

The Lifeline



January 2022

24-Hour Phone 651.227.5502

Volume 58 Issue 1

STEP ONE

We admitted we were powerless over alcohol—that our lives had become unmanageable.

IT was such a small bottle of wine; just one of those little bottles that come in a four pack at the convenience store. And, I didn't even get drunk! Maybe I wasn't an alcoholic now. My sobriety date was seven years earlier. I had moved and had not found a home group. I wasn't working with a sponsor. Sporadic meeting attendance had turned into total absence from A.A.. My prayer life was on life support and when I did pray, I didn't give thanks for my sobriety or pray for another 24 hours of sobriety. Each one of those acts of omission made it more likely that I would pick up a drink again. I thought I had graduated from A.A.. Surely I deserved one little drink after all this time. I had problems and couldn't sleep. I was agitated and discontent.

Within a couple of weeks, I was off to the races, drinking heavily and hiding it from my family. Vodka in the morning took the edge off and helped me get over the night before. In Step 1, I had admitted complete defeat seven years before my relapse. There is nothing in the Big Book or the Twelve and Twelve that says we may be powerless over alcohol for a little while when we work Step 1. I guess in my mind I believed that someday I could drink like other people. My wife found out that I was drinking again and lying about it. She left me and wished me

luck in my recovery. Once again, I was powerless over alcohol and my life was out of control. I had a belly full of A.A. and it wasn't mixing well with the vodka and wine. I was right where the God of my understanding needed me to be.

I went back to my A.A. group with my head hung low. I was embarrassed to admit defeat. They didn't care. They were just glad to have me back. I found a sponsor with a lot of sobriety who would tell it like it is. He told me to get right in the middle of A.A. and make his group my home group. Missing meetings was to be the exception rather than the rule. My prayer life had to become a priority. I was taught to never say no to service work and to help other alcoholics. Doing all of this has made it easy to remember what I admitted in Step 1.

I'm happy to know that I am powerless over alcohol and I always will be. I'm no longer resentful when I see others drink without consequence. I've never had it better than I have right now with my life in A.A.. I've looked at the bottom of a lot of bottles and I've never seen anything close to matching what I have now. My wife came back, and not because of the pleadings and promises of a drunk. She came back because she wanted to share her life with someone who demonstrated they were happy, joyous and free by the way they lived. I am grateful to A.A. and my higher power for a second chance at life.

*Doug T.
The Dialog
Dallas Intergroup Newsletter*

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.

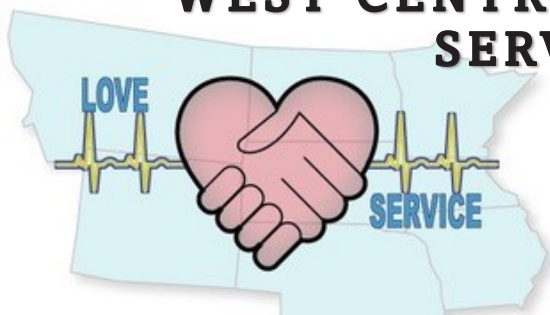
Please email your article to Lifeline@aastpaul.org or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 33 Wentworth Ave E, Suite 355. W. St. Paul, MN 55118-3431. Materials or articles mailed to us cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves 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

WEST CENTRAL REGIONAL A.A. SERVICE CONFERENCE



MARCH 4,5,6, 2022

Hosted by Area 36

DoubleTree Minneapolis-Park Place
1500 Park Place Blvd, St Louis Park, MN

A.A. COMES OF AGE 2.0

FRIDAY MARCH 4, 2022

PAST & PRESENT DELEGATES ONLY MEETINGS

10:00am—3:00pm SHARING SESSIONS; LUNCH (ON YOUR OWN)

EVENTS FOR ALL WCRAASC ATTENDEES BEGIN

2:30pm REGISTRATION OPENS

3:30pm EARLY BIRD MEETING

7:00pm WELCOME

7:15pm—8:00pm *Presented by Area 63: HOW DO A.A.s GO TO ANY LENGTHS TO RECOVER, UNIFY, & SERVE?*

