

The Lifeline



December 2021

24-Hour Phone 651.227.5502

Volume 57 Issue 12

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

STEP 12 gives us a guarantee — a promise that if we take the first eleven Steps, we will have a spiritual awakening. The result of working these Steps is just that: a spiritual awakening. We have tapped the “unsuspected inner resource” of strength by working these Steps, and our spirit is awakened. (BB pp. 569-570)

This is all the message is. It is very simple: Here is a program that works.

Throughout the Big Book, Bill talks about a “sudden spiritual experience” which effected his recovery and influenced his writing and the focus of the book. Later on, when they were putting out the second edition, a lot of people asked him not to emphasize his sudden spiritual experience because they thought many people might feel they would have to have the same type of spiritual experience in order to recover. So, he changed the term to “spiritual awakening.” The distinction is that a “spiritual experience” happens suddenly, and a “spiritual awakening” happens more gradually. It doesn’t matter which we have (far more people have the gradual kind of “spiritual awakening”), but we are promised that if we work these Steps, we will become spiritually awakened.

I believe there are as many different experiences of spiritual awakening as there are people. It is a very personal thing. God knows that no two people are alike. Each person is going to have a unique spiritual experience or a unique spiritual awakening that will fit his or her particular life. Each one will be like no other, but they all will have something in common: we will be able to think, believe, and feel things that we couldn’t before. We will be able to do things we couldn’t do on our own strength. We can receive God’s directions in our lives; we have had a spiritual awakening.

This is what we carry to other people. Remember that we said if we can believe in Step 2 and decide in Step 3 and act in Steps 4, 5, 6, 7, 8, and 9, we will get the Promises in Step 9 and results in Step 10, and the results of prayer and meditation in Step 11.

Now we know. We are people who have faith. We have seen the program work for us, and those of us who know from our own experience that it works can go to the new person and help him or her come to believe. Our faith and our knowledge can enable him to believe. We have to be careful, though, because we can’t make him willing. He has to become willing on his own, through his problem. If he has had enough of what he has been experiencing, and he is willing to let go of it, then we can step in and say, “This is what worked for me.”

A lot of times we try to get people to believe who are not willing yet. This is something the individual has to do on his own; he has to go through his own suffering to become willing to change.

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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, 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 e-mail: lifeline@aastpaul.org Fax: 651-290-0209
Office Hours: Monday through Friday — 9:30 AM to 5:30 PM; Closed weekends and holidays

This is our message, and it is simple. Our responsibility is to carry the message—what others do with it is not our responsibility. Recovery comes through a vital spiritual experience as a result of these Steps. I think this is the only way to recovery. Our job is not someone else's recovery; our job is simply to carry the message. When you look at it—it seems like a small, insignificant thing we are asked to do: not to promote the recovery, not to effect the recovery, but to carry the recovery message.

I think sometimes we miss the boat. We want to carry the message and also carry out the message. Then when the person doesn't recover or doesn't respond to the message, we assume responsibility. We need to remember that the recovery comes through the message, through power of the Step, and not through the messenger. Our job is simply to tell people.

The Twelfth Step is about faith. When we talk to a new person, we don't talk about anything we "believe," we talk about what we have known through experience. We talk about what we have known through experience. We talk about facts that have brought results in our lives. Remember where his is, though. He can't sit there and get our faith. It is often frustrating because we wish that he knew what we know and that we could just give him the knowledge we have.

The new person has to start where we started. Sometimes it is helpful to remember how we thought in the beginning. He has to start wherever he is and go through the Steps on his own just as we did. One day he will know it works, and one day he can tell another person. This is the chain reaction that has taken place in the fifty years since the beginnings of this program in Alcoholics Anonymous.

Here is an irony that shows the power of God. We have taken the problem—whatever it was we were powerless over, whatever was destroying our self-worth, destroying our lives, giving us guilt and fear and shame, and making us feel like a zero—and finally become willing to let go of it. We have come to believe, have made a decision, and have taken the actions. Then after we have gotten God's direction in our lives, we come to the Twelfth Step, and we find out the thing that seemed the worst, that we hated the most, is really the jewel of our life. In the end it is the only thing we have enough understanding of to offer to the rest of the world.

We can now sit down with another person who has a problem similar to our own and convey an understanding that no one else can. We can say to him or her, "I've been there." Because of our experience we can cross barriers of race, religion and every other kind, and we can understand each other in a very special and meaningful way.

