

# The Lifeline



November 2014

24 Hour Phone: 651-227-5502

Volume 50, Issue 11

## **Step Eleven: Sought through prayer and meditation to improve our conscious contact with *God as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.**

A misconception about Alcoholics Anonymous is that it is a religious organization. Since A.A. groups often rent space in churches, attending an A.A. meeting in a church basement can reinforce that impression, and the possibility of hearing a prayer at the end of a meeting can further cement the idea for some.

Yet AA's pioneering members realized from the beginning that their sole purpose was to help people gain sobriety, and they went to great lengths to ensure the broadest membership among all who suffer from alcoholism. A.A. is a Fellowship, a community of like-minded sufferers who have found a way out of a hopeless condition.

We came to AA out of desperation to stop drinking, or reeling from the consequences of our actions while drunk. AA's sense of community and partnership is strong because of our shared suffering and our shared solution. In our meetings people from all walks of life come together with a common purpose. Some members return to their religious roots, others find different spiritual paths. Some may find this "God of their understanding," yet never become involved with organized religion. Still others make the AA group itself their higher power.

But one thing was sure — whatever our backgrounds, our beliefs or our lack of belief — our drinking had gotten out of hand.

A time came when we could no longer look the other way and pretend that we were in control of our drinking. Angry, defiant and suspicious as we were, something had to be done.

Asking for help didn't come easily to many of us.

Recognizing, first of all, that we needed to stay sober, many of us began to discover that we could utilize the A.A. program without conforming to religious or spiritual concepts we either disagreed with or didn't have. As we became more familiar with A.A., we began to realize the deep significance in the phrasing of AA's Twelve Steps, which emphasize "a Power greater than ourselves," and "God, as we understand him."

Excerpted from the new AA pamphlet, ***Pathways to Spirituality (P84)***,

with permission of AA World Services, Inc.

## **Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.**

The AA Guideline on the Internet (MG-18) says, "Modern communication in A.A. is flowing from one alcoholic to another in ways that are high-tech, relatively open-ended and evolving quickly. Protecting anonymity is a major concern for members, who are accessing the Internet in ever-growing numbers."

This Guideline goes on to say, "G.S.O. has received numerous complaints from concerned A.A. members regarding anonymity breaks online, inappropriate use of the A.A. name, and copyrighted materials and protected trademarks being improperly used on Facebook and other social networking Web sites. No local online A.A. or non-A.A. entity should purport itself to be a spokesperson for A.A. or act as if they represent the General Service Office, A.A.W.S., or the General Service Board. Each A.A. entity is autonomous and encouraged to make decisions by informed group conscience decision in light of the guidance provided in our Twelve Traditions.

A.A. members sometimes contact G.S.O. for suggestions on how to remain within the Traditions on Facebook and other social networking Web sites. Keep in mind that G.S.O. staff members are not "special workers" of the "technological wizards" variety, but they can act as a resource regarding A.A.'s Twelve Traditions and the shared experience of the Fellowship in the U.S. and Canada. How A.A.'s spiritual principles play out in new technologies needs to be carefully discussed by each A.A. individual or entity creating an online presence.

### **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 214, St. Paul MN 55104

## Notes From your Board...

I just spent a fabulous Saturday afternoon at an A.A. workshop, titled "Social Media, Friend or Foe". I learned a lot about Tradition 11, and how we as a society have our work cut out for us. Anonymity is as important today as it was at the beginning. I have been sober many 24 hours now and I am immersed in A.A. I am not fearful of people knowing that I am an Alcoholic. I found AA and it is my solution, I am proud and grateful to be an Alcoholic. I want A.A. to be readily available to anyone who wants it and I do not want my actions to ever deter anyone from entering a meeting to seek sobriety. I was told early on to get to know what I belong to, learn the traditions and the history. Doing so has given me a life that I do not deserve and cannot most of the time describe how wonderful it is to anyone. (Even when it is really bad.)

The General Service Office in New York has many policies in place to protect A.A. and its Traditions. Because of this we are one of the longest standing societies and have helped millions of people get sober. This is where St. Paul Intergroup gets our policies, so that we can do the same. I often think that out of respect for my sobriety and those that helped me find it, I have to protect it.

