

# The Lifeline



July 2021

24-Hour Phone 651.227.5502

Volume 57 Issue 7

## STEP SEVEN

*Humbly asked Him to remove our shortcomings.*

**MOST** alcoholics come to A.A. with their own interpretation of many of the words we hear bandied about in the meetings and I'm no exception. Words like Love, Honesty, Spirituality, Unselfishness, and Humility, for a few. I fumbled around with the program as best I could with my faulty, misguided, egocentric way of thinking, but I was never satisfied until I had resolved each and every one of those issues, as best I could, and it turns out that most of my new ideas are almost the opposite to my old way of thinking. Love, for instance means caring for and nurturing another person, and not necessarily that feeling you get when you are infatuated with the opposite sex. Honesty, to me, means devoid of all motives to deceive and not just the act of not telling lies. Spirituality and Unselfishness would require a much deeper explanation and for this essay I want to address, the often talked about and just as often unresolved word, Humility.

We hear the stale jokes like: "They gave me a medal for humility, and then they took it away from me because I wore it" or "I'm proud of my humility". Now, I'm not against fun and laughter but come on, Get some new material. For me, it took over twenty years to come to an understanding of that word that put my search to rest.

The final piece of the puzzle came to me when in

my 22nd year of sobriety, I was on the phone with a man who was trying to engage me in an argument, and when he realized I wasn't going to bite, he fired his last volley by saying: Well, I've heard stories about you, and you're no angel." I thought about it for a few seconds and replied, "I've done a lot things in my life that I'm not proud of, but I'm not ashamed of anything that I've done in the past 22 years. The phone call ended peacefully.

Several years later, in a step study meeting on step seven the topic was Humility as it usually is when we study step seven. I remembered that phone call and realized that Pride was not the opposite of humility that pride was the opposite of shame and that humility fell right in the middle of the two. When I boiled it all down I concluded that I should not be proud of, or ashamed of the things I do and that I should be in the middle somewhere. This applies to my receiving as well as my giving. Aristotle referred to this as "The Golden Mean" where, for example, when we are in the habit of giving compliments to our friends when they deserve it, we should not be so stoic that we cannot accept a compliment with the proper amount of appreciation, when we deserve it. To me this means finding the Mean between the extremes and exercising it until it becomes second nature.

I've known some humble people, in and outside of the program, and they have some things in common: They seldom bring attention to themselves, they never criticize others, they are always comforting, and they are always an asset and never a liability. Humble people do the things they were taught as a child. They treat others with respect. They are: trustworthy, loyal, helpful, friendly, courteous, kind,

Continued on page 2

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### *The Lifeline: Purpose Statement*

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*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](mailto:Lifeline@aastpaul.org) or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 33 Wentworth Ave E, Suite 355. W. St. Paul, MN 55118-3431. 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.**

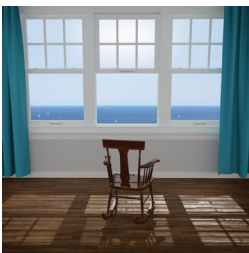
**33 Wentworth Ave E, Suite 355, West St. Paul, MN 55118-3431**

Website: [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 – 9:30 AM to 5:30 PM; Closed weekends and holidays

obedient..... Sound familiar? I learned it in the boy scouts. I learned the Golden Rule in church, but I was never strong enough to live by it. If you're not sure what you're supposed to be doing, Read the 11th Step Prayer in the 12x12 or The Boy Scouts Laws, or try practicing The Golden Rule. That should be a pretty good start. When I found Alcoholics Anonymous, I was reintroduced to these values and helped to rein in my ego, and today I am at peace with myself and with others.

With respect to my decision making and my behavior, I find that the program, and most other philosophies of life, are based on unselfish principles and if I am sure that the motives, for what I do, are selfless, I have nothing to be ashamed of, but; does this mean that I have something to be proud of in these cases? It then occurred to me that unless I personally created the principle that I based my decision on, I can take no credit for that decision. For the life of me, I can't remember one principle that I created myself, however, all of my decisions are based on unselfish principles and I feel really good on the inside these days, and furthermore, I'm not proud of anything, No metals necessary.

*Rick R.  
The Messenger  
Miami-Dade, FL Intergroup*



## *A New Horizon*

**LOOKING** to a new horizon the world appears to be much the same as 16 months ago when we contemplated what to do as the world kept turning. The world was facing a deadly disease and I was already diagnosed with one. I am an alcoholic. One of my prevailing symptoms is that I live a life of fear. Luckily for me when the pandemic hit I was already being treated for my alcoholism. The trying thing was that my strongest remedy against alcoholism was to become more and more limited as the world tried to figure out how to cure Covid 19.