There are often people we want to help but can't because we don't get to choose. I'm glad we don't have the right to choose who we help, because I might not have been chosen. It is still the miracle of our programs that we can come together as we do and share our experience, strength, and hope, and watch each other get well.

One of the hardest situations we face is with our family members. We would all like to "save" the members of our families, but often we can't. I had one brother, and he was an alcoholic. I sobered up one March, and he died right after Christmas the same year. He was thirty-seven years old. I was thirty-four. He never saw me after I got sober. I've been able to help with a lot of people since then, but I never was given the opportunity to help my brother. There are a lot of things I can't figure out; this is one of them.

A guy who helped me get sober was drunk six weeks after we got out of the hospital and was killed in a car wreck drunk ten years later. At the time we were together in the hospital, he was very interested in the program and trying to get me interested in it. I don't understand God's will. Some of us are chosen through our problem, and our recovery teaches us the program of action to recover. Each time a person gets well through this program, he or she has the responsibility to take the message to other people who still suffer in the same situation.

In all the other Steps—Steps 1 through 11—we have received something, all culminating in Step 11. But in Step 12 we are told to give it all away. So, eleven Steps give to us and one we give away. We can see the power of what it's like to be blessed when we give rather than receive.

When I look back at my own life, I see that the first eleven Steps brought an amazing change in my life and gave me a spiritual experience. But when I look back over the past twenty-seven years of working with others, I know I have grown far more from carrying the message than I grew through the first eleven Steps. This—Step 12—is the growth Step.

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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 55402-0812

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	John K.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Robyn W.



Office Volunteers:

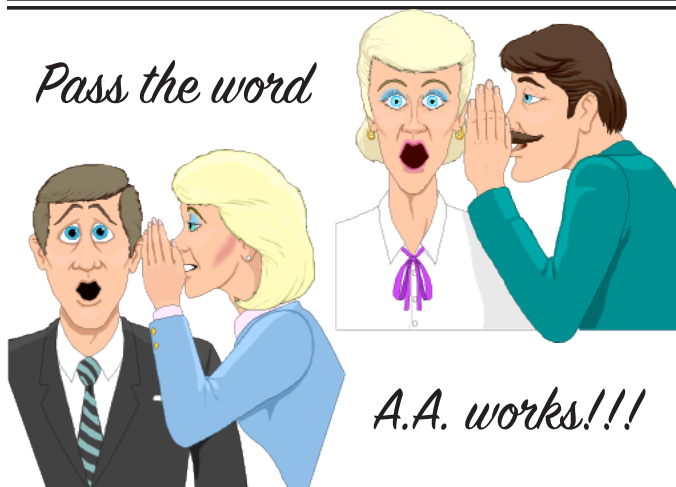
Mary D, Lynn, Nancy T, Matt, Roger,
Debbie L., David D, Connie,
Frank D, Tomas, Niella M, Aric

At the end of Step 12, it says “to practice these principles in all our affairs.” Throughout the Big Book, Bill W. refers to the Twelve Steps as “principles.” In the forward of the Twelve Steps and Twelve Traditions he says, “The twelve Steps of Alcoholics Anonymous are a set of principles, spiritual in nature, which if practiced will expel the obsession to drink.” I think the best word for the principles is “laws.” I think these are laws that have been created by something beyond man, and they are just as basic and unchanging as the law of gravity or the freezing point of water. Water always freezes at thirty-two degrees; we can depend on it. We can just as confidently depend on these laws that are within our Steps.

The Twelve Steps are a design for living. They are a set of principles (or laws or directions) that tell us how a human being should live. If we can live by these principles, we will be peaceful and content. We will be free from the things that used to enslave us and make our lives miserable.

We do have self-will—we can do what we want to do—or we can choose to live by these principles. I think the reason most people choose to live miserable lives indulging self-will is not because they are evil or bad or sinful or anything like that. I help other people because we know. We have been on both sides of these principles. We know what works, we know how it works, and this is the simple message we try to carry. These are the basic and unchanging principles we try to practice in all our affairs.

*The Voice Newsletter
Ocala, FL
Joe McQ.*



PRACTICE THESE PRINCIPLES. . .

