



STEP THREE

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”



The Luck of the Irish

ACTUALLY, that phrase was invented because some of the most successful gold rush miners were Irish Americans and nobody did a fact check. St. Patrick's Day is the time of year when most people remember the phrase. I know it was a lucky day for me. It's my wedding anniversary (48 years but who's counting). But for us alcoholics, we should feel lucky every day. After all, many who have this disease succumbed in one way or another. They may have wrapped their car around a tree or just poisoned their body so much that it quit working. We have been very, very lucky to make it far enough to get into these rooms. So in the immortal words of Dirty Harry, 'Do you feel lucky punk? Well do ya?'

Me, I feel the same way about luck as I do about coincidence. There ain't no such thing. We live in a causal universe. For everything that happens, something caused it to happen. Cause and effect. Action and reaction. Even a flip of a coin. Your thumb is under the edge of the coin and the muscles in your hand contract driving the coin into the air where gravity brings it down, you catch it

and flip it to the back of your hand and uncover it. Heads or tails is only a game of chance because we cannot adequately measure the force of your hand muscles, air pressure, etc.

Now in most cases, it's easier to see the effect than the cause. Otherwise people wouldn't keep doing the same thing and expecting different results. Now in my opinion, the cause of many events in my life is the intervention of my higher power that I call God not luck. Other people keep peeling back the onion looking for the root cause. That is a worthwhile pursuit but I just take the short cut. There comes a point where you have to just accept the obvious. I have a degree in math and I had a professor in college do a proof on the board and at one point said, 'And from here it's obvious'. He then got a faraway look and walked out of the room. After a while, he came back into the room waving a bunch of papers and said, 'Yes. Its obvious'.

My higher power dragged me into AA kicking and screaming. I didn't want to stop drinking until I was forced to. I did pray a lot to help me control my drinking but quit? Not so much. Little by little, Step by Step, I was painted into a corner where I couldn't escape the conclusion that I could never drink again. I had heard of AA of course but I had no idea what it was about. The day after I got out of rehab I went to my first meeting and never looked back. You can call it lucky that I knew someone in the program and that the group's meetings were the day after I got out of rehab and that I felt so welcome from the first meeting but I call it the effects of God working in my life.

Continued on page 10

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.

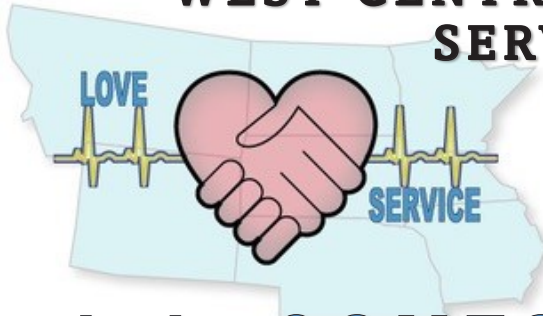
33 Wentworth Ave E, Suite 355, West St. Paul, MN 55118-3431

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 CLOSSES

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 E., Nancy T,
Roger E., Debbie L.,
Frank D, Neilla M, Jimmy D.

Becoming “A Part Of . . .”



Service Opportunities at the West Central Regional AA Service Conference

We could use your help with

- coffee sales (2 hour shifts)
- registration (2 hour shifts)
- greeting (half hour shifts)

When:

Friday March 4 -
Sunday March 6

Where:

Doubletree Hilton
1500 Park Place Blvd
St. Louis Park 55416

Why:

Service helps us stay
sober!

How:

bit.ly/WCRAASC

or



or

westcentralregion.org

TRADITION THREE

“The only requirement for A.A. membership is a desire to stop drinking”

In our book we read that alcoholics tend to be ‘extremists’ by nature. It also suggests that we suffer from an insanity composed of “lack of sense of proportion” and “a lack of perspective.” Alcoholics Anonymous also exists within society—not outside it. This means that many of the attitudes, crusades, prejudices, and theories that pervade the larger society also find their way into our wonderful fellowship. This is ever so true when we consider the Third Tradition.

In recent years, in society at large, there has been an outcry for “inclusiveness.” A number of organizations have been founded to pursue this goal from a wide variety of perspectives. To some degree one could almost read the description. Regarding sex in the Big Book—and the description would fit pretty well. In my understanding, when the same thing applies to a variety of circumstance, there is an underlying principle at work. This “inclusiveness” crusade has found its way into the conversation within Alcoholics Anonymous. The term has surfaced quite often in the deliberations of our General Service Conference. So let’s examine whether the shoe fits AA or not.