When you think about it, it's pretty amazing how quickly AA was able to adjust. Within days of the

world shutting down AA groups were meeting on Zoom, links to rooms were being passed along and our mission continued. Our meetings are sacred to us, as is our anonymity so in some cases you would even need to know a password to get into these rooms. Business meetings would change and again we alcoholics would be concerning ourselves as to how we could handle the future.

*But for the grace of God, may you find him now.*

We feared those storming our sanctuaries and committing heinous acts. Hijacking our meetings and oh the list of problems. Just think what could happen to US. I of course was blessed. Some unknown alcoholic set up the Zoom Rooms. More alcoholics took the rooms given and published this information online. An alcoholic figured out how to collect the 7th tradition virtually. We continued to trust that the money would be used for our mission and not shoes. I cannot name all the steps other alcoholics took in this scary time to keep my friends and me safe. Our higher powers took over and we were blessed with connection, support and trust. It just happened. I could count on AA. OMG!

And just like that the circumstances are back to normal. Now how do we get back to in person meetings? How will we ensure our people know where to find us? My HP led me to service. I take to heart the responsibility statement and I pray to say yes more than no. I feel like I could help with the topography of it all. I have started to attend the Intergroup Meeting and the GSR meeting. I show up as a representative for some of the meetings I attend. That means I smile a lot. I try my best to be helpful but not overbearing and I worry.

I don't know if I can step out of this mind set. How can I be of service when I worry? Yesterday I was trusted servant for a New Light Women's Big Book study. On the last Thursday of the month we read a story. This month we let an alcoholic's fingertips be our guide and we ended up reading Empty On the Inside and OMG how I could relate. I was then given the chance to begin. Anyone could begin, but we gave plenty of air time for God and I began. I don't know if I was the right person for the job. The story began telling how she didn't like try things she didn't know how to do. She was convinced other people went through life getting all the things she didn't have. I related in an honest way and I know my words helped me and others. I know that because other alcoholics have convinced me I am

a valuable human being. The rest of the hour I was lucky enough to listen as other alcoholics shared with me. I say me because I took it. I continue to attend AA despite being sober a good while and listen for the message. I sit in rooms that love me being there and I try to be helpful. I admit I am very flawed and if this were a real job I certainly wouldn't get into any of these rooms. I try to be the conduit for my God. Thank you every one of you alcoholics that attended a meeting. We need you and we would love your help.

Please check out [aastpaul.org](http://aastpaul.org), give them a call, better yet go to their office and see if you can answer the phone. I know I'm telling you to do things I haven't done, but maybe someday I will be like those people and show up because I do want to help. In fact, I say it is my responsibility and who would ever think an alcoholic could be a hypocrite and a liar.

*Heidi B.  
St. Paul, MN*

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## PERHAPS THE MOST IMPACTFUL PARAGRAPH. . .

I am continually amazed that Step Seven takes but a single paragraph in the Big Book of Alcoholics Anonymous. As is often the case, we look to the Twelve Steps and Twelve Traditions for some greater detail, where this critical step is aptly explained in seven pages. As a student of numbers, I was then fascinated to count the words in Step Seven itself: "Humbly asked Him to remove our shortcomings." Of course, this entire step can be summed up in a single word – humility.

I then took to that place where all true scholars go for inspiration... Wikipedia. There are sections on humility from Greek Mythology, Judaism, Christianity, Catholicism, Islam, Buddhism, Hinduism, Sikhism, Taoism, and paganism. For those so inclined, there is even a section in Jim Collins' classic book *Good to Great* that describes a Level Five business leader as possessing true humility. Regardless of your beliefs, there is little doubt that every single one of us can agree that at a minimum, a dose of humility can improve our lives, and we ought to strive to increase our humility.

There is no prize for being the humblest person

in AA. (Think about that one for a while.) Indeed, humility is the true essence of the journey versus the destination. One of our founders, Bill W., clearly worked his entire life seeking removal of that particular shortcoming by his Higher Power.

We can think of Step Seven in terms of the single word that summarizes the principle, the seven words that document the Step itself, the paragraph from the Big Book, or the seven pages in the Twelve Steps and Twelve Traditions. Provided we continuously strive to get out of our own way to help our fellow men and women, we will live a full and satisfying life.

