

# The Lifeline



July 2014

24 Hour Phone: 651-227-5502

Volume 50, Issue 7

## **Step Seven: Humbly asked Him to remove our shortcomings.**

When I first came through the doors of Alcoholics Anonymous, I thought profanity was necessary to make a point. One day an oldtimer came up to me and said something about being thrown out of bars and social gatherings for foul language back in his drinking days. In addition, he told me I did not need to swear anymore. I did not need to hide behind my dirty mouth anymore. It was time to express my feelings. A time to talk, a time to learn. We came to AA to get well, to recover from alcoholism, and take our right place in society.

The longer I am around, the more I see what a crutch swearing can be. It's been necessary for me to learn so express myself without hiding behind profanity. I have had to learn how to feel and to say what I feel, to stay sober, in learning how to communicate! I am learning about respect, and love, and God of my understanding. I am learning about the 12 (*Twelve*) Traditions, and about our common welfare. A dirty mouth is not about our common welfare. A program of attractions? Where does profanity fit in there?

Once I understood about profanity, I found myself to be responsible for my own language. I am responsible to take the newcomer aside, let him or her know it is OK to feel. It is OK to vent one on one, and let them know about our common welfare (Tradition One).

I was at a meeting recently and someone was on a vulgar tirade and several people walked out, and others have chosen to go to different meetings. What did he tell the newcomer? What are we telling non AA's who attend open meetings with spouses, or children? Program of attraction?

This we owe to AA's future—To place our common welfare first—To keep our Fellowship united—For on unity depend our lives—and the lives of those to come.

-Anonymous, Australia

Reprinted with permission from the AA Reviver Newsletter, Sydney, Australia, March 2104

## **Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.**

When I was new to AA, Tradition Seven seemed very straightforward. The meetings I attended had refreshments and literature available, and it made sense to me to pass a basket to pay for these things. I attended the meetings and ate the refreshments, and it was only fair that I should help pay for them.

When I learned more about AA, I understood the importance of being self-supporting. In this way AA could be independent and not controlled by grants or gifts. No one could place restrictions on who could be helped or in what way that help should be given. No group, individual, or organization could cut off the funding. I really thought I understood Tradition Seven.

At some point I realized that although my earlier thoughts regarding Tradition Seven had validity, they were just a part of the truth. I'd missed the more important point--that this Tradition was about responsibility, my responsibility as an individual and the responsibility of the Fellowship as a whole. I'd been immature and irresponsible and so this was an important lesson in living for me. Now, surely I knew what Tradition Seven was really about.

Today I have a different idea regarding Tradition Seven. At this point in my journey along the road of happy destiny, I think Tradition Seven is about giving.

During my drinking years I thought I was a generous person. What I didn't realize was that whenever I gave time, money, attention, or things, it was always with the thought of what I would receive in return, like admiration or attention or support. I wanted other people to like me, or at least tolerate me. If I did enough for them, they might even take care of me. When there was absolutely nothing I could get in return, I cherished my own self-righteous feeling of superiority.

Giving through the Seventh Tradition was a completely new experience, because it was anonymous giving. No one knows what I give or even whether I've given at all. No attention is paid to what each individual gives, only to whether the overall amount is sufficient for the needs of the group. This was my first experience of giving without thought of reward. Substantial individual gifts are not discouraged in AA: they are refused.

My experience with this Tradition parallels my experience with all of the Steps and Traditions--my understanding broadens and deepens with time and with my experience in trying to apply these principles. I eagerly await the next level of understanding which will be revealed.

-Mickey H., Springville, UT

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

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

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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

## Notes From your Board...

When I think about where I am in my recovery, right now, the word "healing" keeps coming to mind. I believe that each day presents a chance for me to heal, and that brings me close to my Higher Power. I was raised calling my Higher Power "God," but lately I think of my Higher Power as a wave of positive energy. The wave floats right above me, every day, and all I have to do is remember to reach up and grab on!

