



## **STEP ONE: We admitted we were powerless over alcohol — that our lives had become unmanageable.**

Bill W. describes his “surrender” experience in the pamphlet,  
*Three Talks to Medical Societies*, p. 13-14.

(Reprinted by permission of A.A. World Services, Inc.)

At first, my friend’s [Ebby T.] story generated mixed emotions; I was drawn and revolted by turns. My solitary drinking went on for some weeks, but I could not forget his visit. Several themes coursed in my mind: first, that his evident state of release was strangely and immensely convincing; second, that he had been pronounced hopeless by competent doctors; third, that these age-old precepts, when transmitted by him, struck me with great power; fourth, that I could not, and would not, go along with any God concept, that there would be no conversion nonsense for me. Often trying to divert my thoughts, I found it no use. By cords of understanding, suffering and simple verity, another alcoholic had bound me to him. I could not break away.

One morning, after my gin, this realization welled up. “Who are you,” I asked, “to choose how you are going to get well? Beggars are not choosers. Supposing medicine said carcinoma was your trouble. You would not turn to Pond’s Extract. In abject haste you would beg a doctor to kill those hellish cancer cells. If he couldn’t stop them, and you thought religious conversion might, your pride would fly away. If need be, you would stand in a public square, crying ‘Amen’ along with other victims. What difference then,” I reflected, “between you and the cancer victim? His sick body crumbles. Likewise, your personality crumbles, your obsession consigns you to madness or the undertaker. Are you going to try your friend’s formula — or not?”

Of course, I did try. In December, 1934, I appeared at Towns Hospital, New York. My old friend, Dr. William Silkworth, shook his head. Soon free of sedation and alcohol, I felt horribly depressed. My friend Ebby showed up. Though glad to see him, I shrank a little. I feared evangelism, but nothing of the sort happened. After some small talk, I again asked him for his neat little formula for recovery. Quietly and sanely, without the slightest pressure, he told me. Then he left.

Lying there in conflict, I dropped into the blackest depression I had ever known. Momentarily my prideful obstinacy was crushed. I cried out, “now I’m ready to do anything — anything to receive what my friend Ebby has.” Though I certainly didn’t really expect anything, I did make this frantic appeal: “If there be a God, will he show Himself!” The result was instant, electric, beyond description. The place seemed to light up, blinding white. I knew only ecstasy and seemed on a mountain. A great wind blew, enveloping and penetrating me. To me, it was not of air, but of Spirit. Blazing, there came the tremendous thought “You are a free man.” Then the ecstasy subsided. Still on the bed, I now found myself in a new world of consciousness which was suffused by a Presence. One with the universe, a great peace stole over me. I thought, “So this is the God of the preachers, this is the Great Reality.” But soon, my so-called reason returned, my modern education took over. I thought I must be crazy, and I became terribly frightened.

Dr. Silkworth, a medical saint if ever there was one, came in to hear my trembling account of this phenomenon. After questioning me carefully, he assured me that I was not mad, that I had perhaps undergone a psychic experience which might solve my problem. Skeptical man of since though he then was, this was most kind and astute. If he had said, “hallucination,” I might now be dead. To him I shall ever be eternally grateful.

### **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 through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

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

## Tradition One

### **Our common welfare should come first; personal recovery depends upon A.A. unity.**

Oh well, it's a selfish program, isn't it? After all the miseries of active alcoholism, why shouldn't we indulge ourselves a little? We all know one good reason why we shouldn't: Self-indulgence of this kind is an immediate personal danger; it threatens the individual's own sobriety. More than that, it threatens the very basis of our sobriety — the unity of the A.A. group. For a self-righteous gossip *can* damage the mutual trust that is vital to every group. And a compulsive talker *can* ruin the effectiveness of a discussion meeting — "I've stopped going to that group. Nobody but Joe can get a word in edgewise."

Reprinted from "The Twelve Traditions, Illustrated," by permission of A.A. World Services, Inc.

## Concept One

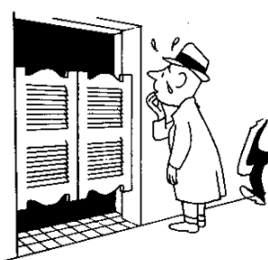
### **Final Responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.**

This Concept is rooted in Tradition Two, which states:

"For our group purpose there is but one ultimate authority — a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern."