*JD D.  
The COIN Newsletter  
Santa Clara County, CA*

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## STAYING RIGHT-SIZED



WHEN I came into the rooms, I had but a dictionary definition of humility: "having or showing a modest or low estimate of one's own importance" (per Google); "not proud or arrogant; modest; or to be humble although successful" (per dictionary.com); or "not proud or haughty; not arrogant or assertive" (per Merriam-Webster, my writer/ editor go-to). You get the point. I was deferential to a fault, even self-deprecating, and yet I thought myself humble.

Similarly, I thought pride meant to have an excessively high opinion of oneself – to be too big for one's britches, so to speak. I thought that "pride" was synonymous with "prideful." I was the antithesis of prideful (in my warped self-appraisal). I left pride off of my list of character defects entirely.

I'll never forget the first time I read the term "pride in reverse." Actually, that's a lie. Rather than edit it out, I'll use it to make my point – I skipped over reverse pride completely in my inventory. I certainly had never been too big for my proverbial britches, but in holding myself to be too small – never measuring up to who and what I thought I was supposed to be – I was as prideful as anyone has ever been.

The reality of my disease – which we know centers in the mind, liquor being but a symptom – is that

continued on page 8

## St. Paul Area Intergroup Representatives' Meeting Minutes, May 18th, 2021 7:30 pm

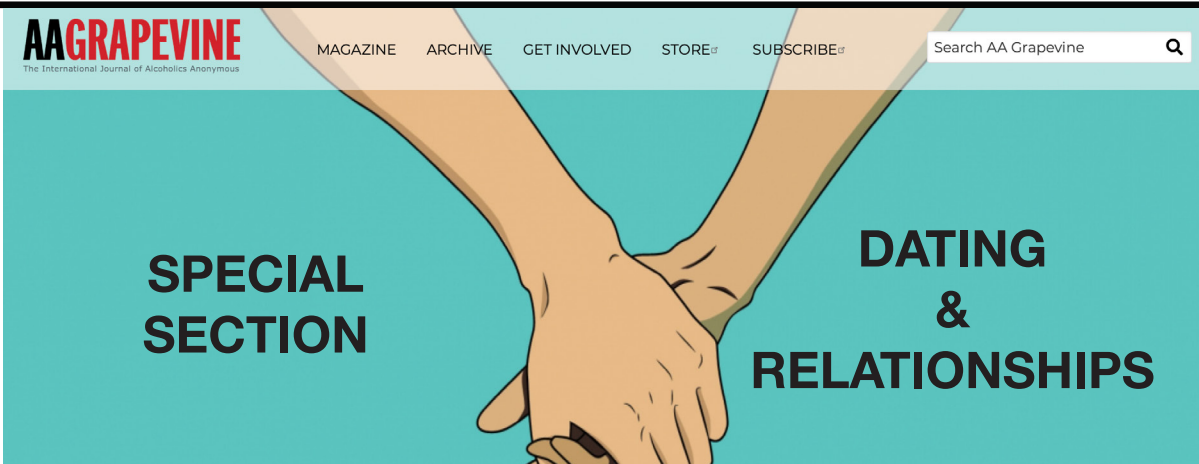
1. **Opened** with the Serenity Prayer, Introductions, and read the Primary Purpose of Intergroup.
2. **Approved** prior month's minutes (motion: Frank N, 2nd: Dayna K).
3. **Treasurer's Report**, Lisa L - **Total Contributions: \$8,990 Expenses: \$9,535 Total Revenue: \$14,013 Net Income: \$1,828.** Total contributions are down after coming off an unusually large month of individual donations; however, contributions are still up over \$31,000 from the same time last year when the pandemic hit. We just added another 10K to the prudent reserve. Please continue to spread the word for the Contribution Drive so we can meet our goal of replenishment by the end of July. *See Treasurer's Report for complete financial details.*
4. **Office Report**, Dennis B - The office space is being rearranged for better traffic flow. Our rent will increase by about \$30 per month starting in July. Intergroup is considering hosting an AA Orientation Meeting at the Office to be led by Terry R. Volunteers are steady: A special shout-out to Camilla and Ron from Midway for preparing the Lifeline for mailing! *Please contact the office at [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) for more info.*
