

The Lifeline



May 2016

24 Hour Phone: 651-227-5502

Volume 52, Issue 5

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

When asked to write about Step 5, I reflected back to the scared individual I was when I first started my journey in this program. I was sure that no one had any of the experiences I had that sent me spiraling into these rooms. I was positive none of you would understand who I was and there was absolutely no way I was ever letting any of you in. You could not know my deep dark secrets, those things that would cause you to push me away and tell me you didn't love me. Everything I had done was definitely worse than what you had done, I believed. Terminal uniqueness is what I know this as today. It was what was killing me through the bottle and through my soul.

One day I began listening in the meetings and learning what it meant to connect with the "we" of this program. I learned why I needed to find a sponsor, someone I could trust to tell all of my deep dark secrets to. I became accountable to that person. I finally began to slowly let that one person in... not just surface deep, but really in. I let her know the real me. When I sat down and told her my story and admitted those bad things, little by little they have stopped having the power over me. The day my sponsor laughed at me over the deepest darkest secret I had held onto and told me she felt that way sometimes too, the dam inside me burst. I stopped punishing myself and started believing that maybe truthfully I did have a disease and I wasn't a bad person, I just did some bad things. I learned that maybe things weren't always what they seemed. I seemed to be looking at things through the wrong lens and when that lens was turned, things started to fall into perspective...not too big and not too small. When I truly admit who I am, this lays the foundation for me to continue on this wonderful journey to freeing myself and becoming the woman I am was meant to be. Only through this path, can I truly be of maximum service to the still suffering. The great Maya Angelou stated: "*There is no greater agony than bearing an untold story inside you.*"

Beth W., District 8 DCM — Como Park Big Book; Roseville, MN

Concept Five: Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Concept 5 describes a traditional "Right of Appeal" intended to insure that minority opinion will always be heard. Even after a matter has been voted on, those opposed are asked if they wish to speak further on the minority view. AA Boards will usually require at least a two-thirds majority to pass a decision. This attempts to bring about "substantial unanimity." Why so much attention to the minority view? Not being listened to can be very frustrating. Also, many times a strong minority argument has changed the group decision.

A good opportunity to see Concept 5 at work should come when the boards will make decisions about the coming proposal to publish a "plain language" version of the Big Book. All sorts of "views" will undoubtedly be expressed in that debate and afterward, if they decide to go ahead with the project. Strong focus on minority opinion will be essential as the boards make decisions along the way.

Ken S., St. Paul Intergroup Tradition Eight Special Worker — Hole in the Doughnut; Roseville, MN

We Moved!!!

608 West Seventh Street; St. Paul, MN 55102 (corner of West 7th & Western)

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

608 West Seventh Street; St. Paul, MN 55102

Tradition Five: Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

This tradition is pretty simple, I'm an alcoholic so I try to complicate things as much as possible but this tradition even allows my convoluted mind to grasp it somewhat easily. I was thinking about what the 5th tradition means to me personally and I have been to treatment centers and detox centers and have had profound experiences carrying the message. But I want to share my first exposure to the message.

I was sitting in the backyard of my home that the sheriff was going to kick us out of any day. I felt a deep doom and inadequacy simmering in my body with that stinging feeling that shrinks my soul and separates me from anything genuine or loving or spiritual. A feeling that shame has made me very familiar with. It didn't help that our electricity and water had been shut off, and I had a baby to take care of. The shame felt like it would never end, and to say I hated myself was the tip of the iceberg. My values, morals and core beliefs were not in congruence with my actions and that slowly ate away at whatever self-esteem I had built in my 30 years.

My mom called and confronted me about the money I stole from her to feed my disease. I tried to feed her denial. It almost worked but I knew I couldn't keep the secret much longer. I felt like my whole world was caving in around me, I felt like everyone would be better off without me. I googled "Help me I'm an alcoholic" and a number came up to a crisis center and I got a man on the other end of the line that happened to be in recovery. His name was Eddie. I told him my family found out that I was an alcoholic. I told him I had been stealing, lying, and acting in ways that made me hate myself. He repeated, "That's what we do, that's what I did!" He was many years sober at the time and told me that I wasn't a unique alcoholic. He told me that if my family turned their back on me, if my friends turned their backs on me, if the whole world turns its back on me there was a fellowship of people just like me that would always support me and would never turn me away. He told me I would always have a chair in the rooms. He told me I was no different from him and that if he could get sober, I could get sober.