The principles of Tradition Two are crystal-clear, Bill asserts: "The A.A. groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only." The outside world cannot imagine an organization run this way, but Bill calls it "a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and of God to insure that our democracy of world service will work...."

Reprinted from the pamphlet, *The Twelve Concepts for World Service illustrated*, with permission from A.A. World Services, Inc.



### 2009 Steering Board

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

### Office Calls in November

Meeting information	180
Inventory/hours	34
12th Step calls	10
Temporary sponsor	31
Speaker request	23
Special events	6
Outside issues	34
Info for professionals	5
Administrative	140
Other	52
<b>Total Calls</b>	<b>515</b>
<b>Daily average</b>	<b>24.5</b>
Visitors	120

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

**St. Paul A.A. Intergroup Representatives' Meeting Minutes, November , 2009**

- I. Open with Serenity Prayer and Introductions.
- II. Chris read the Primary Purpose of Intergroup.
- III. Approve last month's minutes – minutes approved.
- IV. Treasurer's Report – Michael K  
Michael reported that we received a refund check from the state of Minnesota for overpaying unemployment. Contributions were less than budget and sales did not make up the difference. Expenses exceeded the budget. We are still ahead of budget on the year. The balance sheet is healthy. We are working on a budget for 2010 to approve at the December reps meeting.
- V. Office Report -- Tom N.  
Tom reported that the lifelines are available for reps to take. Please take them all.
- VI. Website Report - Jonathan  
Jonathan reported that the total number of meetings dropped by 3 this month. WE have over 50,000 pages and 25,000 visitors on a monthly basis. Please contact the web servant if your group has an AA related event. The web address is www.aastpaul.org.
- VII. Outreach Program – Tim resent the Sunday worksheet from last month looking for feedback from those who signed up.
- VIII. Night Owl Report – Patti M.  
Patti reported that there is one available spot (2<sup>nd</sup> Thursday from 6AM to 9AM). She has worked with some great volunteers.
- IX. Intergroup Events.  
**Gratitude Night** – Julie announced that Edith P will be our speaker and Jeff from Midway will be the 1 year speaker. Flyers are available.  
**Founders Day**- Michael K. reported that there are still 3 shifts available  
**New Year's Eve**- Julie reported that Cori B. will be our speaker. There is going to be a band (The Flat Foot Rollers). The Marathon meetings will go according to a new schedule: 9:00 (steps 1-3) 9:45 (steps 4-7) 10:30 (steps 8-9) 11:15 (steps 10-12)
- X. Old Business.
- XI. New Business.  
**Elections**- resulted in the following 2010 Board Members:  
**Alternate Chair**- John D.  
**Alternate Treasurer**- Mark  
**Secretary**- Don N.  
**Member at Large**- Julie K.  
**Member at Large**- Jes N.  
**Member at Large**- Charlie S.
- XII. Group AA Announcements.  
Men's Retreat January 29-31<sup>st</sup> (see Michael K.)  
Como Park Big Book is moving 12/3 (JFlyer available)  
White Bear Lake Movie Night (Flyer available)
- XIII. Concept Review (XI) – **Michael K.** Volunteer for , Concept XII: **Julie K.**
- XIV. Mock Rep Report: **Patti M.** Volunteer for November report: **Dan**
- XV. Close with the Responsibility Statement.

Attendance:

Donald B - Main Idea	Mark O - Como BB	Jonathan-Web Servant	Bob Z - Amigos III	Lisa L - Board at Large
John D - Board At-large	Libby K - P.O.P.	Tom N - Office Mgr	Steven K - Rosemount	Tom S - Advisor
Mark K - Board at large	Dan W - Firing Line	Barb H - Highlnd Sq 11	Charlie - No Time Like	Julie M - Chair
Diane E - Treas Advisor	Chris S - West End	Michael K - Treasurer	Jes N - Uptown	Rhonda - Basic Text
James B - BTB Fri Night	Joe B - OMD	Jeff Th - Secretary	Don N - Cover to Cover	Jill J - Mendota
Dave N - Hole in the Donut	Jennifer - Back to Basics Brnsvill	Shelly S - Great Tidings	Patti - New Brighton Back to Basics	Jeanne - St. Paul Speaker Sunday
Katie R - Board at Large	Craig B - Happy Hour 12 & 12	Joe S - Happy Joyous Free	Sandy K - Fireside Women's	Tim C - Defogged Men's

