

The Lifeline



April 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 4

Step Four: Made a searching and fearless moral inventory of ourselves.

The Fourth Step. It is not everyone's favorite topic. Not mine, either.

But recently I knew I needed to do one. It had been several years since my last inventory. That one had done me some good, no doubt, but there still seemed to be old attitudes and fears that were holding me back. Yes, I knew I needed another Fourth Step, but I still dragged my feet.

Just to get something moving, I went to a workshop on the Fourth Step. It met weekly for six weeks, and broke down what the Big Book says about this Step (pp. 63-71) into a set of directions, prayers and promises that even I could follow and use. This turned out to be important.

I guess I'd always considered the Fourth Step to be more than a little like self-bashing. I thought I was supposed to list out all the wrong things I'd ever done, so that I'd have a handy list to use in my Fifth Step. The careful and detailed examination of the text of the Big Book that I received at the workshop changed this perspective for me.

Yes, I still needed to look into my faults and shortcomings, but I learned that there can be more than that to a Fourth Step. That it can be redemptive too. The prayers that the Big Book suggests open new pathways for relief from these issues and a means for keeping them at bay. For each resentment, I am reminded that the person I resent is sick, just like I am. I am directed to pray for the person with a new and different attitude. "We asked God to help us show them the same tolerance, pity and patience that we would cheerfully grant a sick friend...God save me from being angry. Thy will [not mine] be done" (pg. 67).

For my fears, too, there is a prayer. "We asked Him to remove our fear and direct our attention to what He would have us be" (pg. 68). And so too for my sex relations. "We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing" (pg. 69).

Through each prayer, I take an action that relieves me of the bondage of self and frees me to forgive those for whom I have a grievance, so that I may move forward through the rest of the Steps with an open heart and a clear mind. That is real relief, which opens the door to many Promises to come as I "trudge the Road of Happy Destiny!"

Tradition Four: Each group should be autonomous except in matters affecting other group or A.A. as a whole.

What does this mean – that each group is autonomous? The dictionary says autonomous means "acting independently or having the freedom to do so." So every A.A. group can decide for itself how to hold its meetings, what prayers and readings they will or won't use, how to spend the money they collect, and so on.

There are, of course, some suggested limits in Tradition Four itself and in the other Traditions. A group's primary purpose should be to carry the message of recovery. How they do this, however, is up to them. Membership, one hopes, is determined according to Tradition Three, but of course there are male groups, female groups, young people's groups, and so forth. And perhaps most important, an A.A. group ought never do or plan anything which may affect the welfare of another group or our Fellowship at large.

Here at the Intergroup office we are sometimes called by A.A. members with a complaint or gripe about how a group is conducting their business, or just about a member of a group and how they are comporting themselves and what might the other members do about this situation. When this happens, it can be difficult to know how to respond. There really is no "right way," except when the group itself decides what action to take (or not take) according to their own conscience as guided by their Higher Power. As the 12 and 12 says, "Each group has the right to be wrong." Here at Intergroup we simply try to pass on the collective wisdom of A.A. experience by directing folks to the appropriate A.A. literature and other resources, which may help resolve the concern.

St. Paul Intergroup of Alcoholics Anonymous®

Web Site: www.aastpaul.org

E-mail: 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 214, St. Paul MN 55104

From Your Intergroup Board...

We had a very busy 2011! Thanks to all who put in so much time and energy!

A lot of things changed and growth has occurred. As most of you know we have a new office manger, Frank N. Frank came to us as a part-time office employee and after a extensive search for a new office manager, with some amazing folks in the running, Frank was selected to head up the office. If anyone has not been into the office recently I encourage you to go and check it out!

I would also like to say how wonderful it is to have Bill S. back in the office part-time too. Bill and Frank's knowledge and dedication to the traditions of St. Paul Intergroup are truly worthy of the fine group of folks who make up the Intergroup body.