Principles are Not Flexible

WHEN I entered the program of Alcoholics Anonymous, I identified with just about everything I had read and heard. I began to recognize where I went wrong up to that point. I realized that I had no direction in my life, no moral compass to speak of. That the failure in my personal relationships manifested itself in low self-esteem (self-loathing). I felt inferior, unworthy, disrespected, isolated, unappreciated, disliked, etc. I was going to have to depend on something outside of myself to govern my judgment and my decision-making.

One of the first default positions I would take to surrender to these new realities was to concede to the fact that, as an alcoholic, my brain did not process information properly, and that I was going to have to trust in something more reliable. Living by Principles, What a Concept! There are people who believe that if we all lived by one simple principle, we wouldn't need any other laws on this planet, and that principle is The Golden Rule: “Do unto others as you would have others do unto you.” That simple statement gave me an understanding of how I could begin adopting a value system based on principles, where I did not have to originate my own rules.

While reading a book on economics, the author stated that “A man who lives by principles has 99% of his decisions already made for him”. With that in mind, I began to establish a system of principles that are consistent with the A.A. program, and, I might add, with most of the other successful philosophies of life. I would read the St. Francis Prayer (Twelve Steps and Twelve Traditions, pg. 99) daily. I attend a step study meeting weekly to reinforce these principles. I try to make sure that I am not modifying these standards to evade the tougher actions.

I was complaining about another member of our group one day to one of my mentors at that time. He suggested that I try to place principles before personalities. I responded, yes, but I do not agree with his principles. He then said it was

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TRADITION TWELVE

Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

THIS time of year is really quite amazing. In November we are invited to consider the ‘bounty’ that we have received. You may be thinking of all the things that you really would have liked to receive during the year, and come away from that thought process with a little less than true wonder at your bounty. Focusing, instead, on what you think you lack. This is true regardless of how long you’ve been sober. That negative inventory approach seems almost to be ‘baked-in’ to us alcoholics. It seems to be our back-stop, go-to approach to much of life. This is part of what has brought us so much self-inflicted pain in our lives. So, let’s take a different approach.

Let’s ask ourselves if we have received all that we needed to survive the year to this point. Have we had enough food and clothing, have we had shelter, have we enjoyed at least some of the year, have we made it through the year and come to the end of it sober? If we can answer ‘yes’ to those questions, then we will have to admit that what we have had has been sufficient for our survival. Our “bounty”.

But, you say, “I want to do more than just survive – I want to grow and prosper.” To which your sponsor may reply, “Well, then, do so.” They will point out that we have been our own worst enemy and the obstacle that has been keeping us in a less than ‘grow & prosper’ condition. We have seen what we cannot do rather than what we can do. We have avoided meeting the challenges that may have taken us to new heights or adventures. So, the ‘Horn of Plenty’ that generally symbolizes Thanksgiving has all along been plugged up by our own defiance and negative approaches. We have kept the prosperity from reaching us.

Once we can look at that honestly, we will begin to see that we have been, by the grace of our Higher Power and other people around us, benefitting from an incredible amount of generosity. Even the difficult times that caused us pain and suffering were

buffered and softened by the grace that surrounded us. As we widen the scope of our view, more and more we see the gifts that have come our way. We just failed to recognize them because of our attitude. But now, with this new viewpoint, our world and our view of it brightens greatly. In essence, that is what the Promises guarantee us.

Now we move into December. And in this month we find that the flow of life suggests a change of direction. Now that we can see the gifts that have come our way—we are encouraged to give them away. “That’s crazy,” you say. Again, it’s all in the understanding, or perspective, that we bring to our viewpoint. We look down the road to those who have traveled a bit farther, hoping to make some sense of it all. “Try it, you’ll like it,” they shout back to us. It just makes our head hurt! But, having no other alternative, we forge ahead. Often mumbling to ourselves as we go.

We begin to discover the situations in which the grace in our lives has moved us forward with the idea that maybe it will help someone else. Slowly—ever so slowly—we begin to get a sense that something is changing. And then one day the realization dawns on us that we have become like Santa’s little helpers, going around putting little gifts under every tree we find. Sure, some of the packages aren’t wrapped very well, or maybe have the wrong-colored bow on them, but everyone understands the loving compassion of the gift-giving. And, even though we don’t want to admit it at first—it feels good to do it. That’s the experience of “trudging!”

