



STEP FOUR — COURAGE

The principle behind the fourth step is courage. I had to ask God for the courage to look at core beliefs and survival strategies that dated back to childhood. I had to question my sacred cows and take a critical look at the way I had handled situations all my life. That meant digging up all the mistakes I had buried. It was not pretty. I had thought my defects were a well kept secret. In reality, my shortcomings are what my friends call “the trouble with Rob.” In the first step, I got at the truth about the consequences of my drinking. In the fourth step, I got at the truth about the consequences of all my other behaviors.

My First Time ***The Big Book's 4-Column 4th Step***

The most profound thing I can say about Step 4 is that thinking about it was much worse than actually doing it. The longer I procrastinated the more difficult I imagined it would be. After all, if it had been easy, I would have done it long ago. One of my stalling tactics was to do research. I must have found fifty ways to do a fourth step.

My second sponsor said, “You already know more than you will ever use. *So just do the best job you can do for today. Just DO IT! If you miss something, more will be revealed later and you can deal with it then.*” That fourth step was mostly a resentment inventory, as described in the Big Book (page 64 and following). On the front of each sheet, I wrote the name of the person I resented, how they had harmed me, and how it had affected me. That part flowed effortless from my pen. The challenge came

when I had to write on the back of the previous sheet my part in each of these situations. I realized that in every case -

- My finger prints were on the knife used to stab me in the back;
- I had provoked their retaliation; or
- I had failed to set a boundary and then played my favorite Irish head game “Guess what I am mad about” when they crossed the imaginary line.

Believing that appearances are everything, I often broke promises and then tried to cover it up. I cut corners and hoped nobody would notice. I let someone else take the blame when things did not work out. I could not stand being wrong. In my longest relationship, I never lost an argument -- even if it took 12 years. I was highly opinionated and often wrong, but never in doubt.

In the process of doing the first fourth step, I realized that every aspect of my life looked the way it did because of choices I had made. I could not blame anybody for anything. That thought made me very uncomfortable. My experience suggests that the truth will set you free, but first it will piss you off. None of the insights into my character that changed my life looked like good news at first. Sometimes I felt like throwing up. AA has made it possible to transform my rude awakenings to spiritual awakenings. If I got here by choices I had made, I could make other choices. With that came freedom

Continued on page 4

The Lifeline: Purpose Statement

The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Inc. 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 St. Paul Intergroup. We welcome articles on a Step, Tradition or Concept, in addition to descriptions of personal experience. We also welcome original cartoons and drawings expressing the wry side of A.A. experience.

Please email your article to Lifeline@aastpaul.org or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 608 Seventh Street West, 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.

St. Paul & Suburban Area Intergroup, Inc.
608 Seventh Street West. - St. Paul, MN 55102

Website: 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

To Thine Own Self Be True = Honesty

T*o thine own self be true* is written on every AA coin I have received, the first 24-hour coin, then another 24-hour coin, then one month, then another 24 hours, and finally the subsequent months and my last coin, three years. Three years of sobriety was something unfathomable to me when I was in the depths of my alcoholism. I struggled to make it through a day without drinking and far too many times would I get a string of days or weeks together only to go back to drinking. I would look at those coins and look at the symbols, the words. “To thine own self be true,” I would read again and again. This is not an expression we hear too often in the rooms of AA, but the founders felt it was important enough to be on our coins, the token of another period of continuous sobriety. Proof that the program does work. I believe that one of the key reasons I kept relapsing was my inability to be honest with myself.

Before I could gain any real, sustained traction in AA’s program of recovery, I had to be honest with myself. Did I really believe I was an alcoholic? Did I really even want to stop drinking? Can AA really help me stop drinking? Am I willing to believe in a Higher Power? These were the questions I had to be honest with myself about to get through the first three steps.

And then, there was Step 4, the “searching and fearless moral inventory.” For this I had to be honest and had to face more hard questions. Was I emotionally immature? I never really lied or cheated, did I? What was my part?! (clearly, I wanted to focus on THEIR part) What are the common themes in all these resentments I have? The 4th Step can be daunting, scary, intimidating, but it does not have to be. There are many ways to tackle Step 4.