Now that my tenure is up and I have moved into the advisory role, I want to say to all what a privilege it was to be board chair. I learned so much, and grew spiritually doing it. I can safely say, that I did receive more from the service to Intergroup than I gave, and am more sober today than when I started 3 1/2 years ago in the office, as a part-time volunteer. That is the gift of A.A. for me regarding service.... In the act of service to others in A.A., my program gets stronger.

Thank you so much for allowing me to be of service.

John D.
Advisor to the Intergroup Board

Notes From your Central Office...

One of the roles your Intergroup office tries to fill in this area is to be an information service for our Fellowship. By far, the most common questions we field are about area groups and meetings.

When St. Paul Intergroup published its first newsletter in October, 1966 (the Lifeline name came a bit later), it included a meeting directory for all its member groups. It fit on a single sheet of paper, including area Al-Anon meetings! There were only 32 weekly A.A. meetings and seven once-a-month open meetings listed.

Today, our published directories, both in print and on-line, list over 650 meetings of Alcoholics Anonymous. That's quite an increase! We are also covering more geography. In 1966, all the meetings were in St. Paul and the nearest suburbs. Now, our directories list meetings from as far as North Branch, Red Wing, Faribault, and even some in western Wisconsin. We now include Spanish language meetings, as well.

Each month, our office gets over 100 phone calls asking for meeting information. Our Night Owls also answer many such calls outside office hours. And a majority of the 15,000+ monthly visits to our website result in searches of our on-line meeting directory.

In the not so distant past, updates to the meeting directory were infrequent, because it was printed by a commercial printer. Now, we are able to print the directory right in the office and changes to the directory can be incorporated instantly. This is so on our website as well, thanks to our dedicated Web servant.

So, if you have a resentment and a coffee pot, or just want to try something different, and start a new group or meeting, please let us know. We will be happy to get the word out.

Thanks, St. Paul Area A.A.!

<u>2012 Steering Board</u>		<u>Office Calls in February</u>	
<u>Chair:</u>	Denise A.	Meeting information	133
<u>Alt. Chair:</u>	Jean O.	Inventory/hours	24
<u>Secretary:</u>	Cedar H.	12th Step calls	6
<u>Treasurer:</u>	Jeff M.	Temporary sponsor	44
<u>Alt. Treasurer</u>	Jim G.	Speaker request	15
<u>Members at Large 2012:</u>	Chris S. & Wanda B.	Special events	5
<u>Members at Large 2013:</u>	Tim B. & Eva P.	Outside issues	14
<u>Advisor to the Board:</u>	John D.	Info for professionals	1
		Administrative	85
		Other	65
		Total Calls	392
		Daily average	18.7
		Visitors	260

UPCOMING A.A. EVENTS!!

**29th Annual
Great Minneapolis Intergroup
Gratitude Night**
Minneapolis Convention Center
Saturday, April 14th, 6:30PM-12AM
www.aaminneapolis.org

Area 36 Delegate's Workshop
2012 General Service Conference Agenda Items
AmericInn, Mankato, MN
Saturday, April 14th, 9:00 AM - 4:00 PM
www.area36.org

**18th Annual
Sunlight of the Spirit Weekend**
"Becoming a Part of the Common Solution"
Holiday Inn - Fairmont, MN
April 20th, 21st, & 22nd

**25th Annual
International A.A. Men's Conference**
"Singleness of Purpose"
The Orleans Hotel & Casino - Las Vegas, NV
Thursday April 19th - Sunday April 22nd
www.iaamclasvegas.org

**42nd Annual
Iron Range Get-Together**
"Acceptance Is The Answer"
Wendigo Lodge, Grand Rapids, MN
May 4th, 5th, & 6th

Gopher State Roundup XXXIX
"Language of the Heart"
Doubletree - Bloomington, MN
May 25, 26 & 27
www.gopherstateroundup.org

Group and Area News

District 26 has moved its meeting time and location. They are now meeting at the Grace Lutheran Church, 1730 Old Hudson Road, St. Paul, MN 55106. And instead of the second Friday, they will now be meeting on the second Sunday at 7pm.