Sadly, those who claim that A.A. is not inclusive have obviously never read the history of the experiences that went into the development of this tradition. And that fact, by itself, is incredibly sad and alarming. Almost suggesting that perhaps that our “Public Information” focus ought to be an internal effort of education rather than an external one. This story leads to that suggestion.

One day at the 24th Street Club in New York a fellow came wanting to get sober. In the standards of the 1930’s he was about as offensive

a person as one might find. He was an alcoholic, a Black man, a homosexual transvestite cross-dresser and a drug addict. He was stopped at the door and a discussion ensued as to whether he could become a member in his hopes to get sober. Finally, the fellows having this discussion realized that they could resolve the question among themselves—so they consulted with Bill Wilson. He pondered the situation a bit and he asked a question: “Fellows, did this fellow say he was alcoholic?” The response from those at the club was that indeed the person had said he was alcoholic and was seeking to get sober. Bill’s response was that this was the only question, or standard, we might impose on anyone seeking A.A. membership. And so began the development of Tradition Three.

The ‘inclusivity’ exhibited by that story suggest that A.A. has always been an inclusive society. As a matter of fact, in the very early days you weren’t even allowed into a meeting until you had convinced a delegate of the groups members that you were alcoholic. SO when the concern is expressed that A.A. isn’t inclusive—it is expressed by those who haven’t learned or don’t understand our history. Which is an interesting way for the pot to call the kettle black. Those who have failed to take the time to study what they actually belong to, and the principles under which it operates, are actually “excluding” important information in their consideration. Generally, operating this way is called the development of a prejudice.

Now we come to the heart of the matter—prejudice. Alcoholics Anonymous, as a society or fellowship, cannot afford prejudice in its decision-making. That would be to place ‘personalities before principles.’ However, because we have avoided becoming a government or business hierarchy—we cannot impose any course of action, or manner of thinking on the groups who call themselves A.A. groups. As we all know so well today, governments and businesses can operate by mandate, imposing certain ways of acting on those under its control. Alcoholics Anonymous does not have that ability, and wisely so.

However, any discussion of ‘prejudice’ to be

50th Annual Iron Range Get-Together

May 6th, 7th, 8th
The Courage to Change

Location: Grand Rapids Eagles
1776 S Pokegama Ave. • Grand Rapids, MN 55744
(218) 326-4845

Friday, May 6th

Join In
"Tropical Shirt Night"

6:30 pm - Registration Opens
8:00 pm - Speaker: Steve L., Biwabic, MN

Saturday, May 7th

10:00 am - Outstate Panel
1:00 pm - AFG Speaker: Sharon B., Grand Forks, ND
3:00 pm - Call-up Meeting
7:00 pm - AFG Speaker: Eloy M., Fort Collins, CO
8:00 pm - AA Speaker: Ole B., Grand Forks, ND
??? till 11:00 pm - 7th Tradition Ice Cream Social

Sunday, May 8th

8:00 am - (Open) BB Meeting
10:00 am - AA Speaker: Steve S., Saint Joseph, MN

IRGT Pre-Registration Form

A.A. \$18.00 A.F.G. \$18.00
 Alateen \$6.00 Other \$18.00

Name _____
City/State/Zip _____
Group Name _____

IRGT Pre-Registration Form

A.A. \$18.00 A.F.G. \$18.00
 Alateen \$6.00 Other \$18.00

Name _____
City/State/Zip _____
Group Name _____

Hooray! Gopher State is Back!



Gopher State Roundup 2022 is happening!

Memorial Day weekend:
May 27-29, 2022
Doubletree by Hilton,
Bloomington, MN

St Paul Intergroup's annual SPRING FLING!