5. **Night Owl Report**, Robyn W - There are 2 open shifts: 1st Wed. & 2nd Tues., overnights. Shout out to Paul C. for an awesome job training the volunteers (3rd Sat. 10 a.m.)! *Please email [NightOwl@aastpaul.org](mailto:NightOwl@aastpaul.org) for more info.*
6. **Website Report**, Jonathan L - There are 785 regular weekly meetings and 291 groups served by Intergroup and listed on the website. We are looking for PHP developers and web servants. Please forward any group special AA events to the web servants, Jonathan, Sergey & Seth! *They can be reached at [webservant@aastpaul.org](mailto:webservant@aastpaul.org).*
7. **Outreach Program**, Lindsey D - Outreach volunteers are needed to visit meetings either online or in person and share about Intergroup, its function, how it serves the AA community, and how groups can offer their support. We have a long list of MIA meetings! There is an updated script to follow on the website. A special shout out to Lydia S for helping! *Please contact [outreach@aastpaul.org](mailto:outreach@aastpaul.org) with questions for Lindsey!*
8. **Update from the Board**, Robyn W - Intergroup will host the Annual Open House on site June 26th, 12-3 pm.
9. **Liaison Reports:**
  - a. **District 8** (Ramsey County): Lindsey D - Submit group ideas for District Workshops (i.e. sponsorship).
  - b. **District 15** (Washington County): No updates.
  - c. **District 19** (Dakota County): Brian M - District is distributing literature to high schools, jails, and medical facilities. Contact madhouse0143@gmail.com
10. **Intergroup Events:**
  - a. Recap: None
  - b. Upcoming: Jennifer G - Intergroup's Annual Open House will be on June 26th, noon to 3 p.m. and hosted on site in the front parking area! Free food, fun, and fellowship! Check out the flyer on the Website!
11. **Old Business:** No old business.
12. **New Business:** Lively discussion on whether hybrid meetings should have their own special "flag" on the website or if "all meetings will be in person unless otherwise noted" will suffice. There is a lot to sift through as meetings can be in person only, virtual only (suspended from the pandemic), a combination of the two, or virtual only without a physical address. We agreed to trust our web servants to make the right choice for our groups!
13. **Group AA Announcements:**
  - Lydia S - Uptown House is hosting their Annual Picnic on the afternoon of Saturday, July 25th.
  - Lynn P - The Saint Paul Open Speaker Meeting is considering meeting in person (*update: Yes, this meeting has returned to in person only on Sunday nights at 7 pm at Central Presbyterian Church!*)
14. **Suggestions for next month's agenda:** *Please contact Jodie at [secretary@aastpaul.org](mailto:secretary@aastpaul.org)*
15. **Grapevine Report**, Tom W; **Volunteer for June:** Katherine A
16. **Concept V review**, Melana M; **Volunteer for Concept VI:** Brian M
17. **Mock Rep Report**, Lydia S; **Volunteer for June:** Tom W
18. **Closed** with the Responsibility Statement.

