



STEP TWELVE

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

As I have been reflecting on Step 12 there have been so many thoughts that have come to my mind about with this step. The spiritual principle that embodies this step is that of, “service.” Step 12 tells us how we can get to that service. I will attempt to share from my experience how this step and this principle work for me.

What does it mean to have a “spiritual awakening as a result of these steps?” I think that’s a very personal question. For me personally, it means I have surrendered. As I worked with my sponsor, I was able to see the insanity that pervaded my view of life and that there was something greater than me that could help me to make sense of what was happening with me and in my world. I could let go and allow my Creator to help me. In completing my inventory and speaking with someone about it, I was able to start this new sober life with, “a clean slate,” as they say. It was a nice feeling for me and helped me to feel like I could move forward. As I gained willingness, I worked towards another level of letting go. The experience of asking humbly and allowing for things to happen seemed to be a little more natural. It is never easy to identify lists

of those we have harmed and make those amends, but it does help me to become more responsible and for my past and for the wellbeing of others as Step 9 tells us. Today I find that it is much easier to own the wrongdoing in the moment and make the amend as it feels good for me to make things right. I have let go of the idea of perfection and consider progress to be the road for me. Prayer and meditation allow for me to maintain a relationship with my Higher Power and add a certainty to my day that in the past I had not had. Helping others. I find now that life is about service. Not just in AA but in all areas of my life. I try to look at how I can be of service to others. Which leads me to the second part of this step.

“Carrying this message to other alcoholics.” What’s my message?

When I was first sober, my message was quite different I believe than it is at this point in my sobriety. Initially being sober, what I thought I was capable of in AA was not much. As I worked with my sponsor, I began to see that I had more to give and that it was healthy for me to do so. I started with tasks like coming early to set up the meeting room, putting out the literature, greeting people and cleaning up. It all needed to be done and I feel like there is a deep level of humility in performing these tasks. These activities allowed me to feel like I was a part of something bigger than me. That was important for me as I let go of my self-centeredness and worked towards that service to others.

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 Phone: (651) 227-5502
Office Hours: Monday through Friday – 9:30 AM to 5:30 PM; Closed weekends and holidays

"Practicing these principles in all our affairs." When I looked up the principles of the program, I thought, "Wow!" this is a tall order. As I understand them the principles are in the order with each of the steps:

Step 1: "Honesty."

Step 2: "Hope."

Step 3: "Faith."

Step 4: "Courage."

Step 5: "Integrity."

Step 6: "Willingness."

Step 7: "Humility."

Step 8: "Love."

Step 9: "Responsibility."

Step 10: "Discipline."

Step 11: "Awareness."

Step 12: "Service."

Imagine practicing honesty, hope, faith, courage, integrity, willingness, humility, love, responsibility, discipline, awareness, and service in, "ALL OUR AFFAIRS!" Not just when we are at meetings. Not just with other

AA friends and others in recovery but in every aspect of our life! No wonder the Big Book says that there is not an expectation of, "perfect adherence to our principles." This is a continual lifelong project. No wonder no one ever graduates from these steps!

To close, I want to share the opening lines from Step 12 in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. "The joy of living is the theme of AA's Twelfth Step and action is it's key word."

I have shared and grown laughed and cried in this program and it has enriched my life beyond what I thought was possible! My wish for all of you, as you see this year draw to a close is that you have had the opportunity to experience that joy! I look forward to meeting more of you as we all, "Trudge the road of Happy Destiny!"

Yours in service,

Mary Undis,

At Large member, St Paul Intergroup Board



New AA Meeting at the

Minneapolis VA Medical Center

Wednesdays at 6:00 pm

in the Chapel off the Flag Atrium

TRADITION TWELVE

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

What's Wrong With Personalities? Plenty!
December 1983

ANONYMITY, as we observe it in AA, is at root a simple expression of humility. The Twelve Steps of AA are vital to individual sobriety, but the Steps, if not carefully encased in protective Traditions, would soon be open to all kinds of individual interpretations--some good, some perhaps divisive. The Twelve Traditions, hammered out the hard way from experience, maintain our essential unity and assure the continuation of the Fellowship. And all the Traditions rest on the idea of anonymity as our "spiritual foundation . . . ever reminding us to place principles before personalities."