**7th Tradition  
Suggestions for Groups**

“Every 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**

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 November!**

Adam S, Alex M, Andrew M, Andy, Carl S, Chris S, Emily F, Frank D, Jack R, Johnny S, Jon F, Julia M, Kevin P, Mary L, Matt B, Maureen, Nick S, Nicole, Peter G, Randy S, Ratta C, Rich D, Richard M, Richard U, Robert P, Simmons P, Steve C, Susan O, Taylor R, Tierney Y, Todd G. *Thanks to all the Night Owl volunteers and groups as well!*



**NOVEMBER CONTRIBUTIONS**

Number of Group Contributors: 30  
Total Group Contributions: \$3541  
Number of Faithful Fivers: 14  
Total from Faithful Fivers: \$3315

***“Thanks!” to the groups that contributed in November!***

- Amigos III**
- Burnsville Back to Basics**
- Burnsville Primary Purpose**
- Complete Defeat**
- Downtown Alano Groups**
- Eagan, Burnsville, Savage Tues**
- The Firing Line**
- Forest Lake 156 Club**
- Freedom from Bondage**
- Friday 12x12 By the Book**
- Grovers Thursday Night**
- Highland Park Groups**
- Lakeland Group**
- Main Idea Groups**
- New Brighton Alano Sq 11**
- Outright Mental Defectives**
- Pages of Wisdom**
- Rosemount Groups**
- Roseville Centennial Group**
- Shalom Group**
- Sisters of Serenity**
- St. John’s Little Canada Group**
- Summit Women’s Group**
- Third Tradition - Northfield**
- Uptown Groups**
- Weekend Jumpstart II**
- White Bear Lake**
- White Bear Lake Redeemer**

***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!!

**Wild Rice Round-up**  
Shooting Star Hotel & Event Center  
Mahnomon, MN  
January 15, 16 & 17.

Southern Minnesota Area 36  
**Recovery, Unity and Service Conference**  
January 22 — 24  
Fairmount MN, Holiday Inn  
www.area36.org

**Trudging the Road to Happy Destiny**  
**2010 Men's Retreat**  
January 29 — 31  
Horseshoe Bay Resort - Walker, MN  
www.trhdretreat.org

**46th International Women's Conference**  
Orlando, Florida, February 11 - 14,  
www.internationalwomensconference.org

**Embers in the Fire**  
Women's A.A. Retreat  
March 5 - 7, Park Rapids, MN  
email: nancy216@q.com

**31st Annual Winter Rap-Up**  
March 19 to 21  
Virginia, MN  
Coates Plaza Hotel, 502 Chestnut Street.



"I may be a little late honey. Charlie's in town and wants me to have a New Year's Eve drink with him."

Reprinted from the A.A. Grapevine, January, 1946, with permission.

## NOTICE

We learned recently that Ramona O. has passed away. Ramona was sober for more than forty years, and had been a regular member of the Downtown Alano Society.

## Dear Bill W,

People in my group are very close, and we talk about each other a lot. It never falls to the level of gossip, but sometimes it's like there are no boundaries at all! Sometimes I'm nervous that my sponsor might tell part of my story, trying to help some one, but then I'll be uncomfortable wondering who knows what about my past.

— An Anonymous Drunk

... when we consult an AA friend, we should not be reluctant to remind him of our need for full privacy. Intimate communication is normally so free and easy among us that an AA advisor may sometimes forget when we expect him to remain silent. The protective sanctity of this most healing of human relations ought never be violated.

From *The Language of the Heart: Bill W.'s Grapevine Writings*, p. 264, reprinted by permission of the A.A. Grapevine, Inc.

## Is your meeting represented at Intergroup?

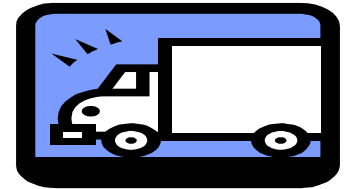
The January Representatives' meeting will be held Tuesday, January 20th, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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

Change Service Requested

Non-Profit  
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**PAID**  
St. Paul, MN  
Permit No. 7451

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 \$5.00 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., Ste. 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) \_\_\_\_\_