What does this have to do with the board of St. Paul Intergroup? The most precious direction I was given to get and stay sober was "be of service". Being of service to the Board has taught me how to show up, how to be one among many, how to play well with others, how to be strong in my convictions, how to be kind, how to practice the traditions in my life, how to have a filter, how to be a leader, how to be a follower, how to deal with difficult people, how to be patient, and on and on. These are the things that I did not know how to do and were causing the problems in my life. Being a part of the structure of A.A., at my home group and different events, and general service taught me how to be a citizen. All of this service allowed me to be comfortable in my skin in all situations in my life. I understand why people avoid being of service, we say things like "it's too political", "It gets too heated", "it's just plain too much work". We would not be here today if our co-founders or even as recent as our sponsors, said those things. I have learned so much and have put into use the things that I have learned in all areas of my life. I encourage you to get involved and find the treasure that is waiting for you.

- CJ Meyer, Treasurer

## Notes From your Central Office...

November is Gratitude Month in Alcoholics Anonymous, and one of the things we in the Intergroup office are grateful for is the help and direction we have received from our volunteer Board members. We hope those of you who will attend our annual Gratitude Night on Nov. 22 will join us in thanking our current Board members for their fine service over the past year (as well as those who have so served us in years past).

At our Intergroup Rep's meeting on the 18th this month, a new Board will be elected for the coming year. We invite you to consider taking part in forming our group conscience next year by running for one of the open positions on the Board. We will be choosing two new at-large member for two year terms, a secretary for a one year term, an alternate treasurer for a two year term and an alternate chairperson for a three year term. These new members help us serve the Fellowship of Alcoholics in the St. Paul area, meet other AA's from throughout our service area, and probably have a very good time in doing so.

We hope you will consider joining us for this.

- Thanks St. Paul Area AA!

<b><u>2014 Steering Board</u></b>		<b><u>Office Calls in September 2014</u></b>	
<b><u>Chair:</u></b>	<b>Christa W.</b>	Meeting information	83
<b><u>Alt. Chair:</u></b>	<b>Tim B.</b>	Inventory/hours	27
<b><u>Secretary:</u></b>	<b>Michelle M.</b>	12th Step calls	4
<b><u>Treasurer:</u></b>	<b>CJ M.</b>	Temporary sponsor	15
<b><u>Alt. Treasurer</u></b>	<b>John M.</b>	Speaker request	15
<b><u>Members at Large 2014:</u></b>	<b>Tiffany B. &amp; Steve N.</b>	Special events	1
<b><u>Members at Large 2015:</u></b>	<b>Hillary B. &amp; Paul T.</b>	Outside issues	12
<b><u>Advisor to the Board:</u></b>	<b>Jean O.</b>	Info for professionals	0
<b><u>Office Manager:</u></b>	<b>Frank N.</b>	Administrative	74
		Other	48
		<b>Total Calls</b>	<b>279</b>
		<b>Daily average</b>	<b>12.7</b>
		Visitors	242

# UPCOMING A.A. EVENTS!!

**Northwest Iowa 31st Annual Pre-Winter Rally**  
*"Elimination of Our Drinking Was But A Beginning"*  
 Village West Resort - Hwy 86 - Spirit Lake, IA  
**Friday, November 7th - Sunday November 9th**  
 For more info: [aasiouxcity.org](http://aasiouxcity.org)

**District 15 - Fall Workshop**  
**"the Importance of Being a GSR"**  
 Christ Lutheran Church  
 1194 36th St. N. - Lake Elmo, MN  
**Saturday, November 8th**  
 Lunch at 11:30AM - Tacos!  
 Presentation at 12:15PM

**Study & Action Group**  
**"Precisely how we have recovered"**  
 Founder's Day Weekend Session  
 The Doubletree Hotel  
 1500 Park Place Blvd., St. Louis Park, MN  
**Beginning Friday, November 28th: 6:00PM- 8:45PM**  
 (Continuing Saturday (9AM - 5PM, Sunday 9AM—Noon)  
 For more info: [www.Into-Action.com](http://www.Into-Action.com)