And what, we may ask, is wrong with personality? Plenty!--when in excess--as we sadly learned during our pre-AA lives. We've read and accepted the description of "self-will run riot," and we're painfully aware of the killing nature of uncontrolled egos. We know all too well the dangers of making principles fit the needs of personalities. Many of us nearly died trying to do so.

Typically, as a drinking alcoholic, I became an expert at rationalizing. I "knew," deep inside, that I was the center of the universe. My problem, of course, was that I could never get the universe to acknowledge my position, so who could blame such an important person for drinking?

Alcoholics Anonymous reversed that attitude in my life, and taught me that the individual ego flowers best when it is properly nourished by principles of selflessness, humility, and love. And along with those principles, AA nurtures an attitude of modesty, certainly the perfect accompaniment to anonymity.

The personalities of Dr. Bob and Bill are known to us because they were the founders of AA. The principle of anonymity came into being and then turned into the essential foundation of all the Traditions during their time with us. Since that early period of the Fellowship, we note that the great contributions to AA--in all levels and areas of AA service work--have been selfless, modest, and more often than not, nameless.

Bill showed us the way in these lines: "In a spiritual sense, anonymity amounts to the renunciation of personal prestige as an instrument of general policy."

"Prestige" is a fancy word for pride or ego, and I think the quotation sums up beautifully the central paradox in AA: By giving up, we begin to win; by putting down the ego, we pick up self-knowledge and self-respect; and by working selflessly, we earn great personal richness.

My strength is the strength each of you in AA gives me. My future is in your hands--and yours in mine. We stand together in AA--or we fall apart.

By: F. P. | Spokane, Washington - AA GrapeVine Archives

\$15
Registration

INTERNATIONALWOMENSCONFERENCE.ORG

Questions? IWCPORTLAND24@GMAIL.COM

SCAN ME WEBSITE

February 8-11, 2024
Live from Portland, Maine

ALANO SOCIETY OF ST PAUL

SOBER
NEW YEARS
Party
& SPEAKER

SUNDAY
DECEMBER 31ST, 2023

7:30 SPEAKER MEETING

8:30 DANCE PARTY - YUMS - TREATS

MIDNIGHT CANDLE LIGHT MEETING

FREE **\$BY** **HOPE**
PARKING DONATION & FELLOWSHIP

520 NORTH ROBERT STREET, SAINT PAUL, MN 55101

THOUGHTS FROM THE BOARD

THE 11TH STEP AND THE ALLOWANCE OF POSSIBILITY

My time in Alcoholics Anonymous has allowed me to develop the spiritual and emotional serenity that I was searching for through drugs and alcohol for many years. I had absolutely no clue how this program would redefine how I viewed God, spirituality, and meditative practices. I assumed I would find a reprieve for my alcohol addiction when I stepped into Alcoholics Anonymous, but little did I know, more was to be revealed.

After a few years of trial and error, bouncing in and out of treatments, detoxes, and halfway houses, I ultimately found the footing I needed to create a new life for myself. I had spent those prior years analytically dissecting what I believed God to be, which created a barrier for me to form a genuine relationship with Him. Once I understood that my definition of God could be fluid, rather than confined, miraculous things started to happen. I started to see God in all aspects of my lives, in other people, in music, in fitness, in the outdoors, and within myself. As my sobriety progressed over the years, so did my understanding of what God was to me- and this conception continuously changes as I learn how others perceive God.

The connection to and exploration of a Higher Power would not have been possible without strenuous step work. This work is reflected in Step 11 which states, “[We] sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” This Step has become a daily practice that I will implement for the rest of my life. But as we know, “continuing” infers that I started somewhere. In the past, prayer had always been connected with trouble, I was a constant user of foxhole prayers, the good ole’ “If you get me out of this situation, God, I’ll never do it again” or the selfish prayers of “God give me this or that.” But these types of prayers did not suit me well in my active use days, and they proved to be ineffective once I got sober. I had to find a different way to pray. The shortest prayer in the Big Book became a staple for me early on: “God thy will, not mine, be done.” I came to understand that prayer is a practice of confidence in God’s plan for me.

The process of meditation was a little more difficult for me. I had always viewed meditation as a

means to an end; something I would do in order to obtain some sense of psychedelia. However, what I came to learn during recovery was that meditation is simply being and feeling the present. For me, it is an acknowledgment of how my feelings ebb and flow throughout the day, and a conscious practice of intentionally slowing down and spot-checking what my intentions for the day were.