The Living Sober group at Dorothy Day Center in St. Paul has changed their meeting time from 1:30 to 2:30 pm.

The Main Idea, in the Downtown Alano at 10th and Robert St., has added a Gratitude meeting each Friday at 10pm.

The North Dale group (Thursday at 7pm) has moved to Maternity of Mary Church at 1412 N. Dale Street.

Fourth Step & Big Book Workshops

Study & Action Group
"Precisely how we have recovered"
Big Book Workshop
Friday, 27 April 2012 – Sunday, 29 April 2012
Hudson House Grand Hotel, Hudson, WI
www.info-action.com

Your Group News?

We invite your group to share its news here!
Please send your items to life-line@aastpaul.org. We look forward to hearing from you.

Is your meeting represented at Intergroup?

The Intergroup Representatives' meeting is held on the third Tuesday at 7:30 pm, at the Bethlehem Lutheran Church, 436 Roy St. N, St. Paul, 55104. The church is just south of the Spruce Tree Centre, across the street from the Intergroup office.

St. Paul Area Intergroup Representatives' Meeting Minutes, February , 2012

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were approved (Katy C. moved, John seconded).
- III. Treasurer's Report – Jeff M. discussed his written report which reflects healthy contributions from groups, especially a large gift from the Midway Club. Literature sales are down a few points, but on par for last year at this time. Year-to-date income of approximately \$2,700. Questions/concerns can be sent to Jeff M. at treasurer@aastpaul.org.
- IV. The Office Report – The Office continues to seek submissions of writing, cartoon, and/or jokes from individuals for inclusion in the *Lifeline*. Also, if your group has a new treasurer, Intergroup asks that you contact the Office so that we may update our records.
- V. The Website Report – The full report is available on the website. Groups are encouraged to contact Jonathan (webservant@aastpaul.org) or the Office for AA-related events which can be added. Guidelines are available on the site.
- VI. Outreach Program – Contact Chris (320-444-4780 or outreach@aastpaul.org) or the Office if interested in this important service opportunity.
- VII. Night Owl Report – Orientation is held every third Saturday at 10 a.m. in the Office. There is one current opening: 4th Tuesday between 5:30 and 9:00 p.m. Going forward, Paul K. will be assuming the role of Night Owl coordinator.
- VIII. Liaison Reports – Doug M. delivered the District 8 report for two meetings. At its January meeting, District 8 had positive reports from its treasurer. The District is still working on the newsletter issue. In February, all financial indicators remained strong. Main Idea reports that it will start an ASL meeting in June. Toni delivered the District 15 report. There will be an interactive sponsorship workshop on March 10 in Lake Elmo, featuring corned beef and cabbage. Contributions to District 15 were down 20% from 2010, so a committee has been formed to follow up with the groups.
- IX. Upcoming Intergroup Events:
 - Spring Traditions Workshop (3/31/2012). The Workshop will be at the Recovery Church and will be on Tradition 7. Volunteers to assist with the event will be needed. (Chair: Tim B.)
 - TGIS (4/21/2012). The event will be at the Recovery Church and will feature AA and Alanon speakers, dinner, and a dance. Volunteers for all phases will be needed. (Chairs: Cedar & Eva.)
- X. Old Business:
 - Volunteer Appreciation Night (2/11/2012).
 - Gopher State: The Board has asked that groups consider co-hosting Intergroup's hospitality suite. Contact Frank in the Office if your group could benefit from this opportunity.
- XII. New Business:
 - Jim G. was appointed by the Board as the new Alternate Treasurer. This appointment was unanimously approved by the Representatives.
- XIII. Group Announcements:
 - MNYPAA 2012 Host Committee is looking for the young and young at heart who may desire a service commitment. They meet the 2nd and 4th Wednesdays of the month. More information available at www.MNYPAA.org.
 - On Friday 2/24 MYNPAA is hosting a Creative and Random Acts of Performance event with a speaker and tacos at the 2218 Club in Minneapolis.
- XIV. No suggestions for next month's agenda.
- XV. Harry delivered the Grapevine Report. Jenni volunteered for March.
- XVI. Jason B. presented the Concept Review (Concept XII). Katy C. volunteered for March (Concepts I and II).
- XVII. Paul K presented the Mock Rep Report and Chris volunteered for March.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Jeff M., Alt. Treasurer	Denise A., Chair	Charlie M., Basic Text	Terrie O., Back to Basics	Frank N., Office Manager	Kate P., Basic Text Women's
Jonathan, L., Web Servant	Cedar H., Secretary	Mona B., Como Park BB	Jeff R., Downtown Alano	Eva P., Member at Large	Tim B., Member at Large
Jean O., Alternate Chair	Jeff T., Firing Line	John K., Happy, Joyous & Free	Doug M., Hole in the Donut	Adrienne B., Maplewood Alano	Harry t., Main Idea
Beth S., Midway Club	Jenni S., New Brighton BB	Judy T., No Time Like the Present	Mitch W. Problems & Solutions	Berta D., St. Paul Speaker Meeting	Jason B., OMD
Andrew F., Uptown	Paul T., Cottage Grove AA	Janet T., Look To This Day	Don D., Third Ed. BB	Katy C., Students of Life/MNYPAA	Curtis P., Summit Hill