Save the Date:
Saturday, April 30th, 2022

Where: **TBD**
Time: **TBD**
Speakers: **TBD**

Join us (in person, hopefully!) for food, fun and speakers!
Updated Flyer coming in March 😊



Minnetonka Big Book Study Group of Alcoholics Anonymous

presents its

28th Annual Serenity Breakfast Sunday May 22, 2022

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker
Beth H. from Destin, FL



Speaker will be ASL interpreted

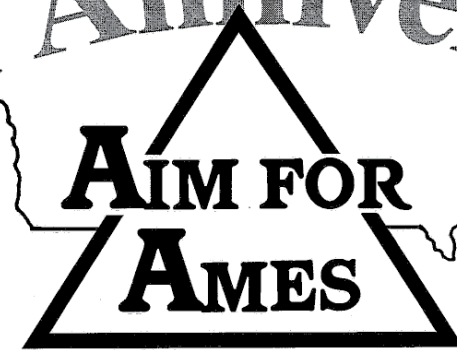
Breakfast: 8:00 am to 10:25 am
Speaker Meeting: 10:30 am to Noon

Only \$10.00 in advance ~ \$15.00 at the door
(Speaker only = Seventh Tradition)

Map and directions on the back of this flyer



MARCH 25, 26 & 27
2022



ROUNDUP

“Follow The Path”
to be held at the

Quality Inn & Suites — East 13th St. & I-35

Friday, March 25
 *Marty S. – LaQuinta, CA (A.A.) 8:00 p.m.
 Followed by Ice Cream Social, Big Book Trivia and Al-Anon Meeting

Saturday, March 26
 *Vannoy S. – Justin, TX (Al-Anon) 10:00 a.m.
 *John S. – Helotes, TX (A.A.) 1:00 p.m.
 Followed by *Cindy S. – Helotes, TX (Al-Anon)
 *Paul McQ. – Belle Harbor, NY (A.A.) 7:30 p.m.
 Followed by Dance

Sunday, March 27
 *John E. – Bellevue, NE (A.A.) 10:00 a.m.

**Signed speaker meetings — for hearing impaired if needed.*

Preregistrations must be received by March 16, 2022

Ask for Roundup rates when you call the hotel for room reservation

Rooms \$99.00 plus tax

Preregister at:
www.aimforames.org
 or by mail.

Quality Inn & Suites (515) 232-9260
 For Hospitality Rooms contact Sandy E. (515) 231-5632
 Hotel reservations must be made by March 16, 2022.

For other hotel information please check website

NO VENDORS ALLOWED

AIM FOR AMES ROUNDUP REGISTRATION

Please preregister. Roundup Registration: \$20 Ea. AA/Al-Anon/Alateen. Enclose this form with your Registration.
 Preregistrations must be received by March 16, 2022.

Detach and Mail to:
 Aim For Ames
 P.O. Box 2522
 Ames, Iowa 50010

Check here if you are hearing impaired and need an interpreter, your registration must be received by March 16, 2020.

Name _____	Email _____	
Address _____	(STREET ADDRESS) (CITY) (STATE) (ZIP)	CHECK ONE: <input type="checkbox"/> AA <input type="checkbox"/> AL-ANON <input type="checkbox"/> OTHER
Name _____	Email _____	
Address _____	(STREET ADDRESS) (CITY) (STATE) (ZIP)	CHECK ONE: <input type="checkbox"/> AA <input type="checkbox"/> AL-ANON <input type="checkbox"/> OTHER
Name _____	Email _____	
Address _____	(STREET ADDRESS) (CITY) (STATE) (ZIP)	CHECK ONE: <input type="checkbox"/> AA <input type="checkbox"/> AL-ANON <input type="checkbox"/> OTHER

complete must review both the ‘prejudice for’ as well as the ‘prejudice against’ the focus of the discussion. Bearing that in mind, Tradition Three suggests that we set aside any prejudice we may have—either for someone becoming an A.A. member, or against them becoming an A.A. member. This brings things to a very simple level. The question, as Bill saw in his consideration, is whether or not the person believes themselves to be alcoholic and whether that is what they want to focus on in the meetings. No doubt virtually all of us has things in our lifestyle or personality that could use some attention. Often this is where good sponsorship is invaluable, and where a professional outside A.A. may need to be consulted. Alcoholics Anonymous groups are presented with a great enough challenge to simply provide the ‘recovery space’ for alcoholism. To take on any more might be determined a ‘fools task’ in the making. Just another reason for Keeping It Simple!

DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)

Currently meeting on Zoom
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)

THOUGHTS FROM THE BOARD

ONE day at a time. This has become one of the slogans that has helped me tremendously over the past two years. I learned this slogan early in sobriety. One great thing about AA is that I must continue to grow no matter how long I have been sober. So, since the beginning of the pandemic, and the sense of isolation it brought, my use and understanding of this slogan has also changed. Social activities, meetings, religious gatherings, family time, work and recreation were all impacted. Every day became ‘One Day at a Time’ as life was so different. The meeting I attended for 9 years folded. This was very hard, especially working to find another meeting. An AA friend of mine recommended Rule 62 on Thursday nights, an on-line meeting. I attended several times, and although it was very different than in-person meetings, the group did as much as they could to make me feel welcomed. Each time I attended things seemed a little better. Again “One Day (meeting) at a Time”. I am conscious of how difficult it must be for people new to AA to find, attend, and feel welcome at on-line meetings. The barriers are definitely higher than simply showing up at a live meeting with group members.

As I continued to attend meetings I heard how many in the group were involved in service activities in spite of restrictions. I heard how their sobriety benefited from this service and I began to look for opportunities. When the position of the Alt Treasurer opened up at Intergroup, it sounded like a good fit. I am an accountant by profession, and I primarily worked with small non-profit organizations. With the help of someone in the group, I sent in my service resume and was elected at the November 2021 meeting. The first meetings were informative and energetic. I met some great new people and learned a lot about the mission and the operations of Intergroup. I am grateful to be part of this organization dedicated to helping those who want to stop drinking. One Day at a Time.

*Bill C.
Alt. Treasurer*

St. Paul & Suburban Area Intergroup Representatives' Meeting Minutes, January 18, 2022 7:30 pm

1. **Opened** with the Serenity Prayer, Introductions, and read the Primary Purpose of Intergroup.
2. **Approved** prior month's minutes (motion: Ken S, 2nd: Amy G).
3. **Treasurer's Report, Lindsey D** – See Treasurer's Report for complete financial details.
Group and overall contributions have bounced back a bit this month. Operating expenses are down due to being back in a two-pay-period month. We are not in the red as compared to last year, yet still hope to put another 10K into the Prudent Reserves; additional contributions are appreciated. Thank you to all who have donated! Approximately 50% of groups made at least one donation to Intergroup in 2021. It's so convenient to practice the 7th tradition & support our online Intergroup store at aastpaul.org!
4. **Office Report, Dennis B** - Please see Manager's Report for more info or contact the office at lifeline@aastpaul.org
 - New volunteers are needed! There are 3 shifts per day at Intergroup and usually at least one shift is left open.
 - Due to supply chain issues, GSO is out of Big Books until late February. Saint Paul Intergroup stocked up in December when they are on sale; however, in the meantime sales will be limited to 5 Big Books per person per transaction
 - The speaker list has increased but the number of volunteers willing to go out to meetings and speak has remained the same
5. **Night Owl Report, Robyn W** – There are three open shifts: 3 open shifts: 1st Saturday, 3rd Tuesday overnight, 4th Monday. Orientation training is offered on the third Saturdays at 10 am via Zoom or individually as requested. *Please email Robyn at nightowl@aastpaul.org.*
6. **Website Report, Jonathan L** – There are 771 regular weekly meetings supported by 294 groups in the area served by Intergroup. The MIA meetings are listed on the website. A link has been added on the Meeting Guide app that links back to that meeting's page on the Intergroup site. Also, a new feature was added: hovering over the meeting ID will tell you the date the meeting was created and the date it was last updated. Online-only meetings now show up in the Meeting Guide app. If you have web development skills, are interested in serving, or have any special group AA announcements, *please contact webservant@aastpaul.org.*
7. **Outreach Program, Brian M** – Volunteers are needed to visit meetings on the MIA list for accuracy, encourage more Rep involvement, and increase contributions. *Please contact outreach@aastpaul.org.*
8. **Update from the Board, Brian M** -
Thank you to the outgoing treasurer, secretary, and Members at Large. On Sunday, Intergroup hosted a Board Training session for new and continuing board members. There are 7 Intergroup events this year, which have now been assigned to various board members. If you would like to help plan one of these events, please contact the Board Chair. The Board is working on compiling an archive on Google Docs that will serve as institutional memory for Intergroup.
9. **Liaison Reports:**
 - **District 8** (Ramsey County): **Lindsey D** - The Archives Chair position is still open. If you're passionate about keeping the history of Saint Paul AA alive, please volunteer to help in this role. The Area 36 Literature & Grapevine Chair attended last month's meeting and gave an overview of literature at the Area level. There was a lively discussion about a proposed donation, which Lindsey will provide more information on once a decision has been reached.
 - **District 15** (Washington County): - no representative present
 - **District 19** (Dakota County): **Brian M** -District 19 is looking for a new DCM and alt DCM. District meetings are online-only at the moment. If you go to a meeting in District 19, encourage your GSR to attend the district meeting (only about 6 people currently) on the second Wednesday at 7:00 PM. *For more info, contact Brian M at madhouse0143@gmail.com.*
10. **Intergroup Events:**
 - **Recap, Robyn W** - Intergroup did not host a New Year's Eve Party this year - people were encouraged to attend Minneapolis'.
 - **Upcoming, Robyn W** - Intergroup's Spring Fling will be held on April 30, 2022. *If you would like to get involved, contact Lindsey D (treasurer@aastpaul.org) or Kelly K (secretary@aastpaul.org)!*
11. **Old Business:** No Old Business
12. **New Business:** The Intergroup website needs updating because some meetings have stopped providing childcare during the pandemic. *If you are willing to check out meetings for accuracy and to encourage participation, contact outreach@aastpaul.org.*
13. **Group AA Announcements:**
Como Big Book is postponing their annual potluck
Midway Club will be having a Chili Cook-off and Open Speaker Meeting on Saturday, January 19th at 7:00PM
14. **Suggestions for next month's agenda:** *Please contact the secretary at secretary@aastpaul.org.*
15. **Grapevine Report, Brian M; Volunteer for February:** Jennifer G
16. **Concept I review, Melana M; Volunteer for Concept II:** Elly C
17. **Mock Rep Report, Lisa L; Volunteer for February:** Glenn P
18. **Closed** with the Responsibility Statement