Some people recommend making a list as outlined in the Big Book, some people go to workshops, some people have computer spreadsheets. In my experience, they can all work, with the caveat that you have to do the work and you **MUST** be honest with yourself. There is no point to doing the exercise if you are not willing to question yourself, your motives, your thoughts, and truly seek to understand who you are, what you have done, and what your part is in all of the conflicts that have arisen in your 4th step.

Using alcohol as an emotional escape and drowning my fears and insecurities from the time I was an adolescent until adulthood left me without profoundly knowing myself. My alcoholic thinking would not dare let me consider my shortcomings. Step 4 helped break down those barriers and allowed me to learn who I am as a person, with both assets and liabilities and continuing working the program to address and accept that.

Nearly every meeting I have been to reads “How it Works” which opens with discussing honesty. Our program does demand “rigorous honesty” and, if you are willing to be honest with yourself, a new life without alcohol and with all the promises of recovery in AA is there for you. When working the 4th Step, don’t let fear prevent you from starting and remember, “to thine own self be true”

- Jake B,
St. Paul, MN

SHARING UNITY WITHIN THE COMMUNITIES WE SERVE

THE FELLOWSHIP WE SERVE
SATURDAY, JUNE 6, 2020

A united effort by the St. Paul InterGroup & St. Paul InterGroup, as well as the Minneapolis InterGroup and for ICYPAA (International Conference of Young People in AA)

CONGRESS BUILDING
MINNESOTA STATE FAIRGROUNDS

1:00 PM to 10:30 PM

Games

Food available for purchase at Giggles Grill

Stools & Bottles Archives Presentation

50/50 Raffle

Workshops on Topics

Main Speaker

Dance with “DJ Koop”

History

Displays

Spring Fling

SAVE THE DATE!!

APRIL 25, 2020
LUTHERAN CHURCH OF THE REDEEMER
285 N. WASHINGTON STREET
ST. PAUL, MN

ANNOUNCEMENTS TO BE ANNOUNCED
— STAY TUNED —

HOSTED BY: ROB C. — BOARD ADVISOR
MARK J. — BOARD TREASURER
&
JEREMIAH W. — MEMBER-AT-LARGE

TRADITION FOUR

Each group should be autonomous except in matters affecting other groups of A.A. as a whole.

Page XXVII in our Big Book contains a statement that goes right to the heart of this ‘autonomy’ matter for me. It says, “...—drinks which they see others taking with impunity.” This statement points right at what I, as an alcoholic, rebel against the most – *the fact that we are powerless over the very things we want to control.* Alcohol being the greatest and clearest example of this.

Impunity is defined as “*exemption from punishment.*” Wow! I hoped for that with every drunk I ever went on. I didn’t mind feeling terrible the next day—but I hated facing the music about whatever I had done in my drunken stupor. Impunity was my ‘genies lamp’ in life. All I needed to do—if I had one of those—was to just rub it and wish all my troubles away.

As is noted in the Big Book, we have to make a serious and sustained effort to lose (or let go) of our old ideas and attitudes. If I am being truthful, for far too many years, early in my sobriety, when the phrase “happy, joyous and free” was repeated, what I thought I heard was: “Ecstatic, Euphoric and Not Responsible.”

My effort to find impunity was a goal for far too long in my life. It affected my relationships with family, friends and certainly creditors. I have noticed that other folks may suffer from this as well. When I have the opportunity to sit in on a group conscience meeting, it’s really amazing how the discussion goes when something new is brought up and someone asks how it matches up with a Tradition. The first response is often an effort to see how to skirt the Tradition, or to ‘reanalyze’ it to remove any inclusion or mention of the issue under discussion. Exactly the way I used to think when it came to any kind of rule! “Not Responsible!”