APRIL MEETING: Tuesday the 17th, 2012 (7:30 PM)
 BETHLEHEM LUTHERAN CHURCH
 436 Roy Street North, St. Paul, MN 55103

**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. #214
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

FEBRUARY CONTRIBUTIONS

Number of Group Contributors: 30
Total Group Contributions: \$1920
Number of Faithful Fivers: 8
Total from Faithful Fivers: \$55

Thank You!

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.)

Grace Lutheran Church
1730 Old Hudson Rd, St. Paul
2nd Sun., 7:00PM
www.district26-area36.org

**Thanks to all the super
volunteers who helped in the
Office during February!**

Amy A., Andy S., Barb M., Beth H., Bill A., Bill S., Dan B., Dave D., Greg B., Henry O., Jack R., Jake A., Jason P., Jess F., Jim C., Josie R., Katy B., Mark S., Matt I., Matt O., Mike R., Nat H., Paul L., Pennye P., Ryan C., Sam C., Sara C., Selena E., Shawn E., Steve H., Tescil M.

*Thanks to all
the NightOwl
volunteers and
groups as well!*



**Thanks to the groups that
contributed in February!**

- Apple Valley Daily Reflections
- Apple Valley Monday AM Women's Mtg.
- Apple Valley Monday BB Basic Text
- Cedar Cliff Group
- Cliffhangers I Thursday PM
- Como Park 12 & 12
- Dakota AA Sat. AM
- Dakota Alano Friday 6 PM
- Dakota Alano Thurs 1145 AM
- Dakota Alano Wed AM Roosters
- Defogged Men's Group
- Fourth Dimension
- Highland Park Groups
- Lakers Saturday Morning AA, Prior Lake
- Midway Club
- North Dale Group
- Pathways to Peace Group
- Real Men's Big Book
- Rivertown BB Group
- Rosemount AA
- Roseville Centennial Group
- Safe Haven for Women AA Group
- Shoreview 12 x 12
- Sisters of Serenity
- Summit Hill
- Third Edition Group
- Twelve Steppers - Arlington Hills
- 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 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 Intergroup. We welcome articles on a Step, Tradition or Concept, or descriptions of personal experience. Please email your article to Lifeline@aastpaul.org, or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #214, St. Paul MN 55104. 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.

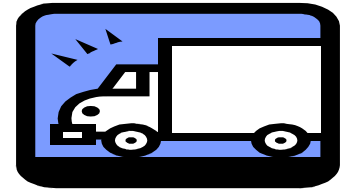


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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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 \$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 also may 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. 214, 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) _____