Eddie was right. I know in the deepest part of me that I always have a chair in these rooms. I've met many people like Eddie since I entered these rooms, but Eddie holds a special place in my heart. He showed me a glimmer of hope for one tiny second that day. That hope has grown and grown and I'm so grateful for this tradition, for these rooms, and for this fellowship. And thank you Eddie. Talking to you opened the door to a new life for me.

Olea H. — Sahara Rock S.O.L.I.D.; Minneapolis, MN

Thoughts from the Board:

"I stood in the sunlight at last." So says Bill W. in a moment of clarity in his story in the Big Book. He meant, of course, that he stood in the sunlight of the spirit. Here we are in spring, with longer daylight and warmer weather. I hope we are all standing in the sunlight, of both Mother Nature and the Father of Light.

Spring often marks new beginnings, and there are several of them at St. Paul Intergroup. The office has moved to a new location at 608 West Seventh Street in St. Paul. The new digs are in a storefront, with greater visibility in the neighborhood. Our hope is that this location attracts more foot traffic for increased sales and volunteers. The new office is being overseen by our new office manager, Johni B. Johni was chosen from among several qualified and enthusiastic candidates.

The move and the new manager came from decisions made by the St. Paul Intergroup Board. We are volunteers, committed to doing service for Alcoholics Anonymous. I think I speak for the entire Board when I say that we take these kinds of decisions very seriously. We come together with different personalities and opinions, and we address the task at hand with respect for each other and for A.A. as a whole. I'm grateful for the opportunity to be a part of such rewarding work. Each day that I can be of service is a new opportunity to stand in the sunlight.

Jenni S., St. Paul Intergroup Alternate Board Chair — New Brighton Big Book Study; New Brighton, MN

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, 608 W. Seventh Street, St. Paul MN 55102. 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.

UPCOMING A.A. EVENTS!!

Southern Minnesota Area 36 Area Committee Meetings

Best Western
North Mankato, MN

Saturday, May 14th - 9:00 AM—5:00 PM

For more info: www.area36.org

St. Cloud Roundup's Spring Celebration of Recovery

Moose Lodge

1300 3rd Street N., Wait Park, MN

Saturday, May 21st

6:00PM Dinner(\$23.00) , 7:00PM AA & Al-Anon Speakers
Ice Cream After Speakers - \$4.00

Group and Area News

New Meeting: The *There Is A Better Way* group is now meeting Saturdays at 10:00AM in the Conference Room at Amore Coffee; 879 Smith Avenue; West Saint Paul, MN 55118 (Corner of Smith Avenue and Annapolis Street). The meeting is Closed, Step, All-Ages, Mixed.

Your News?

We invite you to share your AA news here!
Please send your items to lifeline@aastpaul.org.
We look forward to hearing from you.

"Acceptance Is The Key"



GOPHER STATE ROUNDUP XLIII MAY 27, 28 and 29, 2016

A.A. with Al-Anon, Alateen Participation
www.gopherstateroundup.org



Activities and Accommodations at
DoubleTree by Hilton Hotel, Highway 100 & 494, Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP

HOSPITALITY ROOMS • A.A. FILMS

REGISTRATION - \$15.00 Contribution (ages 13 & over) A.A., Al-Anon, or Alateen.
Credit cards are now accepted. Processing fees apply.

Visit www.gopherstateroundup.org for online registration by May 25th.
Onsite registration begins Friday, May 27th, at noon. Registration badges provide admittance to all roundup activities and must be worn in the hotel at all times.
Parking rules will be enforced.

Guaranteed Special Room Rates
Make reservations by May 21st at
www.gopherstateroundup.org
or directly with DoubleTree by Hilton at 800-222-8733
Mention Gopher State Roundup for special rate.