Well, we have come along way to get to the heart of Tradition Twelve. As we have gone about this transitional experience with Steps Eleven and Twelve, we have begun to think of others before we thought of ourselves. Wow! Now that is some kind of spiritual awakening all by itself. And we can now see the real power in Tradition Twelve. With a whole group or society focused solely on what benefits others and not on themselves, an awful lot can get done because the roadblocks of pride, ego, jealousy and the like aren’t getting in the way. And the miracle of it is that it comes to us so easily. We have reached a point at which we no longer dwell on other personalities—as well as a point where we no longer even dwell on our own. The phrase, “As you have freely received, so freely give” begins to find a very important place in our lives and the principles we practice. And we also have come to

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Join in the celebration of Gratitude

*St. Paul Intergroup
Gratitude Night
November 20, 2021
7:00 PM - 10:00 PM*



Zoom ID:
860 8122 5926
Passcode:
gratitude

**Main Speaker
Mildred F.
Toronto, Canada**

**Two local speakers
15 Minutes each
7:00 PM**

MY FIRST SOBER CHRISTMAS

I love this time of year. I feel as if I'm smiling from deep within. It was so much better than my last drunken holiday when I missed my family's activities. I called in "sick" on Christmas Day. I told mom I was ill. This was not far from the truth. At 9:00 A.M. I was still in the bar from the night before. Good times—not!

My sobriety date is June 1, so my first round of sober holidays (starting with Thanksgiving) I had five to six months. I was excited as the season approached. The ads would start: TV, radio, billboards, and print. All was transformed to usher in this special time of year. The child came bursting forth.

Decorated lights twinkling, decorations, tree ornaments, mistletoe, holiday bells, holly and mistletoe. Heck, even the Salvation Army bell ringers appealed to me. I only remembered happy times of Christmas past. They burst forth vividly in my imagination. Alive with a myriad of colors as if on a large screen. Fortunately, I have no bad childhood memories associated with Christmas.

WE'D CARAVAN TO AN A.A. MEETING

My dad was sober. He was also violent, angry, uncomfortable and suicidal. He did, however, have a lovely Holiday tradition. He an excellent A.A. member. He had to be. A.A. was the only thing that helped him. It kept him sober, alive and feeling useful. Dad's tradition was this: "If you have no family, or anywhere to go on Christmas Eve, you're invited to my home for dinner, carols and Midnight Mass if you'd like."

He loved putting this on. He'd start preparing days in advance. There was much to be done and my parents and I collectively prepared our home. I did not quite grasp the kindness of this act. Now I understand it's typical of who we are as sober caring individuals. We show up for each other. The camaraderie and unconditional love was bountiful. I still recall people's faces. Eyes beaming, full of love and gratitude. All were equal at this banquet.

As I reflect to write this piece, it seems fitting my own first Christmas Eve was spent similarly. I took part in a tradition of a recovery house in Hollywood. Each Christmas Eve, we'd all caravan to an A.A. meeting in downtown Los Angeles and "Skid Row." Back then this is where you'd find many alcoholics on the streets.

We would attend an A.A. meeting. I can picture the room in my mind's eye. It was a storefront, bright Godawful light. There was food, coffee and sweets. I imagine for some, this was their meal. John Barleycorn brought us to our individual knees. God's grace and A.A. picked us up together to share this moment. We were not outsiders. We were them and they us.

After the meeting, we'd go back to the house. We gathered in the living room on couches, chairs, or on the floor. We'd all fit somehow. We would then hold a gratitude meeting on Christmas Eve. How special! The room's light came from the fire. The glow reminded me of Tinker Bell's radiance. Its dancing light shone upon our faces.

I CAN PICTURE THE ROOM IN MY MINDS EYE.

Wood crackled. We drank apple cider and eggnog. There was a strong cinnamon scent in the air with palpable love. Precious moments in time when each of us was present. Sober together, thus a success. Fighting for our lives— together.

We'd all share. A beautiful evening. Life changing experience, fond memories forged.

To be together with my fellows, after having seen those less fortunate. Realizing how lucky I was. We were.

What a difference compared to those blurry God forsaken drunken holidays of my past. This was me experiencing my new life. A newborn finding incredible meaning in the simplest of ways.

As the Holiday Season approaches, I hope regardless of how or what you celebrate, that you feel the gratitude in your heart that I do in mine.