Attendance:

Robyn W - Chair	Lindsey D - Treasurer, District 8	Brian M - Alt Chair, Meeting of the Waters, Mendota
Rachel P - Advisor	Gary B - No Time Like the Present	Elly C - Summit Hill 12 Step Group, Member-at-Large
Kelly K - Secretary	Amy G - Pocketing Our Pride	Roger E - Basic Text, Member-at-Large
Lindsey D - Treasurer	Nancy R - 112 Read this Book	Melana M - 12X12 By the Book, Mahtomedi
Bill C - Alt Treasurer	Ken S - Como Big Book	Renee B - Bright Promises Womens 12 x 12, Member-at-Large
Dennis B - Manager	Lisa L - WBL Women's AA	Ryan B - One More Was Added to the Fellowship
Jonathan L - Webservant	Tom S - Maplewood Alano	Glenn P - Second Sandwich Group
Christian C - SPOSM	Patrice V - Dei by Dei	Mike C - New Brighton Alano
Mary B - Uptown	Laurel M - Dei by Dei	Pat M - Sunday AM New Brighton Group
Lisa M - Main Idea	Bob H - 3rd Edition	Jennifer G - Member at Large, Happy Joyous & Free

Next Meeting: February 15th, 2022 7:30pm

So you can still call it the randomness of the universe, luck, coincidence or whatever you like. As for me I will continue to see the intelligent hand of God taking me where I couldn't go by myself ... Like to my next AA meeting.

Promises, Promises

Another promise from the big book that I find amazing is that feeling of uselessness and self-pity will disappear. I mean heck. I've had those feelings since high school. Now I understand that the Program works to resolve the regrets and resentments from your past but feelings are just feelings. They can't be just exorcised from your brain. Oh but they can. This miracle of making the feelings of uselessness and self-pity disappear is like many of the promises in the big book. First it's impossible, then it's difficult, then it's accomplished.

The useless feeling was easy to see from our drinking days. If our head wasn't killing us, it was an event. If we weren't throwing up, it was a good day. If we had money, it was an oversight. All these things made us useless to ourselves and to those around us. How many family events did we miss? How much time did we waste planning how and when we were going to get that next drink? By getting and staying sober we became useful to our family. By Twelfth Step work we became useful to society. No wonder the feelings of uselessness disappeared. We aren't useless anymore.