### Attendance:

Lisa L - Board Treasurer	Elly C - Member at Large	Katherine A - Pocketing Our Pride
Emily H - Rule 62	John K - Member at Large	Brian M - Meeting of the Waters, Mendota
Robyn W - Alt Chair	Dennis B - Manager	Dave P - Happy, Joyous & Free
Dayna K - Day by Dei	Lynn P - SPOSM	Melana M - 12 by 12 By the Book, Mahtomedi
Tom W - Firing Line	Ken S - Como Big Book	Gary - No Time Like the Present
Rachel P - Board Chair	Frank N - 3rd Ed. Big Book	Rosemary F - Sat. AM Women's, White Bear Lake
Jodie W - Secretary	Renee B - Alt Treasurer	Ryan B - One More was Added to the Fellowship
Ryan R - Basic Text	Mike C - Dist. 8, New Brighton	Heidi B - A New Light Women's
Sergey K - Webservant	Nancy R - 112 Read This Book	Lydia S - Widening Circle
Jonathan L - Webservant	Lindsey D - Board Advisor	Jennifer G - Member at Large

Next Meeting: June 15th, 2021 7:30pm on Zoom

# SPECIAL OFFERS CELEBRATING FOUNDERS' DAY!!

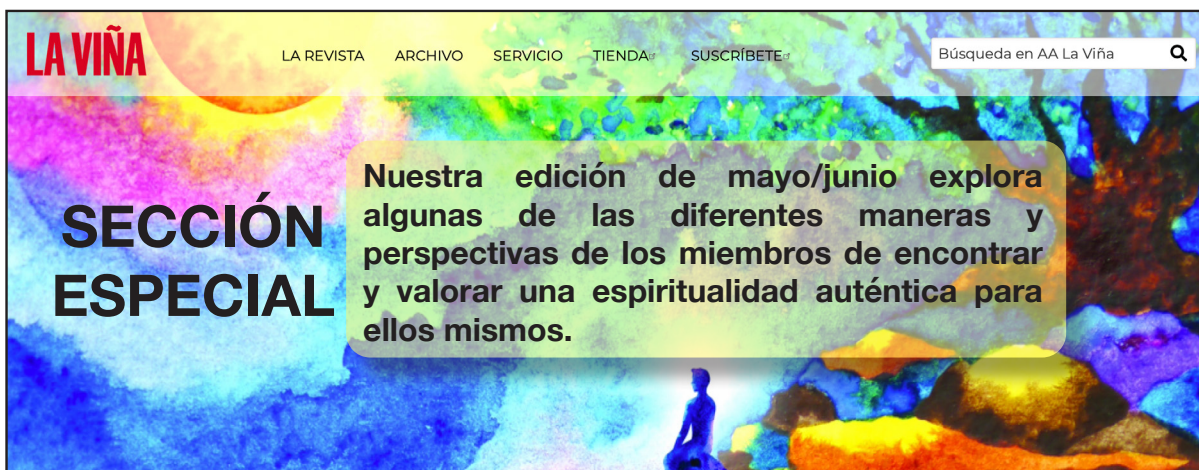


Grapevine and La Viña Celebrate Founders' Day with Free Access from May 26 through June 10, 2021. On June 10, 1935, Dr. Bob had his last drink and that day marks the founding of Alcoholics Anonymous. Since so many meetings are still closed, and groups have limited ability to celebrate our founding, Grapevine and La Viña will help mark this important date by giving everyone free access to our websites for two weeks. You will be able to read and listen to stories from current and past issues, access our sobriety calculator, read the daily quote, learn how you can contribute your story, and find ways to serve others using Grapevine and La Viña magazines.

*Please share this news with other members.*

—For free access from May 26 through June 10, 2021 visit—

**[www.aagrapevine](http://www.aagrapevine.org) | [org.aalavina.org](http://org.aalavina.org)**



Grapevine y La Viña celebran el Día de los Fundadores con acceso gratuito del 26 de mayo hasta el 10 de junio de 2021. El 10 de junio de 1935, el Dr. Bob tomó su última copa y ese día marca la fundación de Alcohólicos Anónimos. Dado que muchas reuniones aún están cerradas y los grupos tienen una capacidad limitada para celebrar nuestra fundación, Grapevine y La Viña ayudarán a marcar esta fecha importante al brindarles a todos acceso gratuito a nuestros sitios web durante dos semanas. Podrá leer y escuchar historias de las ediciones actuales y pasadas, acceder a nuestra calculadora de sobriedad, leer la cita diaria, aprender cómo puede contribuir con su historia y encontrar formas de servir a otros usando las revistas Grapevine y La Viña.

*Comparta esta noticia con otros miembros.*

Para obtener acceso gratuito desde el 26 de mayo hasta el 10 de junio de 2021, visite:

**[www.aalavina.org](http://www.aalavina.org) | [www.aagrapevine.org](http://www.aagrapevine.org)**

# THOUGHTS FROM THE BOARD

**HELLO!** My name is Jennifer and I am excited to be serving Intergroup this year as a "Member-at-Large". You all may be asking yourselves, what is a member-at-large? So, I went to the google and it says this: A member of the board of trustees, board of directors or other body who represents the interests of the general membership, especially related to issues outside of the board's usual purview. Like much of our structure in AA, we seldom make decisions alone and this position represents one more voice in our collective group conscience.

I was sponsored into service almost from the beginning of my sobriety and I first started attending Intergroup meetings two years ago when I was a DCM. We did not have an Intergroup liaison for our District. At the time, the meeting was on my way home from work, and since I was not attending any other Tuesday night meeting, I started attending the Reps meeting in person and later on Zoom. The more meetings I attended I realized what an important role Intergroup plays in our area and how lucky we are to have an Intergroup Office here. I was amazed at hearing what other groups were doing and also how Intergroup supports our groups by stocking literature, sponsoring events like Gratitude Night, coordinating

Night Owl volunteers, answering phones, stocking medallions, providing speakers and A.A. Greeters. Not to mention maintaining the meeting locator which is a monumental task in itself! All these integral parts, Intergroup truly is like a mini-GSO!

So you still might ask what is it that being a member-at-large means to me? We need trusted servants not to govern, but to lead and make decisions. AA is organized in the least possible way. We need a group of trusted servants who will represent the fellowship without becoming a seat of perilous power, and everyone is welcome to be a part of service. For me, whether I was asked or volunteered, becoming a trusted servant in AA has been a big part of growing up and growing into my sobriety. Service to others and AA as a whole has taught me many of the life skills I need to be a citizen of the world. (Mainly Rule 62) I would not be the person I am today with out the program of Alcoholics Anonymous and I am responsible when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible.