With this desire for impunity also comes significant disregard for others. I would think, “I don’t want them to get hurt – but they need to take care of themselves.” Of course, when someone else took this attitude in a situation in which I became the ‘collateral damage’—well, that was another matter indeed! It amazed me how selfish these other folks could be.

With regard to this Tradition, just what does affect ‘other groups or A.A. as a whole?’ Some might make a case that anything an AA group does affects all other AA groups, since any new person coming to their first meeting will

automatically assume that all groups operate the same way. There is some truth to that statement—but it is not the whole truth. If all groups operated exactly the same way, Alcoholics Anonymous would no doubt implode on itself. Our Fellowship includes too diverse a group of people to ever think that each group would, or could be a clone of the other groups. The psychological implications of that are far too great to go into in an article like this.

So how do we handle this autonomy thing? It’s actually quite easy when considered without defensiveness or defiance. If we take the time to explain the ‘why’ of everything that we do in our meetings (unless it comes directly from our literature) then we can operate in very diverse manners without ‘affecting other groups or AA as a whole.’ That is because the newcomer will understand that groups differ, and practices differ. For the newcomer this is a wonderful advantage. It helps them understand what our core program is, and what has been added or what was felt needed, by the group they are attending.

Let’s look at a couple of real-life examples.

A group of women hold a Big Book meeting and have decided to change the pronouns in the book, when reading aloud, from ‘he’ to ‘she.’ Using the suggestion mentioned prior, the group might announce – at the beginning of the meeting – “This group changes the pronouns when we read, from the male form to the female form. We do this to avoid new members struggling with the language of the book.”

This provides the new woman with an understanding that the group is committed to A.A.’s Conference Approved literature but is also committed to assisting the new woman by removing potential roadblocks for her.

A group studies the Big Book, but does so utilizing a non-conference approved workbook. The group might announce at the beginning of their meeting that “We study the Conference Approved A.A. Big Book—but do so with a workbook produced elsewhere. We do this because it assists us in finding a deeper meaning to the writings in the book.” Here, the explanation carries several messages. First, it again indicates a commitment to AA literature. Second, it indicates that the Big Book is best used by studying it to unearth its full message. And finally, it illustrates that A.A. members go to greater lengths than just attending meetings to develop and deepen their sobriety.

With these two examples you can see that what was originally seen as an ‘imposed rule,’ inviting defiance from many of us, a roadblock to harmonious action, has now become a bridge over which the new person can pass to experience the love and tolerance we so sincerely desire to offer them as a Fellowship as we move from defiance to the distant shore of harmony.

Ecstatic, Euphoric and Not Responsible



from being a victim.

4th Steps Focusing on a Specific Area

Subsequent fourth steps were more specific. After ending a 14-year relationship, I did an inventory on my part in the relationship. Owning my part made it possible for us to remain close friends. A sex inventory revealed that instead of being generous and simply enjoying this gift from God, I had often had an agenda -- to reward or punish ("You will be VERY happy!" or "You will NEVER get laid AGAIN!") A financial inventory revealed that I used money to fund all my other mischief and to cover up my mistakes. Finances is a great way for me to sabotage myself. I used not having enough money as an excuse for not doing things I was afraid to do and ended up not doing things I REALLY wanted to do.

Step Study Group (AWOL) 12 Friends and over 120 Questions

The most comprehensive and thorough fourth steps I have done were part of step workshops called "AWOLs" (A Way Of Life), which I led for five years. We spent ten weeks on steps 4 and 5: two weeks studying the steps and eight weeks doing them. Each week the homework consisted of answering a lot of provocative and annoying questions in writing and reviewing my answers with my sponsor.

From this approach, *I came to appreciate the value of reviewing my work with my sponsor after I have written a few pages -- rather than waiting until the end.* My work on subsequent questions was informed by my sponsor's comments on my previous work. I also saw the benefit of having some success behind me before I tackled the most difficult issues. I had a relatively happy childhood, so that was a good place for me to start -- before I turned to my traumatic adolescence. Some people who had had a troubled childhood did well to start elsewhere. Finally, *it was helpful to have the pressure of working against an established time line and trying to keep up with about twelve other people.*

And Now Back to the Big Book with Four 4-Column Forms

My most recent fourth step used four forms designed to match the four parts of the Big Book Fourth Step. Each form had four or five columns as shown below:

Resentments

- Who do I resent?
- Why am I angry?

