

The Lifeline



January 2006

24 Hour Phone: 651-227-5502

Volume 41 Issue 1

Tradition One:

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

“Tradition One basically says that our common welfare comes first--bad news for an egocentric drunk! In my family, that means that the common welfare of the family comes first. My own personal needs, wants, desires, expectations, and dreams all need to be passed through the screen of the common welfare. If the family is going to exist and function as a meaningful unit, then I have to keep one eye on the common good all the time. (If the family self-destructs, my survival is also threatened.)

At work, the common welfare had to come first, too. I couldn't ignore the general directions of the staff and administration, and say to myself, "That's okay for you ordinary folks, but with my creative genius, I can do what I like." No. If the school where I worked was going to exist and fulfill its mission of educating the youth, then all my personal needs, wants, desires, goals, expectations, and dreams needed to be passed through the screen of the common welfare. The common good had to be paramount.

Finally, I need to respect the environment in which I live--the people I live with and work with; the community and country I live in. If the world around me goes for schnitz, I won't have a lot of resources to live on, or with.”

--Anonymous, Saskatchewan. The AA Grapevine, January 1996. Copyright © The AA Grapevine, Inc.

Reprinted with permission.

Have you become a Faithful Fiver yet?

A Faithful Fiver helps support St. Paul Intergroup's work with a \$5.00 monthly donation. Just fill out the form below and mail it with your contribution to St. Paul Intergroup. You will be helping those who still suffer AND receive a copy of the Lifeline each month.

St. Paul Intergroup Faithful Fiver Form

Contribute five dollars to St. Paul Intergroup every month so we can continue to carry our life-saving message of hope. Your contribution entitles you to a one-year subscription to the Lifeline.

Name _____

Street, City, State, Zip _____

Please send this form and a check to:

St. Paul Intergroup - 1600 University Avenue W. #407 St. Paul MN 55104

Web Site = www.aastpaul.org

E-mail = lifeline@aastpaul.org

Fax = 651-290-0209

Office Hours = Monday, Wednesday, Thursday, Friday — 9 AM to 1 PM and 2 PM to 5:30 PM

Tuesday = 9 AM to 1 PM and 2 PM to 8 PM

4th Tradition

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

7th Tradition

“Every group ought to be fully self-supporting, declining outside contributions.”

Your group can make an informed decision regarding contributions with information from A.A. World Services. The following information is a suggestion taken from the pamphlet: *Self-Support: Where money and spirituality mix.*”

50% St. Paul Intergroup

Spruce Tree Center
1600 University Ave. #407
St. Paul, MN 55104

30 % G S O

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

10% Southern MN

Area Assembly
P.O. Box 2812
Mpls., MN 55402



10% District Committee

Ramsey County:

District 8, P.O. Box 2267
St. Paul, MN 55102

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

District Meetings

District 8 (Ramsey Co.)

Fairview Community Center
1910 Cty. B, Room 203
Roseville
3rd Wed., 7:30 PM

District 15 (Wash. Co.)

Christ Lutheran Church
11194 N. 36th St., Lake Elmo
4th Mon., 7:00 PM

District 19 (Dakota Co.)

Rosemount Community Center
13885 South Robert Trail
2nd Wed., 7:00 PM

District 26 (SE Ramsey Co.)

1099 Payne Ave. St. Paul
2nd Fri., 6:00 PM

www.district26-area36.org

Unity

November Office Calls

Meeting Information:	286
Inventory/Hours:	31
12th Step Calls:	5
Temporary Sponsors:	12
Speaker Requests:	15
Special Events:	4
Outside Issues:	38
Administrative:	39
Other:	61
Total Calls:	613
Daily average:	30.65
Visitors	128

**Call tally is for the calls taken during of-
fice hours only and does not include calls
taken during Night Owl shifts.**

**Traditions Checklist
From the AA Grapevine**

“Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as ‘just for the sake of discussion,’ plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?”

--Copyright © The AA Grapevine,

Inc. Reprinted with permission.

Thank you, to all of the groups that contributed to St. Paul Intergroup in the month of November:

12 And 12 By The Book; Back To Basics Big Book Study; Clark Memorial Tues. Nighters; Dakota Alano Thursday 11:45 AM; Day By Dei; Dry Dockers AA; Eastside AA; Eastside Squad 6; Erstwhile Erratic Alcoholics; Forest Lake AA Groups; Fresh Air AA; Highland Park AA; Hillside Buck Hill AA; Hugo AA; Main Idea AA; Maplewood AA; Midway AA; North Branch Community Groups; Outright Mental Defectives; Ridge Runners II AA Group; River Rats; Roseville Centennial AA; Sat. Problem-Solution Meeting; Shoreview Big Book Plus; Spiritual Traditions Group; St. Anthony Park AA; St. Croix Valley AA; Third Edition AA; Uptown AA; White Bear Lake Area AA; White Bear Women's Wed. AM AA; Woodbury Wed. Noon Step Study