8:15pm—8:45pm MEET THE DELEGATES

8:45pm—10:00pm GENERAL SERVICE CONFERENCE AGENDA ITEMS

SATURDAY MARCH 5, 2022

7:30am EARLY BIRD MEETING

8:00am WELCOME

9:00am—10:30am GENERAL SERVICE CONFERENCE AGENDA ITEMS

10:45am—11:30am *Presented by Area 76: THE WARRANTIES: OUR PROMISE TO THE FELLOWSHIP & THE WORLD*

11:30am LUNCH (ON YOUR OWN)

12:45pm—2:00pm GENERAL SERVICE CONFERENCE AGENDA ITEMS

2:00pm—2:45pm *Presented by Area 41: GOING BEYOND FEAR*

3:00pm—3:45pm BREAKOUT SESSIONS

4:00pm—5:30pm GENERAL SERVICE CONFERENCE AGENDA ITEMS

5:30pm DINNER (ON YOUR OWN)

7:00pm—8:30pm *Open Speaker Meeting*
BOB W., NEW YORK, NY

8:45pm—10:00pm GENERAL SERVICE CONFERENCE AGENDA ITEMS

SUNDAY MARCH 6, 2022

7:00am EARLY BIRD MEETING

8:00am WELCOME

8:15am—9:00am *Presented by Area 35: HOW TO REACH ANYONE, ANYWHERE*

9:00am—10:30am PAST TRUSTEE SHARING & ASK IT BASKET
MIKE L., WEST CENTRAL REGIONAL TRUSTEE

10:30am CONFERENCE CLOSES

EVENT DETAILS & UPDATES AT WESTCENTRALREGION.ORG

HOTEL & REGISTRATION INFORMATION

HOTEL RESERVATIONS—\$99 / NIGHT

ONLINE: Go to [Bit.ly/WCR22Hotel](https://bit.ly/WCR22Hotel)


CALL DOUBLETREE: 952-542-8600; ask
for WCRAASC rate

EVENT REGISTRATION—\$20

REGISTER ONLINE: Go to Eventbrite at
www.wcraasc2022.eventbrite.com

REGISTER AT CONFERENCE: \$20.00;
cash and credit cards accepted

MAIL-IN: Complete the registration form
below and mail with your check by
February 15, 2022

 ASL INTERPRETER WILL BE
PROVIDED FOR ALL SESSIONS,
EXCEPT BREAKOUT SESSIONS

VISIT WESTCENTRALREGION.ORG

FOR ACCESSIBILITIES UPDATES &
INFO

SERVICE OPPORTUNITIES FOR
REGISTRATION, GREETERS,
COFFEE SALES! *Sign up at:*

[Bit.ly/WCRAASC](https://bit.ly/WCRAASC)

PLEASE MAIL YOUR PRE-REGISTRATION BY FEBRUARY 15, 2022. Complete, cut and mail with your \$20.00 check payable to WCRAASC. MAIL TO: WCRAASC, PO BOX 5041, Hopkins, MN 55343

NAME: _____ HOME GROUP: _____

CITY: _____ SERVICE POSITION: _____

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

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

2022 INTERGROUP BOARD OF DIRECTORS

WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	Rachel P.
Chairperson	Robyn W.
Alternate Chairperson	Brian M.
Secretary	Kelly K.
Treasurer	Lindsey D.
Alternate Treasurer	Bill C.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Renee B.
2021 Member-At-Large	Roger E.
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,



Today I am “Thankful”

Tolerance/togetherness

Honesty/Humility

Acceptance

New Life

Kindness

Faith

Understanding

Love

In my life before recovery in AA, my life was totally insane with the things I did, what I thought, and what I would say. Everything that I had the belief in, I thought it was to be normal in everyone. I blamed My Higher Power (God) and everyone for everything that went wrong in my life. I did things different ways many times but ended up with very similar results in whatever it was. I couldn't understand why. It all failed.

At that point, I had put My Higher Power (God) on the shelf and I would only bring him down from the shelf when I needed something. This is my insanity that I was going through and doing to myself. As I was living in my own hell.

Now today in Recovery of AA, I now believe that “He Can” My Higher Power (God) can restore me to sanity.