That the feelings of self-pity would disappear is the real trick. When I came into the program it was because it was either that or the grave and I really was deserving of pity. At least from God. But this isn't pity from God, it's self-pity that disappears. It's feeling sorry for myself. And as I worked the Program and started to see the real changes in myself, there was no reason for self-pity. I am happy and whole and so very grateful.

Now there can be times when I feel useless. Like in the middle of winter when I don't feel like doing anything but watching the fire in the fireplace. And when I start a pity party that things are not back to normal because of the pandemic (not sure I remember what normal is). But those feelings are a lot more temporary than they used to be and I don't take them seriously.

So keep looking for the promises to come true in your life as you work the program. They will if you keep working.

Jeff A
Akron Intergroup
Newsletter



12th Step Calls

3



Website Visits

8,423



Office Calls

276



Night Owl Calls

202



Meeting Info Calls

43



Speakers Calls

3



Literature Purchased

170 Books

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

- A Baffled Lot
- Apple Valley Daily Reflections
- Burnsville-Primary Purpose
- Cliifhangers-Thursdays Night
- Firing Line
- Forest Lake Alano
- Fresh Air Group
- Friday Nite 12x12 By the Book
- Gloria Dei
- Gratitude In Action
- Happy, Joyous & Free - Mahtomei
- Highland Park Groups
- Joy of Living Group
- Lake City Group
- Lake Elmo Thursday Night
- Live & Let Live
- Mahtomei Tuesday Step
- Next Right Thing
- OMD
- River Rats
- Rosemount Groups
- Roseville Wed Night
- Rule 62 Step & Tradition
- Saturday Morning Serenity
- Sisters of Serenity
- St. Joes Mon. Nite-Stillwater
- Summit Hill
- Sunnyside Group
- Third Edition Group
- Third Tradition - Norhtfield
- Uptown Group
- Valley Creek Monday
- We Care Groups
- Weekend Jumpstart II
- White Bear Lake-Thursdays Nite
- White Bear Lake SAT AM Women's
- Woodbury Primary Purpose

-
- 38 A.A. Groups contributed \$ 5,153
 - 12 Gratitude Contributions totaled \$ 1,204
 - 27 Faithful Fivers contributed \$ 1,050
 - 14 Digital Contributions \$ 1,288
-

Thank You So Very Much!



75th Superior Roundup

Serenity, Courage, Wisdom

April 22nd, 23rd, & 24th 2022

Superior Fairgrounds Curling Club

Superior, Wisconsin

Friday

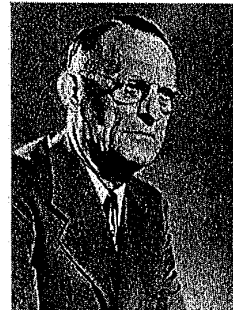
2:00 PM REGISTRATION OPENS
3:00 PM OPEN AA MEETING
7:00 PM AA SPEAKER KIM R. FREEDOM, WI
ICE CREAM SOCIAL TO FOLLOW

Tickets \$20

*Under 1 year sobriety free

Saturday

8:00 AM REGISTRATION OPENS
8:30 AM YOGA Y12SR
10:30 AM MEDITATION WORKSHOP
1:00 PM YOUNG IN SOBRIETY PANEL
2:30 PM ALANON WORKSHOP
4:00 PM AA OPEN MEETING
6:30 PM ALANON COUNT DOWN
6:45 PM ALANON SPEAKER JENNY C. COHASSET, MN
7:45 PM AA COUNT DOWN
8:00 PM AA SPEAKER PATRICK M. OTTAWA ONTARIO
9:15 PM ICE CREAM SOCIAL
9:30 PM DANCE WITH DJ Z



Sunday

9:00 AM OPEN MEDITATION MEETING
10:30 AM AA SPEAKER BRUCE E. EAU CLAIRE, WI



Please visit www.superiorroundup.org

75th Superior Roundup Registration Form

Please mail checks to: Superior Roundup PO Box 1287, Superior, WI 54880

Name: _____ AA _____ Alanon _____
Address: _____ City: _____ State: _____ Zip: _____

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 Tennes (\$10.00/month)*, or *Fantastic Fifteneers (\$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 Fifteneer (\$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