Number of Groups Contributing:	32
Total Group Contributions:	\$3787.11
Number of Faithful Fivers Contributing:	31
Total from Faithful Fivers:	\$589.00
Gratitude Night Contributions:	\$2988.05

Upcoming Events

42nd International Alcoholics Anonymous Women's Conference

February 9th - 12th, 2006
Minneapolis Marriott City Center Minneapolis Minnesota

For more information:
42nd IAAWC
P.O. Box 4262
St. Paul, MN 55104-0262
iaawc2006@yahoo.com

**Concepts Checklist
Concept 1**

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship”

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group’s decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate?
- Do we pass that conscience on to the district, area, or the local Intergroup meetings?
- Is the ‘collective conscience’ of Alcoholics Anonymous at work in my home group?
In my area?
- Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

--Reprinted with permission

from AA World Services Inc.

2006 Steering Board

Chair

Marty M.

Alt. Chair

Jeff T.

Secretary

Eric H.

Treasurer

Mary Jo. N.

Members at Large 2005

Tom S.

Starr M.

Members at Large 2006

Katie R.

Alfred K.

Advisor to the Board

Renee B.

Office Manager

Melissa D.

Service

Become an Intergroup Representative!

Does your group send a Representative to the Intergroup meeting? If not, elect one! Or volunteer to fill the position! It is a very important service opportunity. As an Intergroup Representative, you are responsible for the communication between St. Paul Intergroup and your group. Your job is to attend the Reps’ meetings and report back to your group everything that is happening at Intergroup. The time commitment is very small (about an hour every month) but it makes all the difference to St. Paul Intergroup. The Intergroup office cannot function without the efforts of our volunteers.

Every group in the St. Paul and surrounding suburban area has the right to have a Representative attend the meetings to give input and feedback to the board and office staff. So elect an Intergroup Rep to attend the next meeting!

The meetings take place every month, on the third Tuesday at 7:30 PM. **The meeting location has changed to the Lutheran Church of the Redeemer - 285 N. Dale St .**

You don’t have to be an Intergroup member to attend!

The following groups sent a Representative to the November Intergroup Reps’ meeting: Highland, Como Park Big Book, Summit Women’s, Mtg. of the Waters, Mendota, Midway, Shoreview 12 & 12, House of Hope, No Time Like The Present, West End, Happy, Joyous & Free, Women’s Fireside & St. Joseph’s, WI A.A.

The next Intergroup Reps’ meeting will be held on Tuesday, January 17th, 2006 at 7:30.

AA In Motion

Are you unable to attend AA due to illness, disability, etc.?

We will bring a meeting to you!
Call Dennis W. @ 651-451-0470

Are you looking for a service commitment?

Become an Outreach Volunteer!

Outreach volunteers visit meetings in St. Paul and the surrounding suburbs. We are trying to visit all of the meetings in the area to tell them about Intergroup. There is no sobriety requirement to serve, and it is a fun way to visit new meetings. Come to a committee meeting for more details. You can email the committee chair at outreach@aastpaul.org.

What happens when a still suffering alcoholic reaches out for help? A Night Owl volunteer answers the phone!

A Night Owl shift is a once-a-month commitment to answer phones during the hours that Intergroup is closed. Some shifts can be done in the office; all can be done from home. The commitment can be filled by an individual or a group. Taking on a Night Owl commitment means that when still suffering alcoholics call AA for help, they find another alcoholic at the other end of the line. When you or your group sign up to take a shift, you are trained in how to respond to calls and given all of the materials that are needed. Please call the office or go to our website at www.aastpaul.org if you can help.

Thanks to all the terrific volunteers who helped in the Central Office during November!

Thanks to all the groups and individuals who took the Night Owl Shifts as well.

12th Step Opportunity

Women’s Workhouse AA meeting
Volunteers of America

Dale and Larpenteur, St. Paul
Saturday, 11:00 AM, Tuesday 4 - 5 PM
You will need a background check (paid for). Women only, please.

The Lifeline: Purpose Statement

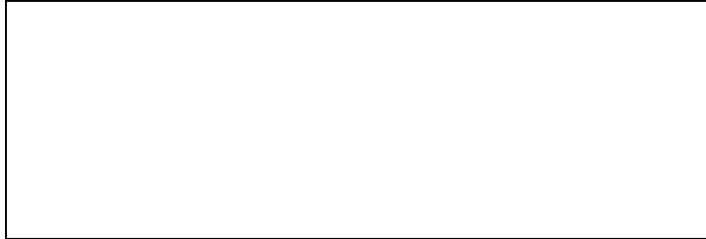
The Lifeline is a monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article imply endorsement by either A.A. or Intergroup.

We welcome articles of opinion or descriptions of personal experience (no poetry, please), which should be sent to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #407, St. Paul MN 55104. Materials or articles cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length and contents that may violate A.A.’s Traditions, etc. The deadline is the 2nd of the preceding month.

St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W., Suite #407
St. Paul, MN 55104

Change Service Requested

**Non-Profit
Organization**
U.S. Postage
Paid
St. Paul, MN
Permit No. 7451



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!