Today, I live in acceptance of where I am today and in my every day experiences. Nothing, absolutely nothing, in my life today happens by accident. My Higher Power has a plan for me and puts everything in my life, day to day, His plan for me. It is up to me by keeping a willingness, keeping an open mind, and being honest with myself. Asking and doing His will for me throughout the day and not mine. For my Higher Power could and can restore me to sanity. I do exactly the opposite of what I used to do and I had to change everything in my Life.

Today, I have Faith, Hope, and Courage to take on the day and throughout the day. I am able to take a new perspective on everything in my Life today. My sanity today now believes that my Higher Power is always with me and that I am never alone.

*Lisa C.
12-4-2021*

**TO OUR INTERGROUP
BOARD MEMBERS WHO ARE
ROTATING OUT:**

спасибо 谢谢
GRACIAS
THANK YOU
ありがとうございました **MERCI**
DANKE धन्यवाद
شُكراً **OBRIGADO**

LISA LL - TREASURER

JODIE W - SECRETARY

JOHN K - MEMBER-AT-LARGE

TRADITION ONE

*Our common welfare should come first;
personal recovery depends upon A.A.
unity.*

“Since personal calamity holds us in bondage no more, our most challenging concern has become the future of Alcoholics Anonymous; how to preserve among us A.A.’s such a powerful unity that neither weakness of persons nor the strain and strife of these troubled times can harm our common cause.”

Bill W. wrote these words 70 years ago, at the inception of what we know as the “flying blind” period in A.A. history. A.A. was age ten and experiencing phenomenal growth, primarily as a result of articles written by non-A.A. members for Liberty Magazine, the Cleveland Plain Dealer newspaper, and the now-famous Jack Alexander article for the Saturday Evening Post.

As most of us are aware the Twelve Traditions of Alcoholics Anonymous are principles that were codified by Bill in a set of articles written for the Grapevine magazine - “Twelve Points to Ensure Our Future”. The Traditions were the result of compiling as much A.A. experience as possible from A.A. groups, which up to that time had established various rules and regulations concerning A.A. membership. As Bill reviewed all of this material he discovered that even he or Dr. Bob would not qualify as A.A. members in certain groups.

The Traditions developed and were unanimously approved by the Fellowship at our first International Convention in Cleveland, Ohio in 1950. This Legacy of Unity was never intended to be exclusive - our A.A. Tradition guarantees that any alcoholic can be a member of A.A. and never meet any other criteria. Our co-founder spent the remaining years of his life and his sobriety doing everything he could to ensure the Unity of A.A. - Bill absolutely believed that A.A. must continue to exist or that most of us would perish.

I heard an old-timer say that the 1st and 12th Traditions are ‘bookends’. If any of the Traditions are infringed upon the 1st and 12th Traditions are

always impacted. The 1st Tradition begins “Each member of Alcoholics Anonymous is but a small part of a great whole.” This reinforces our principle of anonymity - nobody is anybody in A.A.. There is no most important person in the room - we all have equal standing whether we have 1 day or 50 years of sobriety. But we also all have equal responsibility - responsibility to carry the A.A. message, responsibility to engage with our fellows both new and old, responsibility to say yes when A.A. asks us to serve, responsibility to ATTRACT new alcoholics to Alcoholics Anonymous because of how we present the program in our actions.

Bill said pride, fear, and anger are the primary enemies of our common welfare. I would add that in my experience we could add apathy and indifference. At what point in our history did we restrict communicating with one another to the formality of the hour in which we gather in an A.A. meeting? When did we lose sight of the purpose of A.A. which is selfless action? When did we begin to see more and more members who depend on daily A.A. meetings to regurgitate their problems so that they feel better but the common welfare is undoubtedly negatively impacted?

I find that many of us have never read the Jack Alexander article, which is one of our A.A. pamphlets and is available in printed form or on our GSO website www.A.A..org. I would like for my fellow members to know, before they read the article for the first time, that Jack Alexander was an investigative reporter. He approached A.A. as a scam and was going to expose it for the fraud that he and others believed it to be. A.A. had no “street cred” at the time.

Jack came to meetings of A.A. (speaker meetings - that is all we had then). Jack observed our attitudes and our behavior, listened to our stories. Then, Jack wrote the article that may still be the single most important piece of A.A. Public Information material ever produced. Read Jack’s article and think about it in the context of the A.A. meetings you attend. If Jack was in that meeting in order to develop a story about A.A. what would he write? (All A.A. pamphlets and books are available at the St. Paul Intergroup, as well as Grapevine material.)