I am loved. I love. I am not alone, I'm a part of. We are all one. Happy Holidays!

*Gergory F.
The POINT Newsletter
San Francisco Intergruop*



THOUGHTS FROM THE BOARD

LAST night I spoke at the inpatient treatment center where I got sober. I have been speaking there about every other month for the last 5 years. Every time that I return there, I get the feeling of “coming home”. I feel blessed that I have the opportunity to keep this connection to the place that helped me get sober. I am grateful that they gave me a Big Book during my first week there and that my counselor encouraged me to read it. And that I actually did start to read it and found hope in its pages.

I told the clients how treatment led me to AA and how sponsorship led me to service at Intergroup. When I was about a year sober, I had to get a new sponsor, and that new sponsor suggested that I volunteer to be the Intergroup rep for our home group. I had no idea what that meant, but I did what had been working for me so far and I followed her suggestion. I remember attending the first “Reps Meeting” and not really understanding what happened. But I did realize the A.A. was so much bigger than the regular A.A. meetings that I was attending. There was a whole “business” side of AA and I was very intrigued.

In 2018, the month before elections, someone tapped me on the shoulder and suggested that I let my name be considered for the Board. So, I typed up my service resume and sent it to the office and attended elections. After several rounds of voting, it came down to “the hat” and they pulled out my name and I became the Alt. Chair. I had never served on a non-profit board and so 2019 was full of learnings for me. I am grateful for the other Board members, Dennis (office manager) and Jonathon & Sergey (our

faithful web servants) for helping me learn about how to be a successful Board Chair.

Then 2020 happened. We started off the year like normal with in person meetings in January and February. Then we decided to cancel the March Reps meeting and met as a Board on-line. It was amazing to see the office and web team and the volunteers pivot so quickly to virtual meetings! We created an on line contribution portal and store and made thousands of updates to the website. Attendance at the virtual Reps meetings is actually higher than the in person meetings. Leading these meetings was often the highlight of my month during

the shutdown and the months that followed. It is an honor to serve our Fellowship during this trying time and I know it helped me stay sober and connected.

I am now coming to the end of my three-year rotation. Thinking back, I am overwhelmed with gratitude that I was given this opportunity. I feel like I have learned and grown tremendously. Elections will be over by the time this is published, and I hope that some of you who are reading this will consider “putting your name in the hat” and being considered for the Board in 2022 or beyond. Elections happen every November. There are 1-year, 2-year, and 3-year commitments. Nothing has been more impactful to my sobriety than serving with Intergroup (besides working the steps, of course). I didn’t think that I could do this and maybe you are thinking the same thing... I promise you that, with the help of your Higher Power and the other Board members, you can. I will be eternally grateful for the relationships I have made and experiences that I have had as a part of the St Paul Intergroup Board.

With Love and Gratitude,

Lindsey D.



St. Paul Area Intergroup Representatives' Meeting Minutes, October 19th, 2021 7:30 pm

