

The Lifeline



APRIL 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 4

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

Step Four and Step Ten have to do with personal inventory. All twelve of AA's suggested Steps are personal in that they deal with the individual. They constitute his charter of freedom. The Twelve Traditions, on the other hand, relate to AA as a whole and to AA in its various parts, particularly the groups. They constitute AA's guide to unity. Now if the individual should take periodic inventory, why not the group? A group is not an inanimate thing. You hear references made to "the spirit of this group..." A group has personality and so groups differ one from another as do individuals. Some groups do well, others do poorly. Some groups flourish for a while and then go into a decline. Some groups fail, close down and cease to hold meetings. Why?

If an individual should take inventory even if he is doing well, why not the group? If things are not progressing satisfactorily, then an inventory is particularly in order.

How does a group take inventory? Much in the same manner as an individual. It should probably be done at a closed meeting. The leader might have pencil and paper and some prepared questions. The group then, through its members present, should review its assets and liabilities—not just the financial items, though these, too, might be included. Emphasis should be given to the overall job being done, to an examination of how the group is executing its responsibility. This might best be accomplished by asking some questions. The following queries are not intended to be complete in coverage but merely illustrative. They may suggest others more directly applicable to your group.

1. What is the basic purpose of the group? To keep its members sober? To welcome new members? To provide a social outlet? The Fifth Tradition says, "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers." Is that somewhat surprising?

2. Just what is your group doing to "carry" the message? Does it take refuge completely in the Eleventh Tradition which says, "Our public relations policy is based on attraction rather than promotion?" Sure, it welcomes newcomers, but is that carrying the message, or is it reaping the harvest resulting from the prior sowing of others? Does the newcomer in fact practically have to beat down your door in order to get in? If he sneaks in, do you ignore him?

3. Your group has thirty-five members after five years of existence. "Very good," you think. Are you sure the number should not be 100? What is your "trading area" population? 60,000? Applying the national average, there should be 1,500 drunks in your area. Again applying the rough national average, fifty-five of the 1,500 should be in AA. But with your group's talent, members with available time, and other assets, perhaps your figure should be half again as large as the national average. Perhaps then you should have eighty-two instead of the projected fifty-five, or the thirty-five you already have? Why don't you have more? Has your group done anything lately to bring the AA message to the attention of local editors, physicians, judges, teachers, and other public leaders who can be helpful in reaching those who need AA?

4. Are you getting a proper cross-section of your community? Or just the low bottoms? Or just the high bottoms who form a cozy, executive clique to which other types of alcoholics receive a frigid welcome? Do you get the proper percentage of men and women? Or mostly men? Or mostly women?

5. Do your members stick or is turnover excessive? Do a lot of new prospects come in but fall by the wayside quickly? Are you complacently sure that part of this is not due to group methods? Does your group do a proper job in educating, encouraging, and assisting the spouse of the alcoholic?

6. How effective is your sponsorship system and how much of a sense of sponsorship responsibility does your group have? What does it do about a prospect who comes in without a sponsor? Or the one who comes for a while and then does not show up? How many times will you "go after" him? Twice, ten times? Or do you say, "to h--l with him," or "he knows where it is. If he wants it, let him come and get it"?

7. Has everything practical been done to provide an attractive meeting place where new people will be reasonably comfortable and to which older members will be glad to return? Or are you satisfied with inadequate quarters on the run-down side? Are you paying reasonable rent or are you taking advantage of some church, fraternal club, or other organization which in a sense is underwriting your sobriety? Did you ever figure out how much cash your group could get up in an evening in the days when all who are now its members were drinking and when the cash was going for liquor?

8. Has proper effort been made to explain to all members the need and value of working in the kitchen and performing other house-keeping duties? Have they been told precisely how to do those jobs, or is the whole matter left to their initiative and imagination even though they have little of either? What methods do you use to bring members more definitely into the group, to make them feel that they belong?

9. Is adequate opportunity given to all eligible members to speak before the home group and before other groups? Does anyone actually keep a check list to see that no one is overlooked? How far back does that list go?

10. Do you pick officers with care and consideration on the basis that officership is a great responsibility and an opportunity for unusual Twelfth Step work? Or do you consider the whole thing a chore and a sort of joke, electing someone in open meeting who may not even be present? Do you elect someone because you think it might be good for him, forgetting that our common welfare should come first? Have you given thought to the selection of a nominating committee whose job it would be to consider all eligible members, evaluate their stability, interest in the group, ability, available time, and other relevant factors? The nominating committee could then present the slate of candidates to the group for its consideration. While other names could be suggested at the election meeting, the group will usually support its committee. This method tends to eliminate the occasional nomination from the floor of the least likely member by an ill-advised or even confused buddy.