*Jimmy D
The Dialog
Dallas Intergroup Newsletter*

Some suggestions for enjoying the holiday season. This need not be a difficult time for us!



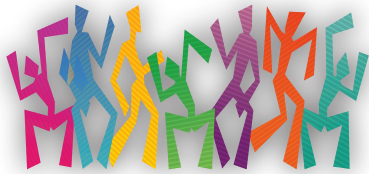
Plan to do some AA service work during the holiday season at your Home Group, Club, Intergroup, District or the Area.



Invite fellow AA's and members from your Home Group over for a small get-together to enjoy the holiday together.



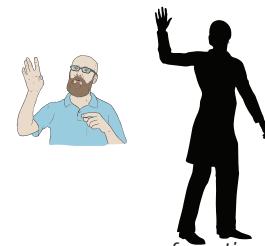
Keep your phone and a phone list handy in case you need to make a call for transportation or to talk to your sponsor.



Find out if any groups or clubs in your city or suburb are having special events for the holidays that you can attend.



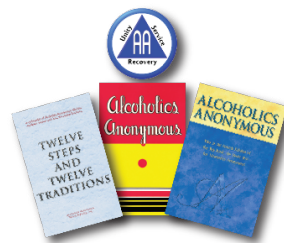
Decide **in advance** what kind of behavior at the party that will be the indication you should leave - and stick to it.



Set your own curfew time to leave the gathering. Also have a general reason you are leaving when you do. You no longer need to be the life of the party.



Take some time to meditate and follow the practices of your faith - whichever faith that may be. Perhaps examining that practice or belief more deeply. Spend time on Step Eleven.



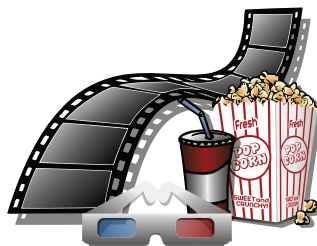
Read some of that wide variety of A.A. literature that you have been putting off reading.



Visit a new group, share your experience, strength and hope with them and learn from theirs.



Take time to enjoy the holiday decorations with all the lights and the wide variety of winter/holiday figures displayed at homes & businesses.



Host a "Movie Night" and invite friends over to watch your favorite movie or two.



Remember "This Too Shall Pass"—Spring will come and there will be a change of scenery and duties to enjoy and engage in.

Check It Out!!!

AA GRAPEVINE
The International Journal of Alcoholics Anonymous



Our new podcast, the **AA Grapevine Half-Hour Variety Hour** can be heard anywhere you listen to podcasts. We release a new episode every Monday. Tune in to hear funny, poignant, and always inspiring **“meeting after the meeting”** conversation about getting sober and staying sober in Alcoholics Anonymous.

Available for free wherever you listen to podcast or you can also find it on our website, at www.aagrapevine.org/podcast.

THOUGHTS FROM THE BOARD

GREETINGS from your outgoing Treasurer! A few reflections as a wrap up my tenure...

I have many years of continuous 24 hours but have never thought much about General Service work. I pictured uncomfortable meetings with lots of egos fighting for control, and just didn't think it was "my deal". Sure, there is the fiery discussion here and there, but what I have found is mostly different: a motley group of givers just doing what they can to keep things humming along. Gives us all the opportunity to practice "seeing what we can bring to the table" and "not having to run the whole show"! It has been a gift to watch my fellow board members and the reps model practicing the principles and being of service,

Our St Paul Intergroup is always here for us, and I know I've just kind of taken it for granted. People really depend on these local AA offices to be open, connecting us to resources, and they do not run by themselves. Many volunteers dedicate time and energy so that "when anyone, anywhere reaches out for help" the hand of AA will always be there. It is in our responsibility statement, and this past year and a half it has been my turn to step up. The work is important and our Intergroup is often someone's first call to AA.

I began as Alternate Treasurer pretty much at the beginning of the pandemic and really got to witness how our community came together and stepped up financially to keep us afloat. Many answered the call for contributions through our drive and through Gratitude Night We are almost to our goal! Needing to make some budget cuts and dip into prudent reserves, it was necessary to replenish that, and set ourselves up with a bit more of a buffer if we face lean times like this again.