- What part of self was hurt or threatened?
- Where was I to blame?

Fears

- What am I afraid of?
- Why am I afraid?
- What part of self failed me?
- What part of self does the fear affect?

Sex

- Who was involved?
- What did I do?
- What is the exact nature of my wrong?
- How did it affect others
(suspicion, jealousy, bitterness)?
- Who was harmed?

Other Harms

- Who did I harm?
- What did I do or not do?
- What part of self caused the harm?
- What is the nature of my wrong?
- What should I have done instead?

The instructions for the forms say to complete the first column, top to bottom before going on to the second column. Then complete the second column, top to bottom before going on to the third column. In other words, do not work across the form for each person / situation.

My sponsor told me to complete the first two columns (the who and what columns) for the first form and then call. We did remaining columns together. If you think about it, there is a finite list of ways things affect me and my part can also be reduced to a finite list.

I have done 10 Fourth Steps over the last 30 years and this one was the most enlightened and the least painful and traumatic. I had no trouble listing who they were and what had happened on my own. But having my sponsor help me with the other two columns kept me objective and prevented me from getting bogged down in my own stuff.

And when we were done we could look down the third and fourth (and, in some cases fifth) columns and see the patterns. If my pride was hurt on every resentment and I became frightened and judgmental, that should tell me what I need to work on, with God's help.

As a sponsor, I think anybody wanting my help on a fourth and fifth step in the future will have a very hard time convincing me to do it any other way.

Rob M. - 5th Tradition Grp, Corpus Christi, TX
The Bender Newsletter—Coastal Bend Intergroup

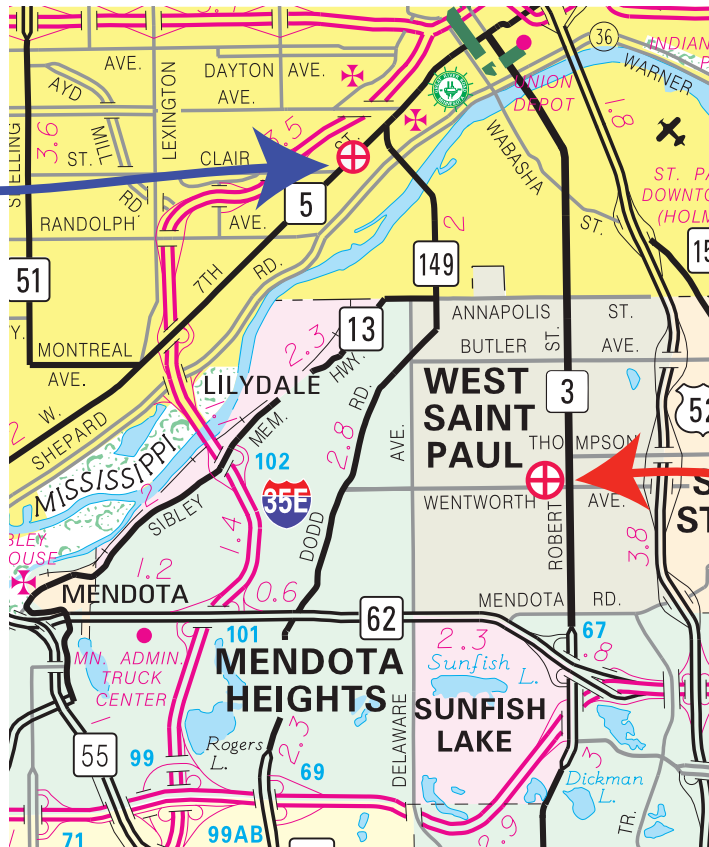
ST. PAUL INTERGROUP IS MOVING!