In my life, prayer and meditation have become centered on God’s Plan for me. Not in a wondering or searching sense- instead with a sense of faith that my intentions line up with God’s intentions for me. I frequently fell short in early sobriety, and sometimes the question of “How does God want me to act?” became a thought I would wrestle with throughout the day. As time passed while trial and error ensued, I came to terms with how God truly wanted me to act, how He wanted me to treat people, and what He wanted me to pursue. I became aware that God’s Will for me was the antithesis of complacency: He did not want me to be idle, but wanted me to grow and improve as a man.

It wasn’t until I was about 2 years sober that this realization occurred. God wanted more for me than to work a job I didn’t like, be in relationships that didn’t provide me substance, experience little to no physical betterment, or to sit idle on my hands while I waited for things to come my way. He wanted me to act like I had complete faith in His plans, to act like failure was only an option if I view it as such, and that He would take care of me no matter what new experience I wanted to try.

Through the experience of practicing the 11th Step, searching for God’s Will for me, and building the confidence and faith to carry out the actions that followed led me to where I am today, I was provided with the faith and courage to do new things and to be confident in my role at St Paul Intergroup. At the end of the day, I knew all would be well if I knew I was doing the right thing. I trusted that God would keep me safe while I did what He asked me to do: help others, clear away the wreckage of my past, be honest, and trust in Him.

We have had a turbulent year at St Paul Intergroup, but over the last few months I’ve had the experience that verifies my feelings towards Step 11. God will take care of us while we discern the path that is intended for us. We are seeing progression in finances, in Office leadership, and in our fellowship of board and representative members.

If it wasn’t for this program and for my growing relationship with God, I wouldn’t have been able to experience and enjoy the many things I get to today, and for that I am eternally grateful.

-Eliot W., Board Chair

OFFICE UPDATE

Dear fellow members of Alcoholics Anonymous,

In the spirit of progress and growth, we are happy to share some office updates. As we are nearing the end of the year, we positive energy abounds, fueled by changes and possible plans to enhance intergroup.

1. Welcoming a Staff Member:

Join us in extending a warm welcome to Jacob F, our newest addition to the St. Paul Intergroup office. He brings positivity and experience to our team, new perspectives and energy to our office. Feel free to come by, visit and say hello.

2. Office Clean-up and Possible Reorganization:

Recent clean-up efforts have cleared the way for the office to feel fresh and revitalized. In our commitment to making our office a welcoming hub for visitors and volunteers, we are exploring possibilities for a thoughtful reorganization. Your suggestions are invaluable, and we welcome input on how we can create a more inviting and efficient space for our community. We believe in continuous improvement, if you have ideas for enhancing our office, whether it's physical changes, new amenities, or improved processes, please share them with us. We value your perspectives.

3. Minor Website/Online Store Updates:

Our commitment to making St. Paul Intergroup more easily accessible and inviting extends beyond the physical space. We are looking at fixing up our online ordering to help make purchasing and shipping, as well as some other features, more user-friendly or accessible.

As we embrace these positive changes and rap up this year, we want to express our gratitude for all the AA members in the St. Paul area and the surrounding areas, for their ongoing support since 1966. Together, we are shaping a stronger community for the next suffering alcoholic who comes to our doors.

Warm regards,

St. Paul Intergroup Office

P.S - If you have comments, questions, or suggestions, always feel free to email the office at manager@aastpaul.org

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 2407
James A Farley Station
New York, NY 10116-2407

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

WAYS TO FINANCIALLY SUPPORT INTERGROUP

1. VIA SQUARE

Use the camera on your phone to scan this QR code to be redirected to the SPI contribution webpage :



2. VIA CHECK

You are always welcome to stop by during business hours, or mail a personal or AA group check to the office at:

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

AREA 36 PINK CAN PLAN

THE PINK CAN PLAN COLLECTS FUNDS TO PURCHASE AA LITERATURE FOR ALCOHOLICS IN CORRECTIONS FACILITIES IN SOUTHERN MINNESOTA.

MAIL CONTRIBUTIONS TO:

**PINK CAN PLAN
PO BOX 41633
PLYMOUTH MN 55441-0633**

Get ready for a wonderful

Kids Christmas Party

Santa will be handing out gifts to the kids 12yrs and
under

December 23 ,2023 5 P.M.