My board service has been enriching, allowing me the opportunity to see how things run and the time and dedication our fellow AAs and staff put in, and to make new friends; I will miss running into them on a regular basis...but I won't be far away.

Thank you for allowing me to be of service!

Lisa LL, Treasurer



TOLERANCE

DURING nine years in AA I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior — which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important — in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual. These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

*Dr Bob S.
Akron, OH*

St. Paul Area Intergroup Representatives' Meeting Minutes, November 16th, 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: Lucia D-F, 2nd: Chris A).
3. **Treasurer's Report, Lisa L** – *Please see Treasurer's Report for complete financial details.*
This past month, group contributions were up about \$3500 and sales up by \$600, boosting our revenue by about \$4000 over last month. Compared to last year, we have spent about 5K less, mostly due to cutting part time staff hours. We are almost 32K ahead in revenue over 2020 and used much of that to build back up the Prudent Reserves. We are 14K away from our Prudent Reserve Goal of 60K! Thank you so much to all who have contributed! Remember, it is easy and convenient to practice the 7th tradition by contributing and/or supporting our online store at www.aastpaul.org!
4. **Intergroup Events, Robyn W** – *See Flyer on Website or contact the office at lifeline@aastpaul.org*
 - a. We have a Proposed Budget that we will bring to the Reps to vote on next month.
 - b. Our Annual **Gratitude Night** is coming up this Saturday evening, November 20th, from 7:00 - 10:00 pm. Please see the flyer on our Intergroup website for complete details and the Zoom ID and passcode.
 - c. We have upgraded our Zoom account to be able to host 500 people this year! ☺
 - d. **Gratitude Night Speakers** are:
 - ★ **Main speaker**, Mildred F, from Toronto, Canada
 - ★ **15-minute speaker**, Charles J, Highland (long-timer)
 - ★ **15-minute speaker**, Jacob G, Basic Text
 - ★ **7th-Tradition speaker**, CJ M, Crushed Grapes
5. **Elections, Led by Judy H and Assisted by Denise A**
 - a. Began by Reading *Three Legacy Procedures*
 - i. **Alt Chair:** Brian M
 - ii. **Alt Treasurer:** Bill C
 - iii. **Secretary:** Kelly K
 - iv. **Member at Large:** Renee B
 - v. **Member at Large:** Roger E
 - b. Welcome All New Members!
6. **Closed** with the Responsibility Statement

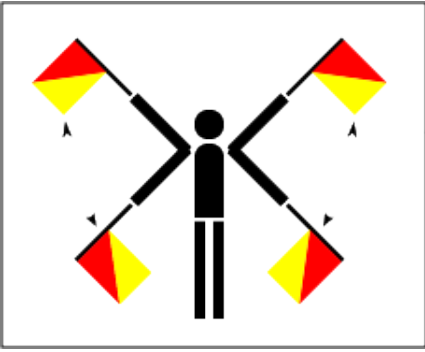
Attendance:

Rachel P - Chair
Dennis B - Manager
Lisa L - Treasurer
Robyn W - Alt Chair
Jodie W - Secretary
Chris A - Main Idea
Tom W - Firing Line
Dayna K - Day by Dei
Roger E - Basic Text
Leigh B - Fireside
Bill C - Rule 62
Lucia D-F - OMD

Jonathan L - Webservant
Lindsey D - Board Advisor
Sergey K - Webservant
Judy H - Election Leader
Denise A - Election Asst.
Tom S - Maplewood Alano
Dave O - DCM, District 15
Ken S - Como Big Book
Lisa L - WBL Women's AA
Nancy R - 112 Read this Book
Mike C - New Brighton Alano

John K - Member at Large
Renee B - Member at Large
Jennifer G - Member at Large
Elly C - Summit Hill, Mondays @ 6 pm
Kelly K - Running for the Board
Mandi O - WBL Women's Basic Text
Michelle B - Woodbury Serenity Sisters
Camille K - A New Light Women's
Brian M - Meeting of the Waters, Mendota
Melana M - 12X12 By the Book, Mahtomedi
Peter M - One More was Added to the Fellowship

Next Meeting: December 21st, 2021 7:30pm
Hybrid Meeting - Office Conference Room or Zoom



Attention!!