Gopher State Roundup is a special A.A. conference with Al-Anon participation.
Gopher State Roundup is self-supporting.
No contributions from A.A. groups are used to pay for this event.
Expenses such as hotel fees, travel & lodging for the speakers, and printed material are paid through registration fees.
No baskets are passed during this event.

SPEAKERS

FRIDAY, MAY 27
7:30 PM Brian P. A.A., Round Rock, TX
10:00 PM Sarah H., A.A., Los Angeles, CA

SATURDAY, MAY 28
9:30 AM Corrie L., Al-Anon, Wetumpka, AL
11:30 AM Judy L., A.A., Westminster, CO
2:00 PM Josiah B., Al-Anon, Los Angeles, CA
4:00 PM Dick C., A.A., History Presentation
7:30 PM Katie P., A.A., Austin, TX
10:00 PM Charlie P., A.A., Austin, TX

SUNDAY, MAY 29
10:00 AM Debbie D., A.A., Concord, CA

ASL interpretation is provided for the meetings listed above.
CDs are available in the Grand Ballroom foyer.

St. Paul Intergroup 50 Year Anniversary!

Open House

Saturday, July 9th

11:00 AM ~ 3:00 PM



Join us for
fellowship,
food, and fun!!

At Our New Location!
608 W. Seventh Street
St. Paul, MN 55102
(Corner of Western & West 7th)

For More Info Call Us:
651-227-5502



Become a St. Paul Intergroup Night Owl!

Upcoming Night Owl Orientations:

Saturday, May 21st, June 18th, July 16th

10:00 AM - 11:00 AM

St. Paul Intergroup Office
608 W. Seventh Street — St. Paul, MN 55102

Please RSVP: 651-227-5502



St. Paul Area Intergroup Representatives' Meeting Minutes March 15th, 2016

Opened with the Serenity Prayer, introductions, and reading of the Primary Purpose of Intergroup. Minutes from last month were reviewed and approved, John motioned and Lesli seconded.

Treasurer's Report, Matt R gave the treasurer's report. Bank account total is \$34,130 and prudent reserve is \$45,013. Total contributions are down from last month. Overall, a net decrease of \$693. Contact Joe W at treasurer@aastpaul.org

The Office Report, Frank N's last time giving report. It's a really busy time in the office. Welcome Johni B as new office manager, who is completing orientation this week and needs our support. The new office location is 608 7th St W. Move will be 4/16-17 and will open on Monday 4/18. Individuals and groups have been offering to volunteer. Also need volunteers for Gopher State literature sales table. A final thank you to all whom I've met for the wonderful and abundant support. It's been an honor and pleasure to serve you. 34 groups and 13 Faithful Fivers contributed. We're grateful for your generous support, contact Frank N/Johni B at manager@aastpaul.org

The Website Report, 667 meetings and 286 groups total. Up 1 group and 2 meetings from last month. Volunteer Sergey is managing the current site while Jonathan continues to develop the coding and layout of the mobile site. Site will be modified to include revised transit directions to the new office location. Stats are down this month except for meeting results. Please forward special events for posting. Contact Sergey or Jonathan at webservant@aastpaul.org

Outreach Program, need volunteers to visit meetings to keep website updated, appreciation extended to volunteer Fred for completing the list of meetings never visited and who will continue to visit older meetings in the database, Contact Jestine M at outreach@aastpaul.org

Update from the Board, Jenni S gave the report, Reps meetings will continue at this church thru June until new location determined, thank you to Frank N and welcome to Johni B

Night Owl Report, Lesli D, see website for 1 open shift. Night Owl Orientation is every third Saturday at 10 a.m. in the Office. Contact Lesli D at nightowl@aastpaul.org or Johni B at manager@aastpaul.org

Liaison Reports, District 8, Meghan K, no report; District 15, Julie H, Service in Recovery Workshop Saturday 3/19 in Lake Elmo; District 19, Dan R, no report