**Founder's Day Weekend 2014**  
 Celebrating 74 years of AA in the Upper Midwest  
*and Honoring A.A. members with One Year of Sobriety!*  
 DoubleTree Park Place Hotel  
 St. Louis Park, MN  
**Friday, November 28th - Sunday, November 30th**  
 For More info: [wwwFOUNDERSDayMN.org](http://wwwFOUNDERSDayMN.org)

**Southern Minnesota Area 36**  
**Area Committee Meetings**  
 Best Western  
 North Mankato, MN  
**Saturday, December 6th - 9:30 AM—5:30PM**  
 For more Info: [www.area36.org](http://www.area36.org)

**Southern Minnesota Area 36**  
**Recovery, Unity & Service Conference**  
*"The Foundation of Our Future"*  
 Celebrating 80 years of Recover, Unity & Service  
 Holiday Inn—Owatonna, MN  
**Friday, January 2nd - Sunday 4th, 2015**  
 For more info: [www.area36.org](http://www.area36.org)

## Group and Area News

**New Meeting:** The *Physically Sober Women in Dignity* group began meeting Fridays at 6:00PM at 2720 Maplewood Drive, in Maplewood 55109. They are a Women's, Closed, Speaker Meeting.

**New Meeting:** The *Sober Goats* group began meeting on Thursdays at 6:00PM at The Dancing Goat Coffee Shop, 699 East 7th Street, St. Paul 55106. They are a Mixed, Open, Step meeting.

## Fourth Step & Big Book Workshops

**By The Book 4th Step Workshop**  
 Wednesdays,  
 ~6:30PM - 7:45PM ~  
 2218 1st Ave, Minneapolis, MN 55404  
 For more info: [www.aabythebook.org](http://www.aabythebook.org)

## Your News?

We invite you to share your AA news here!  
 Please send your items to [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org).  
 We look forward to hearing from you.



## St. Paul Intergroup Annual Gratitude Night

~Saturday, November 22nd~

One Year Speaker & Carole B., From Billing, Montana

The Recovery Church  
 253 State Street, Saint Paul, MN 55107  
 (corner of Plato & State)

ASL Available - Please RSVP with Intergroup Staff by **October 21** (651) 227-5502



**St. Paul Area Intergroup Representatives' Meeting Minutes September 16th, 2014**

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from July were reviewed and approved.
- III. Treasurer's Report – CJ reminded us that Treasurer's Report is included on the website in the same section as Reps Meeting Minutes. The Prudent reserve policy is also on the website. CJ reported on the checking and payroll accounts. Both have healthy balances. Literature sales are doing fine. Expenses were down from last month. 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! 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 – GSO has said there will be a price increase of 20% on all AA literature beginning October 1, 2014. Frank encourages groups to stock up before October to save money. Price increase does not include Grapevine publications. Grapevine has new book coming out called Sober and Out which is about LGBTQ experiences. New printer installed July 17<sup>th</sup>. Application for hospitality suite arrived for Founder's Day, same price as last year \$341.86. Minneapolis IG City Pages ad will probably be switching to Vita.MN due to City Pages price increases. The office always welcomes volunteers, there is always work to do in the office. Jobs include answering phones, update list of speakers, help arrange temporary sponsors, update the 12<sup>th</sup>-step list, and clerical tasks such as making copies. 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 – Jonathan reported on the National AA Technology Workshop. Some topics were how to use technology to reach deaf community, and helping people coming out of treatment to connect to AA. He brought back CDs of the conference which are available in the office. Jonathan explained that the conference was mainly focused on idea sharing. AAWS sent current/past board members, Grapevine board member and Regional Trustee. Jonathan working on how to add a radius search to our online meeting search. 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 – 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 – Alternate Treasurer Kelly B has stepped down. Those who may be interested in this position should submit resumes to Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org). Requirements include being 2 years sober, an accounting background and Quickbook knowledge. The board will select a new Alternate Treasurer next month and bring decision to next rep meeting. The new Alternate Treasurer will become Treasurer in January and serve until end of 2015.
- VIII. Night Owl Report – At the time of this meeting we had 3 shifts open and still are looking for one female to be on the Night Owl committee. Please call Dan 612-328-3444 if interested, and please visit the website or call the Office for more information. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- IX. Liaison Reports:  
 CPC is looking for veterans to act as temporary sponsors for the Ramsey Co./Washington Co. Diversion Program. Contact Jeff T. at 651-271-9225. Info also on Intergroup website.  
 Ramsey Co. Detox will be getting some large print big books from the District 8.  
 District 8 will host the next Archives Alive in November.  
 District 15 discovered a free website called Signup Genius which will coordinate sign-up sheets. Jonathan mentioned another site called Volunteer Spot for coordinating sign-ups.
- X. Upcoming Intergroup Events:  
 Gratitude Night will be the next intergroup event. Check website for details.
- XI. Old Business: none
- XII. New Business: none
- XIII. Group AA Announcements:  
 Shannon – MNYPAA – conference coming up in April 2015 in St Paul; to fund Volleyball tournament on August 31st, suggested \$10 donation, winner will get free registration for conference, followed by speaker and bonfire  
 If your meeting location is closed on Labor Day so no meeting that night, inform Intergroup so a notice can be posted on our website. We also suggest you have volunteers at door that night.
- XIV. Suggestions for next month's agenda: none
- XV. Sandy K. volunteered to do the Grapevine Report for September.
- XVI. Mike C. volunteered for Concept IX Review for September.
- XVII. Jimmy H. volunteered for giving the Mock Rep Report September.
- XVIII. Closed with the Responsibility Statement.