The Intergroup office will be moving to a new location by May 31st of 2020. We are currently in the process of arranging for transitioning our technology (phone & Internet) services. While you can expect some disruptions -- the office will be open during regular hours and conducting regular business -- before, during and after the move.



CURRENT

Location
608 W 7th Street



NEW
Location
33 Wentworth Ave

Intergroup Representatives for the groups that support St. Paul Intergroup can expect a full description on the new location at the next Reps Meeting - either in person or digitally. The new location is 1 block west of the intersection of Robert Street and Wentworth - across from the West St. Paul Dome structure to the north and Carbone's Pizza to the east.

Double-check the Intergroup website (aastpaul.org) to learn which groups are meeting, the clubs that are open, which groups are meeting online, and which clubs/groups are not available until further notice.



WEST CENTRAL EXPERIENCES —A REVIEW—

INTERGROUP 2020 EVENTS

SPRING FLING - REDEEMER CHURCH — CANCELLED
April 25, 2020 - Hosts: Rob C., Mark J. & Jeremiah W.

GOPHER STATE HOSPITALITY & LITERATURE SALES
May 22-24, 2020 - Hosts: John K. & Paul W.

TWIN CITIES UNITY EVENT - STATE FAIRGROUNDS
June 6, 2020 - Hosts Mpls & St. Paul Intergroups,
District 8 & Young People in A.A.

OPEN HOUSE - TO BE DECIDED
July 25, 2020 - Hosts: Rachel P. & Andrew LaB.

ICE CREAM SOCIAL - REDEEMER CHURCH
September 12, 2020 - Hosts: Jeremiah W. & Mark J.

GRATITUDE NIGHT - REDEEMER CHURCH
November 21, 2020 - Hosts: Rachel P. & Jimmy D.

FOUNDERS DAY HOSPITALITY ROOM - BLOOMINGTON
November 27-29, 2020 - Hosts: Andrew LaB. & Tom O.

NEW YEARS EVE - REDEEMER CHURCH
December 31, 2020 - Hosts: Lindsey D. & Jimmy D.

Last month I reviewed the work as a trustee during General Service Board weekends. A very different portion of service as a regional trustee is service to the delegate areas of the West Central Region (WCR). Much of the work at board weekends is for the fellowship as a whole, and of course to bring a regional perspective to the board work. The WCR trustee also devotes a good deal of time to the eight delegate areas of the WCR.

To connect last month's information to this article, a regularly planned conference call is after the three non-Conference board meetings (July, October, January). About two weeks after the board meeting, a conference call is held. Delegates and the trustee review board minutes, affiliate board minutes, and other supporting documentation that is distributed. It is typical to also discuss upcoming events such as the WCRAASC and forums. There always seems to be other regional business, and the call provides a great opportunity to discuss it as a group.

One of the most gratifying aspects of being the WCR trustee is visiting the delegate areas. I've visited every area at least once, some twice and

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12th Step
Calls

1



Website
Visits

8,531



Temp
Sponsor
Requests

23



Night
Owl Calls

177



Meeting
Info Calls

80



Speakers
Provided

59



Literature
Purchased

381 Books

THE FOLLOWING GROUPS AND FAITHFUL FIVER MEMBERS MADE THE ABOVE SERVICES POSSIBLE:

- 11 West Bernard Grp
- Amigos II
- Apple Valley Daily Reflections
- Dakota Alano SAT 8AM As Bill Sees It
- Dakota Alano THUR 730PM Mens
- Day by Dei Saturday
- Eagan, Burnsville, Savage
- Fourth Dimension
- Friday Night Oasis Group
- Gratitude In Action
- Highland Park Groups
- Hope AA Group - Lakeville

- Main Idea
- Maria Drink Squad
- Midway Club
- North Dale Group
- Roll of Nickles
- Rosemount Groups
- Shoreview 12x12
- SOS-Sharing Our Sobriety - Afton
- Stillwater Rivertown Grp - Sunday
- There's a Better Way
- Third Tradition Group - Nfld
- Una Luz en al Camino

- Uptown Club
- White Bear SAT AM Women's Group
- White Bear Wed AM Women's Group
- Women's 12x12 - Monday
- Women's Basic Text



32 A.A. Groups contributed \$3,784 and 8 Gratitude Contributions totaled \$321 — 15 Faithful Fivers contributed \$375 as well! **THANK YOU!!**

WELCOME NEWCOMER!