I find it funny that I can remember my childhood telephone number, but I have days/moments I actually *forget* to rely on my High Power! I'm reminded every time I go to AA or take part in AA service, but thinking of my HP is not second nature! When I remember that I have a Higher Power to love, guide and heal me, then I'm fit to be a person of this world. With that comes the healing that helps make my life calm, so I can, hopefully, be of help to others in this hectic world.

Michele M. - Board Secretary

## Notes From your Central Office...

Since our St. Paul area groups formed the Intergroup office in 1966, our member groups and individual AA members have generously supported Intergroup in its mission to help carry the message of Alcoholics Anonymous to those who still suffer.

At our May Intergroup Council meeting, a group representative asked a question. "There are about 280 different AA groups in the St. Paul Area Meeting Directory. How many of these groups make 7th Tradition contributions to Intergroup?" We didn't have a ready answer that evening, but said we'd try to get one ready for the June meeting.

This is not a simple question. For one thing, just counting groups leads to an "apples and oranges" definition problem. In our meeting directories, many groups host several meetings each week. The AA clubs, which are counted as individual as groups for our directory count, are an obvious example, but not the only ones. Some of these groups make collective contributions to Intergroup for all of the meetings that occur there, while in other cases the individual meetings under that overall "club" umbrella make their contributions separately. As an instance, last year eleven different meetings at one area club sent contributions to Intergroup.

Another thing is we do receive contributions from groups who are not listed in our directory because they are outside the area it covers, or because they have chosen not to be listed.

Once you understand these caveats, you can see that a direct comparison to the number of groups in our directories may not be valid. That said, here is what we've come up with:

Last year, 173 different meetings and groups shared their 7th Tradition with our office. As each group is autonomous, the amounts and methods vary greatly. Some send a check each month, some quarterly, and so forth. Some groups even deliver their contributions in cash (a large wad of mostly one dollar bills, of course). We also sometimes receive contributions from special sources, like Gopher State Roundup and the Founder's Day Weekend and others.

Of course, we are grateful for these financial gifts as we are for all the other ways our groups and our Fellowship support us.

- Thanks, St. Paul Area A.A.!

<b><u>2014 Steering Board</u></b>		<b><u>Office Calls in May 2014</u></b>	
<b><u>Chair:</u></b>	<b>Christa W.</b>	Meeting information	98
<b><u>Alt. Chair:</u></b>	<b>Tim B.</b>	Inventory/hours	17
<b><u>Secretary:</u></b>	<b>Michelle M.</b>	12th Step calls	12
<b><u>Treasurer:</u></b>	<b>CJ M.</b>	Temporary sponsor	23
<b><u>Alt. Treasurer</u></b>	<b>Kelly B.</b>	Speaker request	19
<b><u>Members at Large 2014:</u></b>	<b>Tiffany B. &amp; Steve N.</b>	Special events	3
<b><u>Members at Large 2015:</u></b>	<b>Hillary B. &amp; Paul T.</b>	Outside issues	17
<b><u>Advisor to the Board:</u></b>	<b>Jean O.</b>	Info for professionals	2
<b><u>Office Manager:</u></b>	<b>Frank N.</b>	Administrative	97
		Other	52
		<b>Total Calls</b>	<b>340</b>
		<b>Daily average</b>	<b>15.5</b>
		Visitors	221