Upcoming Intergroup Events
 Spring Fling, Saturday 4/30, time/location TBD, office open house, BBQ, speaker and dance, Mike C and Tim B
 Gopher State Roundup 43, 5/27-29, Acceptance is The Key, need hospitality suite volunteers, JD and Matt R

Old Business, None

New Business, Night Owl orientation will still take place on Saturday 4/16 during office move

Group AA Announcements, Maplewood Alano monthly sobriety meeting Saturday 3/19 6:30-8:30, potluck speaker;
 Uptown Group pin night Saturday 4/2, Recovery Church, potluck, 7pm AA and Al-Anon speakers then medallions

Suggestions for next months's agenda, None

Grapevine Report, Debbie gave report; volunteer for Apr, Lesli

Concept III, Joe W gave report; volunteer for Concept IV for Apr, Erin

Mock Rep Report, David; volunteer for Apr, Kate

Closed with the Responsibility Statement

Meetings Represented: Como Park Big Book, District 15, Fireside Women's Group, The Firing Line, Gratitude in Action, Hole in the Doughnut, Look to This Day, Main Idea, Maplewood Groups, Midway Club, Northwestern Alano, Outright Mental Defectives, Pocketing our Pride, Rule 62, Sober Goats, Summit Hill, Third Edition, Uptown Groups, West End Groups

<u>2016 Steering Board:</u>		<u>Office Calls/Visitors—March 2016</u>	
Chair:	Sandy K.	Meeting information	94
Alt. Chair:	Jenni S.	Inventory/hours	7
Secretary:	Scott L.	12th Step calls	5
Treasurer:	Joe W.	Temporary sponsor	23
Alt. Treasurer	Matt R.	Speaker request	28
Members at Large 2016:	Jestine M. & Mike C.	Special events	2
Members at Large 2017:	Catherine K. & J.D.	Outside issues	11
Advisor to the Board:	Tim B.	Info for professionals	2
Office Manager:	Johni B.	Administrative	101
		Other	57
		Total Calls	330
		Average Calls/Day	14.3
		Total Visitors	320
		Average Visitors/Day	13.9

May 2016 REPS' MEETING: Tuesday, May 17th @ 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

608 West Seventh St.
Saint Paul, MN 55102

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

MARCH CONTRIBUTIONS

Number of Group Contributors: 29
Total Group Contributions: \$3129
Number of Faithful Fivers: 16
Total from Faithful Fivers: \$245



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



**Thank you to all
the Groups that
contributed in
March 2016**

Basic Text

Burnsville - Primary Purpose

CRC Friends of Bill W.

Dakota Alano

Dakota Alano As Bill Sees It Sat 9AM

Easy Does It group

Forest Lake Alano

Grapevine Group

Happy Joyous and Free II

Highland Park Groups

Highway 96er's Group

Hudson Alano Society

Lakeville Hope Community

Meeting of the Waters

Midway Club

Pages of Wisdom BB

Rivertown BB Group-Hastings

Rosemount AA

Rule 62 Step & Tradition Group

Sisters of Serenity

Stillwater Morning Groups

Third Tradition Northfield

This Simple Program

Una Luz en el Camino

Up In Smoke

Uptown Club

White Bear Wed AM Women's

Women's Basic Text

Woodbury Serenity Sisters



Thanks to all of the FANTASTIC Office Volunteers who helped in March:

Brent B., Crystal T., Dustin S., Frank D., Henry O.,
Jason S., Jean R., Jeff B., Jennifer L., Jim C.,
John V., Kelly W., Mary H., Mike D., Marlon B.,
Natalie S., Pat W., Suzanne B.,
Trevor G., Ty, Zel



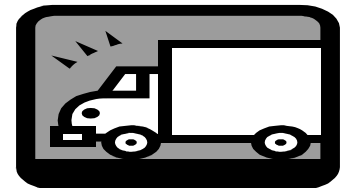
Thanks to our AWESOME Night Owls too!

St. Paul Intergroup
608 West Seventh Street
St. Paul, MN 55102

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 our 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
608 West Seventh Street
Saint Paul, MN 55102