11. Does your group lend its fair share of support to intergroup and the General Service Office? These service organizations are doing a Twelfth Step job on an area, a national, and an international basis. No one group could carry out that responsibility. Could your group prepare and finance the publication of a Big Book? Or contact editors and movie producers to prevent the dissemination of erroneous information that might be harmful to AA, and to supply correct information of value to the alcoholic who still suffers?

AA is easier to know about today because of the work of our service organizations. AA is respected today and it is therefore easier for some of us to join than it was years ago. My sobriety or your sobriety in the final analysis might depend on the overall national acceptance of AA. Any disgrace to AA on the national level would have an effect in every local area, in every group. Do you ever give any thought to these broader concepts, or is your group thinking solely on a provincial, selfish level? If your group has a broad outlook, does it result in action, in generous help to your intergroup and the General Service Office?

12. Just what has your group done during the last six months to carry the message?

Most of these questions relate to the Fifth Tradition, carrying the message. Many others could be raised relative to a group's success in the light of other Traditions: common welfare, unity, group conscience, money, outside interests, anonymity—could all be subjected to extensive inquiry.

(Continued on Page 2)

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 Page 1)

In taking group inventory, the chairman, leader, or secretary might want to make some notes. The group might wish to take action as it went along. Ideas could be referred to committees and chores assigned to specific individuals for execution. A complete set of minutes might be prepared for reading at the next inventory meeting, say six months hence. The minutes might help to look back and see what improvements resulted from the inventory taking.

We are fortunate that it was *the group* which developed into the primary instrument for channeling the AA message. AA did not necessarily have to develop in that manner. The founders might have chosen paid consultations, paid sanitarium incarceration, paid correspondence courses, or a dozen other methods of transmitting the message.

The fact that the informal no-dues-or-fees group was created is the principal reason why AA has grown so rapidly.

It may be the reason why you and I are sober.

The group is a precious thing. Let's look after it.

-Anonymous, Scarsdale, New York

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Notes From Your Board...

I recently joined the board and am super excited about this opportunity. I was very nervous at first wondering if I was capable of such a commitment. But now that I've started it's not as scary as I thought it would be. Everyone is so welcoming and very helpful, and I'm really enjoying it. I'm in my third year of sobriety and the last six months I've been doing a lot of service work. I've always known how important it is to be involved and have always made sure to have at least one solid AA commitment at any given time. But recently I've just started saying yes whenever I am asked if I can be of help and it's really been a game changer for me. My sponsor suggested that if I have the time I should give it and that's just what I've been doing. And I'm not exactly sure when but at some point service work has changed from something I have to do, to something I get to do...and as a bonus it improves my life AND keeps me sober!

Come join us, it's worth it I swear!

- Jestine M., Member at Large

Notes From your Central Office...

We wrote here last month about the origin of St. Paul Area Intergroup and that we have a big anniversary coming up next year. In anticipation of this, in coming months we hope to review in these pages some of the history of our office. Those of you with memories to share are all invited to jot them down and send them in for this. We know there are many who have served St. Paul Intergroup over all these years in various capacities, and we'd like to hear of your memories and reflections!

Many of you may be surprised to know that your Intergroup office nearly had to close a quarter century back. In the early 1990's, the office was having great difficulties paying its bills, and there seemed to be no way for it to catch up with them. Some AA members thought the only recourse was to shut the office down and liquidate it.

A few other AA members, though, came to the rescue. They went out pounding the streets, "putting the arm" on area groups and individual AA members to come forward and help get the office back onto sound financial footing. The Intergroup Board, as it was then composed, also made changes within the office to bring expenses under control. It wasn't easy and it took a long time but it worked. Within a few years, the Intergroup office had a positive balance and a prudent reserve.

We are sure some of our long-timers will remember those days and the efforts made. We would be happy to hear from you.

-Thanks St. Paul Area AA!

2015 Steering Board

<u>Chair:</u>	Tim B.
<u>Alt. Chair:</u>	Sandy K.
<u>Secretary:</u>	Scott L.
<u>Treasurer:</u>	John M.
<u>Alt. Treasurer</u>	Joe W.
<u>Members at Large 2015:</u>	Hillary B. & Paul T.
<u>Members at Large 2016:</u>	Jestine M. & Mike C.
<u>Advisor to the Board:</u>	Christa W.