There is a NEW PO Box for mailing your contributions in to the General Service Office in New York.

General Service Office
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Be sure to use this address for **ALL contributions**.
Use the Box 459 address for only for general correspondence.



12th Step
Calls

5



Website
Visits

8,136



Office Calls

274



Night
Owl Calls

235



Meeting
Info Calls

79



Speakers
Calls

8



Literature
Purchased

300 Books

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

- Burnsville-Primary Purpose
- Came to Believe
- Cannon falls Group
- Clay City AA
- Cottage Grove Groups
- Forest Lake Alano
- Fourth Dimension
- Gratitude in Action
- Happy, Joyous & Free - Mahtomedi
- Highland Park Groups
- Just for Today Women's
- Midway Club
- No Time Like the Present
- North Hamline
- OMD
- Ridge Runners II - Sat 8:30 AM
- Rosmount Groups
- Roseville Wednesday Night
- SHoreview 12 x 12
- Silver Lake Men's
- Steps by the Lake
- Summit Hill
- The Builders
- Turning Point in Wayzata
- Una Luz en el Camino

- 25 A.A. Groups contributed \$ 3,095
- 6 Gratitude Contributions totaled \$ 550
- 25 Faithful Fivers contributed \$ 1,883
- 17 Digital Contributions \$ 849

Thank You So Very Much!

DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)

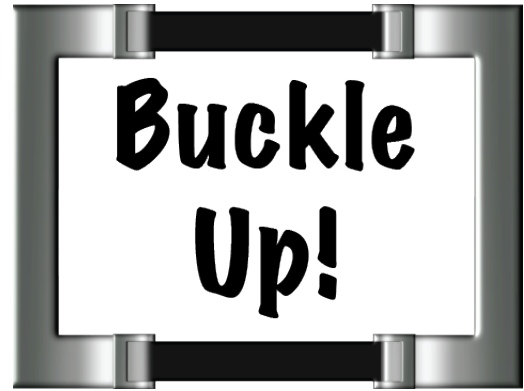
Fairview Community Center
1910 Cty. Rd B West, Rm 108
Roseville
3rd Wed., 7:00 PM
Email: dist8@area36.org (for Zoom info)

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)



An AA was running late driving to work one morning. Noticing that the carpool lane was shorter, she got in it. Soon a police officer came up behind her, turned on his lights and pulled her over. The officer walked up to the car and the woman lowered her window. "ma'am," the policeman asked, "do you know why I'm pulling you over?" "No, sir, I'm afraid that I don't," the woman replied. "You're in the carpool lane, yet you have no other passenger in your vehicle. Why is this?" he asked. Thinking quickly, the woman replied, "Well, you see officer, I'm an alcoholic. Prior to recovery, my life had become one of incomprehensible demoralization. Once I became involved in AA, however, I found my Higher Power and began working the Steps and have lived a life better than I could ever have imagined. In gratitude, I take my Higher Power with me wherever I go. So while it appears that I'm riding alone, I really am not." "I see," replied the officer. He then proceeded to pull out his ticket book and began to write her a ticket. "But officer, I don't think you understand," she pleaded. "There are two of us in the vehicle." "Ma'am," replied the officer, "I do understand. You see, I too am a grateful member of AA and I also take my Higher Power with me wherever I go." "Then, why the ticket?" she asked. "Because your Higher Power isn't wearing a seat belt," he said.

*Chris B. West Bend, WI
Reprinted from The Bracer
Northern Nevada Interogroup*



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

Change Service Requested

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)

Monthly Quarterly Bi-Annually Annually

Start on: ____/____/____

Faithful Fiver (\$5.00/month)

Terrific Tenner (\$10.00/month)

Fantastic Fifteener (\$15.00/month)

3. Choose a Payment Method:

Credit Card/Debit

Visa MasterCard AMEX Discover

Card # ____/____/____/____

Expiration Date: ____/____

Name on Card: _____

Signature: _____

**I authorize St. Paul Intergroup to automatically bill my account as specified (monthly, quarterly, etc). I understand that I am free to cancel this authorization at any time by contacting Intergroup.*

Check - Please make payable to:

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