# UPCOMING A.A. EVENTS!!

<p>Area 36 Workshop  <b>ARCHIVES ALIVE!</b>                  Beginning the quest of finding A.A. in the 60s and 70s in Southern Minnesota Area 36  <b>Archives Repository</b>                  712 east 10th Street, Glencoe, MN  <b>Saturday, July 19th</b>                  9AM - 4PM Repository open for viewing                  10AM - 1PM Presentations from Districts 13, 15 &amp; 21 with Potluck Barbecue immediately following presenters.</p>	<p><b>Study &amp; Action Group</b>                  "Precisely how we have recovered"                  Hudson House Grand Hotel                  1616 Crestview Drive, Hudson, WI  <b>Friday, August 22nd 6:30PM - 9:30PM</b>  <b>Saturday, August 23rd 9:00AM - Noon &amp; 1:00PM - 6:00PM</b>  <b>Sunday, August 24th 9:00AM - Noon</b>                  Capacity limited to first 100                  For more info: <a href="http://www.Into-Action.com">www.Into-Action.com</a></p>
<p><b>Southern Minnesota Area 36</b>  <b>Area Committee Meeting</b>                  Best Western                  North Mankato, MN  <b>Saturday, August 9th</b>                  Standing Committee Meetings 9:30 AM- 11:30AM                  Area Committee Meeting 1:00PM - 5:00PM                  For more information: <a href="http://www.area36.org">www.area36.org</a></p>	<p><b>13th Annual</b>  <b>Empty Chair Men's Retreat</b>                  Camp Knutson                  11169 Whitefish Ave, Cross Lake, MN 56442  <b>Friday, August 22nd - Sunday, August 24th</b>                  For More Information Call Jamie M. 612-227-9747                  Or email <a href="mailto:jkmac21@msn.com">jkmac21@msn.com</a></p>
<p>24th Annual  <b>Heartland Round-Up</b>                  "Experience the Serenity"                  Park Rapids, MN  <b>Friday, September 5 - Sunday, September 7th</b>                  For more information:  <a href="http://www.Heartlandroundup.com">www.Heartlandroundup.com</a></p>	<p><b>Study &amp; Action Group</b>                  "Precisely how we have recovered"                  St. Paul Session Fall Session                  The Recovery Church                  256 State Street (Plato Blvd &amp; State St), St. Paul, MN  <b>Beginning Sunday, September 7th 7:00PM—8:30PM</b>                  (Sessions approximately 15 weeks to 16 weeks)                  For more info: <a href="http://www.Into-Action.com">www.Into-Action.com</a></p>
<p><b><u>Group and Area News</u></b></p> <p><b>New Group:</b> <i>The Rule 62 Step and Tradition Group</i> is holding a meeting Thursdays at 7PM at the Calvary Church, 341 Hamline Ave. South, St. Paul, MN 55105.</p> <p><b>Meeting change:</b> The <i>Lit Up</i> group in Lake Elmo changed its name to <i>Steps to Freedom II</i>, and also changed its format and meeting time, too. <i>Step to Freedom II</i> meets Wednesdays at 8:00PM in the basement at 901 Lake Elmo Ave., Lake Elmo, 55042. The meeting is closed, Mixed, Big Book and 12 &amp; !2.</p>	<p><b><u>Fourth Step &amp; Big Book Workshops</u></b></p> <p><b>By The Book 4th Step Workshop</b>                  Wednesdays,                  ~6:30PM - 7:45PM ~                  2218 1st Ave, Minneapolis, MN 55404                  For more info: <a href="http://www.aabythebook.org">www.aabythebook.org</a></p> <p><b><u>Your News?</u></b></p> <p>We invite you to share your AA news here! Please send your items to <a href="mailto:lifeline@aastpaul.org">lifeline@aastpaul.org</a>. We look forward to hearing from you.</p>




## St. Paul Intergroup Annual Open House

### Saturday, July, 12th 11AM - 3PM

~Please stop by ~

We'll have BBQ (veggie too!), Coffee, Pop, Water, Treats & lots of Good Fellowship!!

The Spruce Tree Building RAMP - 1600 University Avenue W.