If you stick to A.A., and we sure hope you do, many wonderful changes will take place in your life. This we can guarantee!

If it's okay with you, I'd like to be your temporary AA sponsor. This means that I'll do anything within my power to help you make a success of this program.

Over the past several years, I have worked with men who found themselves in the same spot you're in now. They usually fall into three categories:

- (1) Those who accepted the AA way of life either at their first meeting or shortly thereafter;
- (2) Those who stumbled around for months or years before finally sobering up, simply because they were unwilling to accept the obvious fact that booze had them whipped (I was one of these, incidentally);
- (3) The men who drifted away and have not returned to AA. Some of these are now dead; some are in prison and some have severe brain damage.

But you have to do your share! Doing your share would include following these simple suggestions:

1. Keep an open mind.
2. Attend as many meetings as you can for the first three months.
3. Start reading the book *Alcoholics Anonymous*, and don't stop.
4. Keep in close touch with me during the next few weeks either by telephone, and/or personal contact. We will spend at least one hour together in the beginning.
5. Encourage your spouse/family to attend Al-Anon or Al-Ateen meetings. This is a family disease.

6. *Most important - stay away from that first drink, no matter what. Should you decide at any time—day or night—that you must have a drink, I want you to call me before you take that drink, not after.*

Remember, I'm on your side, and so are hundreds of other AA members in this area. Perhaps you've been a loner, like I was, and you don't feel up to mixing with those you see at meetings. But it is possible to change, and I am living proof of that truth. Get acquainted with these people. As for phone numbers; ask for suggestions on how to deal with problems. And stick with the winners. By that, I mean the men who are comfortable with themselves and others. You'll be able to pick them out. And when the time comes, say, in a couple of months, choose one of these winners as your permanent sponsor. Until then, I'll do the best I can as your temporary sponsor.

In closing, may I suggest you try our way of life for the next 90 days. You can put all the money you would have spent on liquor in a jar. At the end of the 90 days if you decide AA is not for you, you'll have all that money to spend on liquor to finish the job. Fair enough?

*Reprinted with Permission
Naples Intergroup
Courier Newsletter
February Edition - 2020*

***Want to become a Temporary Sponsor
and do what this article suggests?***

***Come into the Intergroup Office and
sign up - or fill out the Volunteer
Form on the website!***

LOOKING FOR A SERVICE OPPORTUNITY?

Become a St. Paul Intergroup Night Owl!
Upcoming Night Owl Orientations:
Saturday, Jan 18th, Feb 15th, Mar 21st
Every Third Saturday from 10:00 - 11:00 AM
St. Paul Intergroup Office
608 Seventh Street West - St. Paul, MN 55102
To RSVP please call: 651-227-5502

THOUGHTS FROM THE BOARD

Greetings! My name is Rachel and I am currently serving as your alcoholic Alternate Board Chair. I spent 2019 serving as the Secretary to the St. Paul Intergroup Board, which was a great way to learn about how things work at the board meetings and with Intergroup in general. I still feel pretty new to the process, though I think at least 90 percent of this whole thing is just showing up with a willingness to be of service!

I am super grateful for the succession we have too for our board members. Yes we hold elections for our members, and I am currently serving the first year of a three year commitment. Next year I will become the Board Chair, and the next I will serve as the Advisor to the board. Being new to this position, I have the Board Chair and Advisor that can lend their wealth of Intergroup knowledge and experience to me. The same goes for the Alternate Treasurer and Treasurer.