**ATTENDANCE:**

Christa W., Board Chair	Tim B., Alt. Chair	CJ M., Treasurer	Michele M., Secretary	Steve N., Member at Large	Tiffany B., Member at Large
Hillary B., Member at Large	Paul T., Member at Large	Frank N., Office Manager	Jonathan L., Webservant	Mike S., Basic Text	Sandy K., Como Park BB
Mike C., Defogged Men	Scott L., District 8	Nancy T., District 15	Jestine M., Fire-side Women	David P., Happy Joyous & Free	Muggsy A., Hole in the Donut
Ken D., Maplewood Groups	Dave L., No Time Like the Present	Steve N., St. Paul Speaker Mtg.	Shannon W., Students of Life	Jane B., Summit Women's Grp.	Paul T., There is a Solution
Cheryl B., Third Edition BB Study					

**November MEETING: Tuesday the 18th, 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

## SEPTEMBER CONTRIBUTIONS

Number of Group Contributors:	31
Total Group Contributions:	\$11146.00
Number of Faithful Fivers:	16
Total from Faithful Fivers:	\$390

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

### **Thanks to all the super volunteers who helped in the Office during September September 2014 Volunteers**

Breck M., Brookes R.,  
Bob P., Burt K.,  
Carol R., C. J. M., David J.,  
Frank D., Henry O., Jamie J.,  
Jim C., Mark O.,  
Mike A., Mike S.  
Nancy D., Nikki M.,  
Randy N., Sam S.,  
Steve W., Suzanne B., Ty K.

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



## **Thanks to the groups that contributed in September 2014**

12x12 By the Book  
Anoka Day By Day  
Back to Basics - Savage  
Broad Highway Group  
Cedar Cliff Group  
Cottage Grove  
CRC Friends of Bill W.  
Dakota Alano Friday 8 PM  
Dakota Alano Monday 8 PM  
Day by Dei Saturday  
Easy Does It group  
Forest Lake Alano  
Gopher State Roundup  
Grovers Thursday Night  
Hazelwood AA  
Highland Park Groups  
Just for Today Women's  
Main Idea  
Mendota St. Peter's Sat 1030 Group  
Mendota St. Peter's Sat 9 AM  
Oasis Group - Apple Valley  
Pocketing Our Pride  
Ship Of Fools Group  
Shoreview 12 x 12  
St. Stephen's Tuesday Group  
Stillwater Morning Groups  
Summit Hill  
Third Edition Group  
Third Tradition Northfield  
Three R's group  
Una Luz en el Camino

### **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](mailto: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.

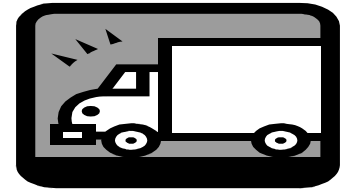


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

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