Thank you for allowing me to be of service.

Jennifer G



12th Step Calls

5



Website Visits

7,564



Night Owl Calls

270



Meeting Info Calls

78



Speakers Calls

3



Literature Purchased

133 Books

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

- 112 Read This Book
- 11th Step Meditation
- Basic Text
- Cannon Falls Grp
- Children of Chaos Plus
- Como Park Big Book
- Firing Line
- Forest Lake Alano
- Gloria Dei AA
- Happy, Joyous & Free - Mahtomedi
- Highland Park
- Midway Club
- Monday Morning Women's Group
- Pages of Wisdom
- Ridge Runners II, Sat 8:30 AM
- Rosemount Groups
- Shoreview 12x12
- Summit Hill
- Third Tadition - Northfield
- This Simple Program
- Uptown Club

WE WANT TO EXPRESS OUR  
 DEEPEST THANKS TO THE GROUPS  
 AND INDIVIDUALS WHO HAVE  
 CONTINUED THEIR GENEROUS  
 SUPPORT OF INTERGROUP.  
IT REALLY MAKES A DIFFERENCE!

- 21 A.A. Groups contributed \$ 3,184
- 5 Gratitude Contributions totaled \$ 495
- 28 Faithful Fivers contributed \$ 1,099
- 17 Digital Contributions \$ 572



# Join Saint Paul Intergroup for an Open House BBQ.

Saturday, 26 June 2021

Come celebrate with us and check out our new  
location in West Saint Paul.



**Food and refreshments provided.** We will have seating, but if you want, bring your own chair or blanket; there is a nice grassy area to relax and eat.

**This is not a potluck, please do not bring any food items to share.**

**Masks required** except while seated and eating, masks will be provided for those without. Due to Covid-19 guidelines for public gatherings, we will be practicing “social distancing”. Anyone not feeling well, please do not attend.

**When: 26 June 2021, 12:00-3:00 p.m.**

**Where: 33 Wentworth Ave East West St. Paul, MN 55118-3431 Suite 355**

**\*\*BBQ will be held in parking lot with our office open for visitors\*\***

I was never enough. Never good enough, never smart enough, never successful enough. Never thin enough or pretty enough. Definitely never witty or clever enough. Never generous or kind or (ironically) even deferential enough. The more one says the word “enough,” the more it loses meaning, but I was all but crushed under the weight of that word my whole life, until I worked through the Steps with my sponsor.

What she taught me is one of the greatest gifts I have ever received.

I’ve heard many definitions of humility since coming into AA: remaining teachable; neither propping oneself up nor putting oneself down; knowing oneself and relying upon G-d. My sponsor’s definition is knowing what and who we are, and sincerely attempting... seeking... striving... to become what and who we could be.

I hold all of the above definitions to be true. What I strive to remember is another gem that my sponsor bestowed upon me: that I am a beloved child of G-d. That I am created, perfectly imperfect in His image. That I am worthy of His love, and that of others—and of self love (theultimategift).

Step Seven does not say, “We are suddenly and permanently relieved of all of our shortcomings.” [The slight irony of calling “not being enough” a shortcoming is never lost on me.] It certainly doesn’t say, “We miraculously learn to let go of all of our shortcomings of our own will and strength.” It says, “We humbly asked Him to remove our shortcomings.”

There are days still when my brain tells me that I am not enough. I remember my grandsponsor saying at podium level once that just because she humbly asks for her shortcomings to be removed doesn’t mean that they are instantaneously. And it also doesn’t mean that they don’t come back – that she doesn’t “take” them back. The point is that we, having become entirely ready in Step Six to have them removed, then in Step Seven humbly ask for them to be, by a power greater than ourselves. The when and the how are not important; it is through the willingness (the principle behind Step Six) that the humility (the principle behind Step Seven) is borne. If I can remember to stay right-sized, I can remain humble.