Lastly, I will say that, because of the spirit of rotation, after elections we had a lot of new board members and a few outgoing as well. This is really important pertaining to our traditions, as we are but trusted servants, and there is no one AA leader or president. I look forward to fulfilling the rest of my commitment, it has been an amazing experience thus far, and I am always open to learn more about AA!

In love and service,
Rachel P.
Alternate Board Chair



DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)
Fairview Community Center
1910 Cty. Rd B West, 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
Rosemount
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 our wonderful volunteers
and Night Owls who sacrifice their
time to lend a helping hand to the still
suffering alcoholics!!!***

Chris G., Caleb A., David D., David F., Ellen M.,
Eddie, Frank D., Harry D., Isaac F., Laurie P.,
Lewie W., Lydia S., Jensen O., Jimmy D.,
Jodie T-W., Marc S., Neilla M., Pat S., Rachel D.,
Ruth C., Steve R., Tomas S.

SELF-SUPPORT SUGGESTIONS FOR GROUPS

“Every A.A. 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 Seventh Street West
St. 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

***What started as a \$1.00 in the basket,
with inflation would be \$9.83 in the
basket today!***

***SOBRIETY IS STILL CHEAPER
THAN A RELAPSE!***

2020 INTERGROUP BOARD OF DIRECTORS

| | |
|-----------------------|-------------|
| Advisor to the Board | Rob C. |
| Chairperson | Lindsey D. |
| Alternate Chairperson | Rachel P. |
| Secretary | Paul W. |
| Treasurer | Mark J. |
| Alternate Treasurer | Tom O. |
| 2020 Member-At-Large | Jimmy D. |
| 2020 Member-At-Large | John K. |
| 2021 Member-At-Large | Jeremiah W. |
| 2021 Member-At-Large | Andrew LaB. |
| Manager | Dennis B. |

VOLUNTEERS NEEDED!



St. Paul Intergroup is in need of volunteers to answer the phones during business hours (9 am-6 pm) Monday through Friday, as well as assisting with the mailing of the Lifeline and stocking of literature. Shifts are available from 9:00 AM-Noon, Noon-3:00 PM, and 3:00 PM - 5:30 PM. You can sign up for one or more of the shifts that fit your schedule. ***We need people we can count on to be there.*** Drop by to sign up. Training takes about 45 minutes and is at a scheduled time — generally Friday morning.

GOPHER STATE ROUNDUP

Volunteers Needed

Gopher State Roundup XLVII, which will be held over Memorial Day weekend, May 22-24, 2020, takes an incredible amount of work to make it the exciting weekend it is. If you should like to become a part of making it all happen, just check the committee you would like to work on and return the form to the address listed below. You will be contacted for your assignment as the Roundup date nears.

Name: _____

Address: _____

City, State, ZIP: _____

Email: _____

Phone (with Area Code): _____

Greeter

Chair Room to Grow

Ushers

Staff Info Booth

Registration

Security

Tickets

Al-Anon

Please return the completed form to:

Gopher State Roundup
P.O. Box 390533
Minneapolis, MN 55439-2026

OR

Complete electronically at:

gopherstateroundup.org



LOOKING FOR TECHNICAL HELP

The Gopher State Roundup is looking for a consultant to assist them with the technology used during the roundup registration. The responsibilities will be:

- Attend a testing session in early May
- Have knowledge of common printer driver interface on a Windows 10 instance
- Have knowledge of common printer installations & output
- Serve as troubleshooting resource throughout the weekend
- Determine when to escalate an issue to contracted provider RegFox

The consultant position is for the upcoming roundup (XXXVII - 37) only. A hotel room will be provided during the roundup along with a \$500 fee.

If interested please send an email with your contact information and a brief summary of your computer background to *info@gopherstateroundup.org*.

Hospitality Rooms

Gopher State Roundup XLVI will be held at the DoubleTree Bloomington May 22, 23 and 24, 2020. Hospitality suites are available by reservation for this event.