MIDWAY CLUB



DISTRICT SERVICE MEETINGS

2023 INTERGROUP BOARD OF DIRECTORS

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 (Washington 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)



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

Advisor to the Board	Keith I.
Chairperson	Eliot W.
Alternate Chairperson	Kelly K.
Secretary	(Open)
Treasurer	Bill C.
Alternate Treasurer	Devin R.
Member-At-Large	Tom W.
Member-At-Large	(Open)
Member-At-Large	Janice K.
Member-At-Large	Mary U.
Office Manager	Frank N.

GREEN CAN PLAN

PLEASE HELP PROVIDE AN ASL INTERPRETER AT AN AA MEETING IN DISTRICT 8



CHECKS CAN BE SENT TO

ASL FUND

PO BOX 131831

ROSEVILLE, MN 55113-0020

OR

CONTRIBUTE ELECTRONICALLY

VENMO @ASLFund-DistrictEight

Contact District 8 ASL Fund Coordinator,
 Jamie Lynn, with questions (651)-995-8997

Save the Dates!

42nd Annual

Recovery, Unity & Service Conference

A Southern Minnesota
Area Event

January 19th - 21st, 2024

Best Western Premier
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Special Room Rate:
\$119 King, \$129 Two Queens

(*) The Name of This Venue
Will Change to the
Wyndham This November

Call 952-435-2100 and
Reference "RUSC 2024"

*“Connecting With Love,
Unity, and Service”*

RUSC MISSION STATEMENT

The primary purpose of the Recovery, Unity & Service Conference is to attract members to general service, inform new GSRs, and develop strong future servants. Through presentations and sharing of the selected readings based on the chosen theme, the Recovery, Unity & Service Conference fosters the growth of the Area Committee members, and integrates the General Service Conference theme into our Area service work.

St. Paul & Suburban Area Intergroup, Inc.

@SPIntergroup

October Office Volunteers



venmo

- Bernie
- David D.
- Shaun L.
- Jane H.
- Lynn B.
- Frank D.
- Jenna L.
- Blayne
- Karl

Thanks to your all!

THE FOLLOWING GROUPS, MEMBERS AND FAITHFUL FIVER MEMBERS MADE THE SERVICE OF INTER-GROUP POSSIBLE:

- 44 A.A. Groups contributed \$13,770
- 42 Faithful Fivers contributed \$1,401

And Thanks to our many
Night Owl volunteers as
well.

A Baffled Lot
Anoka Day By Day
Apple Valley Daily Reflections
Basic Text
Bright Promises AA
Como Park BB
Day by Dei Online Women's
Elements Group
Forest Lake Alano
Friday Morning Candlelight
Friday Night By The Book
God As We Understood Him
Gopher State Roundup
Hastings Club
Hillside Friday Night AA
Hole in the Doughnut Group
Hope Church - Monday AA
Lake Elmo Thurs Night Group
Lindstrom Groups
Maplewood Groups
Midway Club
No Time Like the Present
North Dale Group
North Road Group
Pages of Wisdom
Pocketing Our Pride - Mpls
Roseville Wed Night
Saturday Morning AA - Lindstrom
Saturday Morning Womens Group
Shoreview 12 x 12

Sisters of Serenity
Steps to Freedom
Summit Hill
The Alano Club of Rosemount MN
There's a Better Way
Third Tradition Northfield
Thursday Night Big Book
Uptown Group
Valley Creek Monday
Valley Creek Thurs Night
Valley Step Group
Wednesday Night Men's 12 x 12
White Bear Lake - Thursday Night Group
White house Cliff Hangers
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Steps to Freedom
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Rosemount Alano
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Thursday Night Big Book
Uptown Group
Valley Creek Monday
Valley Creek Thurs Night
Valley Step Group
Wednesday Night Men's 12 x 12
White Bear Lake - Thursday Night Group
White house Cliff Hangers

*Thank You So
Very Much!*



Meeting
Info Calls

35



12th Step
Calls

3



Speakers
Calls

6



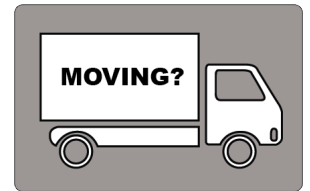
Office
Calls
117

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Please let us know a month in advance if your address changes. 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 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