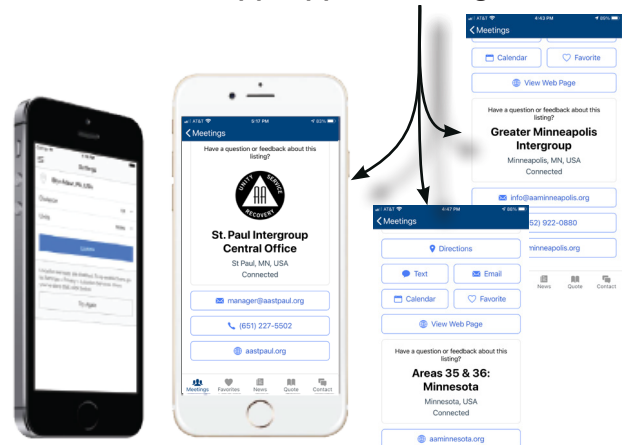
*Stephanie L  
The COIN Newsletter  
Santa Clara County, CA.*

# A WORD ABOUT THE MEETING GUIDE APP

Recently we have received complaints that meeting information is not correct in the Meeting Guide app. Upon research - the meeting guide information was not correct. We discovered the reason. If, when you are on the image for your meeting, you scroll all the way down to the bottom—you will then see where the information is being drawn from. If your group is registered with St. Paul Intergroup, Minneapolis Intergroup and the Area 35/36 Group Records, your information may be getting pulled from any one of those three entities (predetermined by GSO). The only way to determine that is to scroll all the way down (see illustration) and check. This will tell you who you need to contact to get that information corrected.

We have contacted the GSO and made them aware of this. However their suggestion was for the three entities to consolidate their information. This is an very unlikely possibility since each entity uses their information in different ways and has a commitment to their local groups to not share their information with any other agency.

If you wish to contact GSO, the app support team can be reached at: [appsupport@aa.org](mailto:appsupport@aa.org)



There will also be a link so you can email whomever is providing the data. Please give them your phone number to respond to if more info is needed.





# 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...***

33 Wentworth Ave E.  
Suite 355  
West St. Paul, MN 55118-3431

## ***30% General Service Office.***

P.O. Box 459  
Grand Central Station  
New York, NY 10163

## ***10% Southern MN Area 36***

Southern Minnesota 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

### **LOOKING FOR A SERVICE OPPORTUNITY?**

*Become a St. Paul Intergroup Night Owl*

If you are interested - Contact:  
Nightowl@aastpaul.org  
to schedule training.

St. Paul Intergroup Office  
33 Wentworth Ave E, Suite 355  
West St. Paul, MN 55118-3431  
To RSVP - please call 651-227-5502

# 2021 INTERGROUP BOARD OF DIRECTORS

## WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	Lindsey D.
Chairperson	Rachel P.
Alternate Chairperson	Robyn W.
Secretary	Jodie T-W.
Treasurer	Lisa L.
Alternate Treasurer	Renee B.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Jeremiah W.
2021 Member-At-Large	Andrew LaB.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Robyn W.



### **Office Volunteers:**

Mary D., Mike P., Chris, Lynn,  
Adam P, Trey, Neilla M., Frank,  
Anne, Connie, Angela, Roger, Jay,  
Caleb

# TRADITION SEVEN

*Every A.A. group ought to be fully self-supporting, declining outside contributions.*

**READING** Tradition Seven again in preparation for writing this piece, I was struck by the idea of the swinging pendulum, and the grandiosity on display among the early founders. From my vantage point I could see their problems, and I could see how I would do the exact same thing. It struck me how money is one of those things that brings out the character defects. I see it in myself. I can get really tied up in knots if I don't have exactly two dollars to put in the basket. Do I put in five? Will I need change? If I take change, how can I make sure everyone sees that I'm not stealing money? Can I bring myself to not take change, giving five dollars because that's nothing compared to the cost of a drink? Will everyone then see how generous I was? What if I give five dollars now, and then nothing at the next meeting? Would the people there look down on me?

What a mess. So, I can see myself in the founders, not knowing what to do with a huge amount of money, arguing over how to handle it, having ridiculous notions of solving all of the world's alcohol problems in one fell swoop. The idea of "enough" was really new for me when I came into A.A. I remember looking around the room and thinking to myself, "You know, if we each gave a little more money, we wouldn't have to meet in this shabby basement, and we could have really good coffee." It took me a while to realize that the priority was not a nice room and good coffee: the priority was carrying the message.

Grandiosity can carry over into my life. When I make a mistake, I'm the worst person there ever was, beating myself up for making mistakes, for being—gasp—human. When I have a modest success, I will get the Nobel Prize, don't you know, or at the very least write a bestselling book. "Alcoholics are all-or-nothing people," this tradition says, and it's true. There's no room for contentment when you're swinging on a pendulum, because you're either miserable or manic.

So, when I read "These simple services would require small sums of money which we could and

would pay for ourselves," it's like a lightning bolt of simplicity and humility.