If your group is interested in a hospitality suite and the associated rates, please contact: hospitalitysuitescommittee@gmail.com

If you had a room last year, you will be sent/have been sent this year's application form.

We hope to see you there!

Gopher State Roundup Hospitality Suites Committee Chair and Co-Chair:

Jenny Ostrom – (612) 209-0046,
hospitalitysuitescommittee@gmail.com

Terry Clark – (612) 940-3141,
hospitalitysuitescommittee@gmail.com

a couple I've visited three times. Every area has had me participate in some portion of their area's business, and commonly I am asked to share my story. I've also had the opportunity to participate in several elections, which in and of itself is always a highlight to be present, but to be a participant makes them a very special, memorable event. The Third Legacy voting process is varied between areas in the sense of the initial list of candidates. Some areas go through all eligible candidates to check if they want to be a nominee, and in some areas I've seen nominations only. Some areas elect their committee chairs, others appoint the chairs.

An interesting component to the election process are the ways that areas determine who votes. Some areas simply ask eligible voters to sit in a separate area, and on the other hand I've seen areas validate a voter through their area trusted servant database, and each may even be assigned a voting indicator device.

Besides elections, the meeting format is different in every area. All areas embrace and include the GSRs in the process in a variety of ways. Some areas encourage GSRs to join committee meetings. I've seen an area provide time in the agenda for GSR-only meetings. In some areas, trying to operate the area's committee process in the same format as the General Service Conference committee operates makes it different than other areas that do not include conference characteristics.

The biggest difference I've experienced is the structure of area business events. The major events are area business meetings, area assemblies, area service workshops and conferences. No two areas are alike, be it the composition of events during a calendar year, how frequently meetings and event are held, or who attends. There are areas that have an area meeting of some sort every month, while others meet only three times per year. A common denominator is every area has at least two assemblies, and of course one of those are an election assembly every other year.

Some areas include some sort of a "conference" which has some aspects of a roundup, e.g., speakers, during the event. These conferences may have workshops or breakout sessions. A couple areas have dedicated service workshops, often weighted for the newcomer to service. Every area finds some way to incorporate discussion of General Service Conference agenda items during an event early in the year.

The two Minnesota areas have had joint meetings for many years. These have typically been an annual meeting where trusted servants of both areas come together for a day. It has proved to be very beneficial in select functional areas, such as working with organizations, e.g., statewide corrections, which operate in both areas.

I find it compelling that at least three of the areas have recently had discussions on changing the format of their area business calendar, commonly with the goal of gaining increased participation. Areas are evaluating frequency, multi-day assemblies, rotating assemblies and workshops around the area to try to bring the meeting to the people, so to speak, with hopes of increased participation. A common theme, too, is increasing the active participation of the attending GSRs, which is likely the most heartwarming aspect that I've seen. Contact with the GSRs throughout the region has been a highlight for me, and the love for AA and altruistic service just exudes from so many of these new trusted servants. I have great hope that these efforts will help A.A. to better carry the message to the still-suffering alcoholic.

...and then of course we have the West Central Region AA Service Conference (WCRAASC). There is something very inspiring to be part of the discussions, collaboration, debate and a great sense of unity as the areas work together for the good of A.A. I have the distinct privilege of having a meeting with the delegates prior to the start of the WCRAASC, and delegates share a great deal with each other. The delegates have also supported and put in place an electronic repository of regional archival documents, started up a web page, reconstituted the regional secretary position, and for the first time submitted a GSC agenda item as a regional group of delegates.

So, what a blend we have in the WCR! The more the areas can communicate and share their collective experiences, the more unity we will create and also an improved service structure. The new web site that will be available for the WCR may provide additional tools to improve communications. My four years of travel and participation have assured me that A.A. is alive and well in our region. I am very grateful for this experience with the areas.

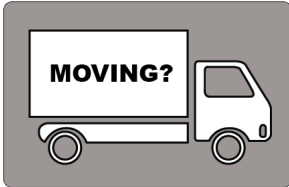
Yours in service,
Tom A.
WCR Trustee

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