**St. Paul Area Intergroup Representatives' Meeting Minutes May 20th, 2014**

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from March were reviewed and approved.
- III. Treasurer's Report – CJ reported on the checking account and payroll report. Both have healthy balances. Literature sales are up due to the sales of the 75<sup>th</sup> anniversary big Book. Contributions from groups are up from last month. The **Faithful Fiver** automatic and electronic payment program is available, and you are invited to participate in this convenience! Last month we had 17 Faithful Fivers contribute funds! Forms are available in the *Lifeline* or on the website. Other questions/concerns can be sent to CJ M. at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org).
- IV. The Office Report – Johni is being trained in as office staff. She will take the lead next week when Frank actually takes some vacation time! The office always welcomes volunteers, there is always work to do in the office. The Office continues to seek submissions of writing, cartoons, and/or jokes from individuals for inclusion in the *Lifeline*. Office staff is available to help you create a flyer for your AA-related event, just call or email at [manager@aastpaul.org](mailto:manager@aastpaul.org).
- V. The Website Report – Many service opportunities are available on the website. The full usage report and server statistics are available on the website. Groups are encouraged to contact Jonathan ([webservant@aastpaul.org](mailto:webservant@aastpaul.org)) or the Office for AA-related events which may be added. Guidelines are available on the site. Remember to submit your flyers (with AA-related content) for inclusion on the website.
- VI. Outreach Program – Tiffany B reports that the program is looking for people to go out to any meeting serviced by the St. Paul Intergroup and bring information about what Intergroup has to offer. Contact Tiffany B at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) for more information on assisting Intergroup with this valuable service opportunity!
- VII. Update from the Board – Jean reminded us to say congratulations to Frank, tomorrow he will have 6 years of sobriety.
- VIII. Night Owl Report – Dan S. sent the report to Frank N. Good news! Currently all the NightOwl shifts are filled! Please visit the website or call the Office to check if shifts open. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- IX. Liaison Reports:
  - Scott (District 8) the public information committee are contacting high school guidance counselors. The Area Delegate, Terry L., will be giving his report to the district tomorrow.
  - Nancy (District 15) reports that they are getting ready for the Washington County Fair in Lake Elmo, MN. They need to gather 45 volunteers to man the booth. The district is re-visiting their financial policy.
- X. Upcoming Intergroup Events:
  - Gopher State – Intergroup will be hosting a hospitality suite. Our room number is 520. We will provide coffee. Please stop by!
  - Annual Open House: Date is set for Saturday July 12, 2014 11am to 3pm. This even is located on the top floor of the parking ramp at Spruce Tree Center
  - Ice Cream Social and Long-Timers Event: Date is set for Saturday August 23, 2014
- XI. Old Business: Christa is contacting someone to come in to our Reps meeting in June or July and give us a history of St. Paul Inter-Group.
- XII. New Business: Nancy has two things: reported that at the March Area 36 Assembly there was discussion about mandating receiving reports from the 3 Twin Cities Intergroups. This was referred to the Structure Committee and they decided to invite Inter-groups to provide a quarterly report in their publication, the Pigeon. The next Area 36 Assembly is June 28, 2014 at the Maplewood Community Center on White Bear Ave. 9am to 4pm. On the web go to Area 36 website to view the agenda.
- XIII. Group AA Announcements:
  - CJ reports that West End will have a BBQ on Memorial Day. All are welcome.
  - Jestine reports that Fireside Women's meeting is looking for a facilitator for their Group Inventory
- XIV. Suggestions for next month's agenda:
- XV. Nancy delivered the Grapevine Report. Paul T. volunteered to do the Grapevine Report for June.
- XVI. Jestine delivered the Concept Review for Concept V. Scott L. volunteered for June.
- XVII. Mike delivered the Mock Rep Report. Luke F. volunteered for June.
- XVIII. Closed with the Responsibility Statement.