Office Calls in February 2015

Meeting information	106
Inventory/hours	23
12th Step calls	5
Temporary sponsor	16
Speaker request	10
Special events	1
Outside issues	14
Info for professionals	4
Administrative	64
Other	45
Total Calls	288
Daily average	14.4
Visitors	247

UPCOMING A.A. EVENTS!!

**4th Annual
MNYPAA Conference**
"Reality is a Wild Ride"
Holiday Inn
Saint Paul & I-94
Friday, April 10th - Sunday, April 12th
For more info: www.mnypaa.org

**Area 36
Delegate's Workshop**
St. John's Lutheran Church
Northfield, MN
Saturday, April 11th - 9:00AM—4:00PM
For more info: www.area36.org

**Area 36 Archives Committee Presents
Archives Alive [no.3]**
With Districts 16, 18, & 23
"Discovering AA in Southern Minnesota in the '60's and '70s"
Area 36 Archives Repository - 712 E. 10th St, Glencoe, MN
Saturday, April 18th 9:00AM - 4:00PM

**21st Annual
Sunlight of the Spirit Weekend**
"Becoming a Part of the Common Solution"
Holiday Inn, Fairmont, MN
Friday, April 17th - Sunday, April 19th
For more info, email: sotsweekend@gmail.com

**45th Annual
Iron Range Get-Together**
"Happiness is an Inside Job"
Sawmill Inn - 301 S. Pokegama Ave
Grand Rapids, MN
Friday, May 1st - Sunday, May 3rd

**Southern Minnesota Area 36
Area Committee Meetings**
Best Western
North Mankato, MN
Saturday, May 9th - 9:00 AM—5:00 PM
For more info: www.area36.org

Group and Area News

New Group: The *Big Book Belles* have begun meeting Tuesdays at the Christ Lutheran Church in Lake Elmo, 55042. The group holds a Closed Women's Big Book meeting at 5:30PM.

New Name: The former Hazelwood group is now the *Lakeview* group. They still meet Tuesdays at 7pm at the Lakeview Lutheran Church, 1194 East Co. Rd. C in Maplewood.

New Location: *Mahtomedi* AA has moved their meetings from "The Ark" to the second floor of the school building at St. Jude of the Lake, 130 Fir St., Mahtomedi. They meet Tuesdays at 8pm.

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

Gopher State Roundup XLII

will be held at the
DoubleTree Bloomington
May 22-24, 2015.

Hospitality suites are available by reservation for this event. If your group is interested in a hospitality suite and the associated rates, please contact the Hospitality Suites Committee:
HospitalitySuitesCommittee@gmail.com



Chicken Dinner 5:30 P.M.



**Dance 9:00PM—Midnight
LIVE BAND!!!**

"The Ramshackle Charmers"

Saint Paul Intergroup's Annual Spring Fling

Saturday April 18th, 2015

The Recovery Church

253 State St, St Paul, MN 55107

(Plato & State St)

For More information call: 651-227-5502



AA & Al-Anon Speakers 7 P.M.

(Open Meeting - Seventh Tradition)

AA Speaker:

Doug M. - Hole in The Donut group,
Roseville, MN

Al-Anon Speaker: TBA

**Contribution: \$10 Entire Evening,
or \$7 Dinner Only, or \$5 Dance Only**

~~No one turned away for lack of funds~~



St. Paul Area Intergroup Representatives' Meeting Minutes February 17th, 2015

1. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
2. Minutes from January were reviewed and approved. Muggsy A. motioned and Cheryl B. seconded.
3. Treasurer's Report, Joe W. gave the treasurer's report. He reported a bank account total of \$38,134 and a prudent reserve of \$45,003. Group contributions are down and total contributions are down and since last month. Office sales have increased. Expenses are down and liabilities decreased from last month. Receivables increased. Overall we are within our yearly budget. Contact John M at treasurer@aastpaul.org or Frank N. at manager@aastpaul.org
4. The Office Report, busier than normal for this time of year with visitors and selling medallions and literature. Minneapolis Intergroup invited us to their Gratitude Night and we'll be there with flyers, etc. We'll be selling literature at MNYPAA.— 36 groups and 13 individual faithful fivers contributed this month.
5. The Website Report, added 5 meetings and 2 groups. Web traffic was up so people are finding meetings. Dakota Co. Jail, District 8 and Night Owl service opportunities updated
6. Outreach Program, printed info is available for meetings never previously visited for outreach visits. Contact Jestine M at outreach@aastpaul.org or Frank N. at manager@aastpaul.org
7. Update from the Board, Sandy K., Gratitude Night, Sa 11/21, needs a location for 200 people
8. Night Owl Report, Dan R., coordinating committee is looking for three new committee members (1 male, 2 women). Contact Dan 612-328-3444 or Frank at manager@aastpaul.org. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office. Please check the website for open shifts.
9. Liaison Reports, District 8, Sa 3/14, workshop Tradition 11 as applied to social media, many open committee chairs. District 15, Sa 3/14, workshop attracting newcomers, panel and open discussion. District 19, Dakota Co Jail in Hastings, takes a meeting on Sa and Su.
10. Upcoming Intergroup Events: Volunteer Appreciation Dinner, Bethlehem Church, Sa 3/7, 6:30 pm dinner/7:30 pm speaker is Roseanne J. The event is a celebration of all volunteers in any manner. Spring Fling, Sa 4/18, Recovery Church with a spaghetti dinner, AA and an Al-Anon speaker and dance. Gopher State, 5/22-24, we'll need volunteers for the hospitality suite.
11. Old Business, none
12. New Business, Ann V., Gopher State Roundup board member, passed volunteer sign up flyers around.
13. Group AA Announcements
 Womens Fireside Meeting, every 4th We, 6:30 pm potluck then speaker, all genders
 MNYPAA 4th annual statewide conference, Fr 4/10-Su 4/12, event opener, 3/28, activities in preparation for the main conference. Business meeting is every Mo night at Augsburg College.
 Up In Smoke meeting, Th 8 pm, Golden Leaf at 277 West 7th S
14. No suggestions for next month's agenda
15. Kate volunteered to do the Grapevine Report for March
16. Terry H. volunteered for Concept III Review for March
17. Sonya J. volunteered for giving the Mock Rep Report for March
18. Closed with the Responsibility Statement

ATTENDANCE:

Tim B., Board Chair	Sandy K., Alt. Chair	Christa W., Advisor to Board	Scott L., Secretary	Joe W., Alt. Treasurer	Paul T., Member at Large
Jestine M., Member at Large	Hillary B., Member at Large	Jonathan L., Webservant	Frank N., Office Manager	Jill J., Como Park BB	Leslie D., District 8
Dan R., District 19	Traci B., Fireside Women's	William V., The Firing Line	John K., Gratitude In Action	David P., Happy, Joyous & Free	Muggsy A., Hole in the Doughnut
Kate, MNYPAA	James D., New Brighton BB	Sonya J., Pocketing Our Pride	Jimmy H., Prob & Solution	Tony A., Rule 62	Elle A., Students of Life
Jenn B., Summit Hill	Cheryl B., Third Edition	Joe S., 12x12 By The Book	Peter O., Up In Smoke		

April MEETING: Tuesday the 21st, 2015 (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. W.
Suite 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

FEBRUARY CONTRIBUTIONS

Number of Group Contributors:	36
Total Group Contributions:	\$3906
Number of Faithful Fivers:	18
Total from Faithful Fivers:	\$444

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 February**

Breck M., Burt K., Carol R.,
Cathy T., Desiree H.,
Frank D., Isaac Z., Karl G.,
Jim C., Jimmy P.,
John V., Ken S.,
Lonnie A., Lori L. Paul L.,
Pat W., Ratta C.,
Sarah M., Steve H., Ty,
Uslie R., Vin S.

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



**Thanks to the groups that
contributed in February
2015**

- 11th Step Meditation
- Anoka Day By Day
- Basic Text
- Burnsville - Primary Purpose
- Cannon Falls Group
- Cliffhangers III
- Como Park BB
- CRC Friends of Bill W.
- Dakota Alano Thurs 1145 AM
- Day by Dei Saturday
- Defogged Men's Group
- Easy Does It group
- Episcopal Home group
- Fellowship of the Spirit
- Happy Hour Men's Meeting
- Happy Joyous and Free
- Hastings Club
- Highland Park Groups
- Hole in the Donut Group
- Live and Let Live
- Midway Club
- North Dale Group
- Ridge Runners II Sat 830 AM
- River Rats
- Rivertown BB Group-Hastings
- Serious Sober People
- Summit Hill
- Third Tradition Northfield
- Three R's group
- Una Luz en el Camino
- Up In Smoke
- Uptown Club
- White Bear Lake Redeemer
- White Bear Wed AM Women's
- Women's 12 x 12 Study Monday
- Woodbury Primary Purpose



The Lifeline: Purpose Statement

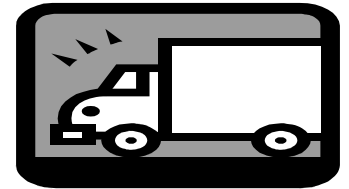
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article 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