joyous etc	Mark O—Como Park BB	Bob Z—Amigos Three	Chris M-Maplewood	Steve K—Rosemount Group
David A—Rosemount Fri 8p	James B—Mahtomedi B2B	Steve S—West End	Jeff C—Board	Jes N—Uptown
Mary Jo—Board Chair	Michael K—Treasurer	Julie M-Alt Chair	Tim M-2 alt	Tom S—Board Advisor
Lisa L—Board at-large	Tom N—Office manager	John D—Board at-large	Diane E—Treas Advisor	Jeff T—Secretary

<p align="center">7th Tradition Suggestions for Groups</p> <p>“Every group ought to be fully self-supporting, declining outside contributions.”</p> <p>The Conference-approved pamphlet: “Self-Support: Where Money and Spirituality mix” offers the following suggestion for the distribution of group funds “after group expenses” have been paid.</p>	<p align="center">BE A NIGHT OWL !!</p> <p>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</p>	<p align="center">MARCH CONTRIBUTIONS</p> <p>Number of Group Contributors: 34 Total Group Contributions: \$3609 Number of Faithful Fivers: 19 Total from Faithful Fivers: \$398</p>
<p>50% <u>St. Paul Intergroup</u> Spruce Tree Center 1600 University Ave. #407 St. Paul, MN 55104</p> <p>30% <u>General Service Office</u> P.O. Box 459 Grand Central Station New York, NY 10163</p> <p>10% <u>Southern MN Area 36</u> Area Assembly P.O. Box 2812 Mpls., MN 55402</p> <p>10% <u>District Committee</u> Ramsey County: District 8, P.O. Box 2267 St. Paul, MN 55102</p> <p>Dakota County: District 19, P.O. Box 1466 Burnsville, MN 55337</p> <p>Washington County: District 15, P.O. Box 181 Lake Elmo, MN 55042</p> <p>SE Ramsey County: District 26, P.O. Box 75980 St. Paul, MN 55175</p>	<p align="center"><u>District Meetings</u></p> <p>District 8 (Ramsey Co.) Fairview Community Center 1910 Co. Rd B, Rm 203, Roseville 3rd Wed., 7:30 PM</p> <p>District 15 (Wash. Co.) Christ Lutheran Church 11194 N. 36th St., Lake Elmo 4th Mon., 7:00 PM</p> <p>District 19 (Dakota Co.) Rosemount Community Center 13885 South Robert Trail 2nd Wed., 7:00 PM</p> <p>District 26 (SE Ramsey Co.) 1099 Payne Ave. St. Paul 2nd Fri., 6:00 PM www.district26-area36.org</p>	<p align="center"><i>“Thanks!” to the groups that contributed in March:</i></p> <p>11 West Bernard Groups Apple Valley Mon Big Book Bayport Saturday 8 AM Serenity Como Area 12 & 12 Como Park Big Book Study Cottage Grove Groups Dakota Alano Monday 6 PM BB Fireside Women's BB Fresh Air Group Gratitude Group Happy Hour Little Canada Highland Park Groups Maplewood Groups Meeting of the Waters Midway Groups Monday Night Hope - Lakeville New Brighton Groups New Brighton Squad 15 Peace & Serenity Group Rosemount Groups Sat. AM White Bear Women's Shalom Group St. Anthony Park Group St. Luke Sat. Men's Group St. Thomas Becket Group Stillwater Trinity Groups Summit Hill Group TGIF Macalester The Firing Line Group Third Tradition Northfield Uptown Groups White Bear Groups Women's Monday 12 & 12</p>
<p align="center">The Lifeline: Purpose Statement</p> <p><i>The Lifeline</i> 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).</p>		

UPCOMING A.A. EVENTS!!

Thirty-ninth Annual
Iron Range Get-Together
 May 1st, 2nd & 3rd
 Wendigo Lodge, Grand Rapids MN
 (866) 727 - 7345

St. Cloud Round-Up
Spring Celebration of Recovery
 Saturday, May 16th, 5:30pm
 Moose Lodge, N Waite Park MN

**Southern MN Service Area 36
 Area Committee Meetings**
 Mankato Best Western Hotel
 Saturday May 16, 9:30am - 5pm

Thirty-sixth Annual
Gopher State Roundup
 Sheraton Bloomington
 Memorial Day Weekend
 May 22—24

**St. Paul AA Intergroup
 Open House**
 Saturday, June 20th
 Come for barbeque, fellowship and fun!

**Minneapolis Intergroup Service Workshop
 Communicating Our Message
 Outside the Rooms of AA**
 Saturday, June 27, 6pm
 Union Congregational Church
 3700 Alabama Ave, St. Louis Park, MN



"This is the damn'dest Twelfth Step call I've ever been on!"

Cartoon reprinted with permission of the A.A. Grapevine, Inc. October, 1958.

Dear Bill W,

I believe in God, but I have a hard time with people — sponsors, cliques at meetings, true-believers trying to tell me what to think or do. Can't I stay sober with just prayer and meditation, sitting alone in nature? That's where I hear God's voice.

— An Anonymous Drunk

"The benefit of talking to another person is that we can get his direct comment and counsel on our situation, and there can be no doubt in our minds what that advice is. Going it alone in spiritual matters is dangerous. How many times have we heard well-intentioned people claim the guidance of God when it was all too plain that they were sorely mistaken. . . . It is worth noting that people of very high spiritual development almost always insist on checking with friends or spiritual advisors the guidance they feel they have received from God."

Twelve Steps and Twelve Traditions, p. 60, reprinted by permission of A.A. World Services, Inc.

Is your meeting represented at Intergroup?

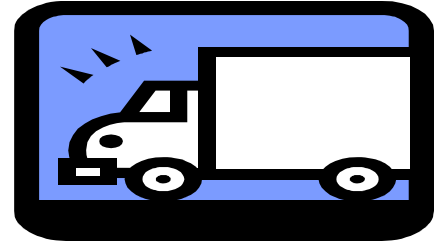
The May Representatives' meeting will be held May 19th, 7:30 pm,
 at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.
 The church is located just south of I-94; from Dale turn west on Iglehart to park.

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

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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) _____