This is one of those simple but not easy practices of A.A. We are not asked to pay a lot. We are not required to pay a dime, actually. We are asked to contribute what we can. What will I make of that? Will I freak out (see above)? Or will I reach into my pocket, and give some of what I have? Will I recognize that the point is not that I feel comfortable about what I gave? The point is that I contributed. The point is that when I needed it, A.A. was here, through the countless small contributions, monetary and other wise, of alcoholics before me.

And in the rest of my A.A. practice, will I fold my arms in a huff if I can't be perfect? Or will I strive for a small amount of progress each day, pray for guidance, have a bit of tolerance for that annoying sister, surrender my tiny little will to my higher power that actually is grand—that makes the sun rise and atoms and ice cream and baby giggles and the smell of salt air off the sea?

*Claire A.  
The POINT Newslettter  
San Francisco, CA*

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## Contributions



### The Anonymity of the AA Basket

The basket that we pass is the most perfectly  
any of us will ever practice  
ANONYMITY and HUMILITY



The person giving the gift in the basket—  
does not know who it will benefit,  
or its true destination...



The person receiving the gift that the basket  
funds provide for—does not know the origin  
of the funds that created the gift...



In both cases it invites the practice of the  
spiritual principles of  
LOVE & HUMILITY

# REIMAGINE YOURSELF

*(To imagine again or anew - Websters Dictionary)*

The owners of what used to be an auto repair shop in Seattle turned it into a convenience store. Now they had a advertising sign they no longer needed. What to do? Well, they decided to retask the sign to provide some joy to the people who go by their business on the way to work every day. Here is the result:

JUST DUMPED  
M&M'S INTO MY  
MASK SO I CAN EAT  
THEM LIKE A HORSE

HAVING A DOG  
NAMED SHARK  
AT THE BEACH WAS  
A MISTAKE

THERE ARE 3 THINGS  
THAT NEVER LIE  
CHILDREN, DRUNKS  
& YOGA PANTS

WHAT IF SOY MILK  
IS JUST REGULAR  
MILK INTRODUCING  
ITSELF IN SPANISH

I CHILD PROOFED  
MY HOUSE  
BUT THE KIDS  
STILL GET IN

CREMATION IS MY  
LAST HOPE FOR A  
SMOKING HOT BODY

ASTRONAUTS USE  
LINUX BECAUSE  
YOU CANT OPEN  
WINDOWS IN SPACE

GEOLOGY ROCKS  
BUT  
GEOGRAPHY  
IS WHERE ITS AT

PSYCHIC CONV  
CANCELLED  
DUE TO UNFORSEEN  
CIRCUMSTANCES

WHAT CAN I DO TO PRESENT MYSELF IN A MORE PLEASANT WAY TO OTHERS?

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## DISTRICT SERVICE MEETINGS

### *District 8 (Ramsey Co.)*

Fairview Community Center  
1910 Cty. Rd B West, Rm 108  
Roseville  
3rd Wed., 7:30 PM  
Email: [dist8@area36.org](mailto:dist8@area36.org) (for Zoom info)

### *District 15 (Wash. Co.)*

Christ Lutheran Church  
11194 N. 36th St.  
Lake Elmo  
4th Mon., 7:00 PM  
Email: [dist15@area36.org](mailto:dist15@area36.org) (for Zoom info)

### *District 19 (Dakota Co.)*

Rosemount Community Center  
13885 South Robert Trail  
Rosemount  
2nd Wed., 7:00 PM  
[dist19@area36.org](mailto:dist19@area36.org)  
Email: [dist19@area36.org](mailto:dist19@area36.org) (for Zoom info)

### *District 26 (SE Ramsey Co.)*

Grace Lutheran Church  
1730 Old Hudson Rd.  
St. Paul  
2nd Sun., 7:00PM  
Email: [dist26-area36.org](mailto:dist26-area36.org) (for Zoom info)

St. Paul & Suburban Area Intergroup  
33 Wentworth Ave E  
Suite 355  
West St. Paul, MN 55118-3431

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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 *Individual Contribution* Enrollment Form

Your Intergroup strives to be self-supporting, and with your personal support we can 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. Please consider becoming one of our *Faithful Fivers (\$5.00/month)*, *Terrific Tanners (\$10.00/month)*, or *Fantastic Fifteeners (\$15.00/month)*.

### 1. Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### 2. Amount & Frequency:

Amount \$ \_\_\_\_\_

Frequency: (check one)

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Start on: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

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*\*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.*

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