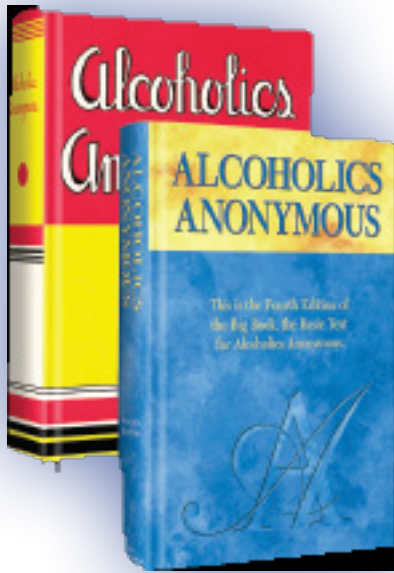
1. **Opened** with the Serenity Prayer, Introductions, and read the Primary Purpose of Intergroup.
2. **Approved** prior month's minutes (motion: Mike C, 2nd: Glenn P).
3. **Treasurer's Report, Lindsey D** – **Total Contributions: \$6,051, Expenses: \$9,914, Total Revenue: \$11,098, Net Income: -\$1,767.** Lindsey D is the new Alt Treasurer. Sales are up over \$1600 this past month. We've seen our typical mid-year slump a little later this season, but now things are picking back up! We hope to hit our Prudent Reserve goal of 60K by the end of the year! Thank you to all who have contributed! It's so convenient to practice the 7th tradition & support our online Intergroup store at aastpaul.org! *See Treasurer's Report for complete financial details.*
4. **Office Report, Dennis B** – **Please see Manager's Report for more info or contact the office at lifeline@aastpaul.org**
 - Comcast had an outage last Sunday night disrupting the Night Owl phones overnight.
 - Our Workman's Comp Insurance bill came due and was an additional \$300.
 - New pamphlets (50¢ ea.) available at the office include: *Hispanic Women in AA* (Both in Spanish and English), *Twelve Traditions* (new intro, updated images and verbiage), & *Faith Leaders* (used to be Clergy).
 - The new Grapevine book *Prayer & Meditation* is still in stock with ten on backorder (\$15).
 - Final Reports from the General Service Conference (while supply lasts - FREE)
 - Our Speaker Program is struggling. Consider volunteering; sign up online! Two-year sobriety requirement.
5. **Night Owl Report, Robyn W** – There are 2 open shifts: 3rd Tuesdays from 5:30 to 10 pm, and 5th Mondays overnight. Orientation training is offered on the third Saturdays at 10 am via Zoom or you may request an individual training time as well. *Please email Robyn at nightowl@aastpaul.org.*
6. **Website Report, Jonathan L** – There are 796 regular weekly meetings supported by 291 groups in the area served by Intergroup. If you have web development skills, please consider doing service by helping with the website! Feel free to forward any group special AA events or announcements to webservant@aastpaul.org.
7. **Outreach Program, Lindsey D** – Since we have been listing the MIA meetings in the Scoop (our digital newsletter), we have been getting responses so that's great! If you are interested in volunteering to visit meetings either online or in person to share about how Intergroup serves our AA community, please contact outreach@aastpaul.org.
8. **Update from the Board, Rachel P** – Next month's Rep Meeting will be the yearly elections. The following positions are open: Alt Chair, Alt Treasurer, Secretary, & 2 Members at Large. Please share with your groups, friends, sponsees, and consider joining yourself! *Find descriptions in The Lifeline or email Dennis at lifeline@aastpaul.org.*
9. **Liaison Reports:**
 - a. **District 8** (Ramsey County): Lindsey D – Two Committee Chairs open: Tech Host & Group Records. District 8 is doing a "literature blitz" with their extra contributions money! Meetings are the third Wednesdays on Zoom. *Contact Lindsey at outreach@aastpaul.org for more info!*
 - b. **District 15** (Washington County): Heather B – There is a Sponsorship Forum in Lake Elmo at the Christ Lutheran Church on the second Wednesdays at 6:30 pm. There is a flyer posted on the Intergroup website.
 - c. **District 19** (Dakota County): Brian M – New Alt DCM position open. Meeting is Nov. 9th at 7 pm, both Zoom and at the Rosemount Community Center. *Please contact Brian M at madhouse0143@gmail.com for more info.*
10. **Intergroup Events:**
 - a. Recap: None
 - b. Upcoming: Gratitude Night on Zoom November 20th @ 7 pm! Speaker Meeting! Speakers TBI! We have updated our Zoom account to go over the 100 participant threshold. Please join us! ☺
11. **Old Business:** No Old Business to discuss.
12. **New Business, Lindsey D** – Reminder that next month's Rep meeting will be the yearly elections! Share the news!
13. **Group AA Announcements:** The Summit Hill Monday Nights at 6 pm meeting is starting up their quarterly medallion night again for the first time since Covid at the House of Hope Church on December 13th. Please join us!
14. **Suggestions for next month's agenda:** Next Month will be November Elections Only! Consider Joining the Board! ☺
15. **Grapevine Report,** Emily H; **Volunteer for December:** Tom W
16. **Concept X review,** Brian M; **Volunteer for Concept XI:** Lisa L; **Volunteer for Concept XII:** Emily H
17. **Mock Rep Report,** Camille K; **Volunteer for December:** Brian M
18. **Closed** with the Responsibility Statement

Attendance:

Chris A - Main Idea	Jonathan L - Webservant	Mandi O - WBL Women's Basic Text
Emily H - Rule 62	John K - Member at Large	Brian M - Meeting of the Waters, Mendota
Dennis B - Manager	Tom S - Maplewood Alano	Elly C - Summit Hill, Mondays @ 6 pm
Robyn W - Alt Chair	Lindsey D - Board Advisor	Dave P - Happy, Joyous & Free
Laurel M - Day by Dei	Ken S - Como Big Book	Camille K - A New Light Women's
Roger E - Basic Text	Lisa L - WBL Women's AA	Michelle B - Woodbury Serenity Sisters
Rachel P - Board Chair	Amy G - Pocketing Our Pride	Melana M - 12X12 By the Book, Mahtomedi
Jodie W - Secretary	Mike C - New Brighton Alano	Sergey K - One More Was Added to the Fellowship
Tom W - Firing Line	Jennifer G - Member at Large	Heather B - Safe Haven Women's, Dist. 15
Bob H - 3rd Edition	Paul C - Night Owl Committee	Glenn P - Second Sandwich BB Study

Next Meeting: November 16th, 2021 7:30pm

All Big Books 10% off



All formats of the Big Book will be 10% off between November 1st and December 31st.

The new A.A. Service Manual will be available for purchase in late November or early December.



12th Step Calls

3



Website Visits

8,556



Office Calls

287



Night Owl Calls

217



Meeting Info Calls

73



Speakers Calls

5



Literature Purchased

233 Books

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

- A Baffled Lot
- Children of Chaos Plus
- Cliffhangers - Thursday
- Como Park BB
- Complete Defeat Group
- Defiant Brats East
- Eagan Tuesday Nighters
- Firing Line
- Forest Lake Alano
- Fresh Air Group
- Friday Night 12x12 By The Book
- Gloria Dei
- Highland Park Groups
- Hugo Group
- Joy of Living Group
- Main Idea

- Midway Club
- Monday Morning Women's Grp
- New Beginnings - Newport
- New Brighton BB
- North Dale Grp
- Ridge Runners III - Sun 830 AM
- River Rats
- Rivertown Big Book
- Rosemount Grps
- Rule 62 Grp
- Sat Morning Serenity Grp
- SOS - Sharing Our Sobriety
- Summit Hill
- Third Edition
- This Simple Program
- Thursday Night BB - Nfld

- Uptown Group
- Valley Creek Monday
- Valley Creek Thursday Night
- White Bear Lake SAT AM Womens

- 24 A.A. Groups contributed \$ 7,420
- 7 Gratitude Contributions totaled \$ 404
- 24 Faithful Fivers contributed \$ 743
- 10 Digital Contributions \$ 663

Thank You So Very Much!

that “it’s the action that’s important—not the actor,” which is why the story in the Big Book about the actor and the play is so important to us.

It’s at this point that our membership in A.A. is neither something we need to broadcast, nor something we need to hide. We have become citizens of the world, and as such we need not worry about the judgement of others. The idea of increasing our own stature, of fear of it falling, is no longer of concern to us—we are focused on being of maximum service to God and our fellows. Focused on solely on principles. Isn’t that the spiritual goal we are moving toward?

Anonymous

DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)

Fairview Community Center
1910 Cty. Rd B West, Rm 108
Roseville
3rd Wed., 7:00 PM
Email: 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 (for Zoom info)

District 19 (Dakota Co.)

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



not his principles that we are talking about, but that it was my principles that needed to change. He then informed me that we cannot be selective about who and when we apply these values. I must treat everyone with respect, and that goes for the smallest, innocent child to the most errant rogue that I might encounter. I know that it seems like an impossible task, but I assure you that if you start with the child and work your way to the rogue, it will get easier, if you don’t let your ego convince you otherwise. The Twelve Steps and Twelve Traditions have given me plenty of material to work with so that this does not have to become a crisis management project. It is more like a lifelong pruning of my unwanted, destructive behaviors. Here are a few of those suggestions:

- Practice restraint of tongue and pen.
- Drop the word blame from your thoughts and speech.
- End every sentence in which you are complaining of something with the words “as I would have it”.
- Stop fighting everyone and everything
- Cash-register honesty means I must be honest with everyone, not just the person at the Cash-register.

If we all had amnesia, we would all be pretty much the same. The only thing that makes us different is the things we carry around between our ears. It may be time to reprogram the mental software to default to the principles that have been proven to work so well for so many. No one could ever fault us for living by the principles that we learned in A.A.

Rick R



St. Paul & Suburban Area Intergroup
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