**ATTENDANCE:**

Christa W., Board Chair	Jean O., Board Advisor	CJ M., Treasurer	Michelle M., Secretary	Hillary B., Member at Large	Tiffany B., Mem- ber at Large
Steve N., Mem- ber at Large	Frank N., Office Manager	Mike S., Basic Text	Paul T., Dakota Alano	Mike C., Defogged Mens Group	Scott L., District 8
Nancy T., District 15	Jestine M., Fire- side Women	Terry H., The Firing Line	Craig O., Happy Hour 12x12	David P., Happy, Joyous & Free	Muggsy A., Hole In The Do- nut
Ken D., Maplewood Alano	Shana R., Midway Club	John F., Main Idea	Luke F., OMD	Jimmy H., Problem & Solu- tion Grp.	Steve N., St. Paul Speaker Mtg.
Jane B., Summit Women's Grp.	Joe S., 12x12 By The Book	Drew L., West End			

**July MEETING: Tuesday the 15th, 2014 (7:30 PM)**  
 BETHLEHEM LUTHERAN CHURCH  
 436 Roy Street North, St. Paul, MN 55104

**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 131523  
St. Paul, MN 55113

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

**MAY CONTRIBUTIONS**

Number of Group Contributors: 28  
Total Group Contributions: \$2698  
Number of Faithful Fivers: 17  
Total from Faithful Fivers: \$211

***Thank You!***

**District Meetings**

**District 8 (Ramsey Co.)**

Fairview Community Center  
1910 Co. Rd B, Rm 108, 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 May**

Amy S., Barry O., Breck M.,  
Brittany L., Bob P., Burt K.,  
Carolyn M., Dee-Dee,  
Frank D., Heather S.,  
Henry O., Jack C., Jim C.,  
John S., Julie C., Mary K.,  
Mike B., Nancy D.,  
Patrick O., Rondy,  
Shawn S., Steve S.,  
Steve W., Suzanne B.,  
Tom B., Ty K.

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



**Thanks to the groups  
that contributed in  
May 2014**

- Apple Valley Monday BB
- Basic Text
- Burnsville - Primary Purpose
- Center City Gratitude Group
- Dakota Alano Thurs 1145 AM
- Eagan Burnsville Savage - Sat Speaker
- Firing Line
- Forest Lake Alano
- Happy Joyous and Free II
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Hole in the Donut Group
- Hugo Group
- Live and Let Live
- Midway Club
- Oasis Group - Apple Valley
- Rivertown BB Group-Hastings
- Roseville Wed Night
- Sisters of Serenity
- South Suburban
- Steps to Freedom - Lake Elmo
- Third Tradition Northfield
- This Simple Program
- Twelve Steppers - Mounds Park
- Una Luz en el Camino
- Uptown Club
- White Bear Wed AM Women's

**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.

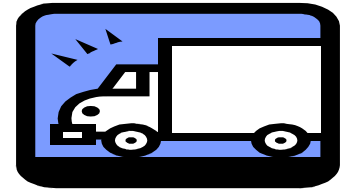


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

Change Service Requested

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Twin Cities 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* - Enrollment Form

*Faithful Fivers* graciously contribute \$5.00 or more to St. Paul Intergroup each month to enable us to continue to carry A.A.'s vital message of Hope and Recovery to all who need and want it. Your contribution entitles you to a one-year subscription to *The Lifeline*. Contributions may be made annually, bi-annually, quarterly or monthly.

**~Yes! Please enroll me as a *Faithful Fiver* !**

### 1. Contact information:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email \_\_\_\_\_

### 2. Amount & Frequency:

Amount: \$ \_\_\_\_\_  
Frequency: (check only one)  
 Monthly  Quarterly  Bi-Annually  Annually  
Start on \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Please send my receipt to my email address  
 Please send my receipt to my home/postal address  
 Please send my **Lifeline** to my **email** address instead

### 3. Choose a Payment Method:

Credit Card/Debit Card\*  
 Visa  MasterCard  
Card # \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Expiration Date: \_\_\_\_/\_\_\_\_\_  
Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

\*I authorize St. Paul Intergroup to automatically bill my account as specified (monthly, quarterly, etc.). I understand that I am free to cancel this authorization at any time by contacting Intergroup.

Check - Please make payable to:

**Saint Paul Intergroup**  
1600 University Ave W. - Suite 214  
Saint Paul, MN 55104