



## Step Nine:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

When I found my way to A.A. in 2005, I thought my only problem was that I drank too much. Period. Of course I was also broke, in debt up to my armpits and my health was suffering. But at the root of all those problems, I thought, was that I drank too much and way too often. I was wrong. I soon found out that my real problem was that I was completely self-absorbed and was unable to have any kind of meaningful relationship with anyone. I pooh-poohed God or anything even resembling Spirituality. I had been taught that Knowledge was the Ultimate Authority and everything else was essentially unnecessary. That false perception would soon change as I began to work the Twelve Steps with a sponsor, and the one step which would ultimately change me forever was Step Nine.

I did as I was directed by my sponsor. I made a list from my Fourth Step and prayed for willingness. My first amends went well and I began to see the Promises coming true. Even though I had no money to make financial amends at this point I was told to pray for the willingness and pick up a phone and call my creditors to try to make some kind of arrangements. I met with all of the people on my list that I was physically able to, and I felt pretty good about myself for doing "such a good job" of repairing my past. Then I came to a name on my list which I feared the most; my father. My dad was an abusive alcoholic and as children my brothers and I were often the targets of his rage. I talked to my sponsor about it and told him I really thought there was nothing that I could amend with my father because he had "obviously hurt me worse than I had hurt him."

My sponsor asked me if what I had told him on my Fourth Step was true; that as a teenager I had spent days away from home without my parents ever knowing where I was or whether I was alive or dead. He asked me if it was true that I had threatened to kill my father. And then he asked me the question which changed my perception forever. He asked if I thought that was how a son was supposed to act towards his Father, regardless of how I had been treated? In light of the work I had done thus far, did I still believe I was justified in my actions towards him? I asked God for an answer and the next day I made a call to my father and I made my amends.

When my Father died two years later, there was no more hatred in my heart for him, nor did I feel sorry for him. I was not glad that he was gone. What I felt was compassion and an understanding that there was a sick man I should never treat sick men poorly. It is a lesson which I carry with me always these days and one which I learned for the first time as a result of working the Ninth Step.

— Anonymous

## Notice of Motion to Revise St. Paul Intergroup Bylaws

August 22nd 9am — Seminar to Review Proposed Bylaws (all welcome)  
September 15th 7:30 PM — Group Representatives vote on Bylaws Approval  
Both meetings will be held at  
Lutheran Church of the Redeemer  
285 N. Dale St., St. Paul, 55103

**St. Paul Intergroup of Alcoholics Anonymous®**

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)

Fax: 651-290-0209

Office Hours: Monday, Wednesday, Thursday, Friday — 9 AM to 6 PM; Tuesday 9 AM to 8 PM; Saturday 9 AM to 1 PM

1600 University Avenue W. Suite 407 St. Paul MN 55104

### A Very Brief History of the Proposed Bylaws Revision

In 2006 our Board Chair noticed that several important questions were not addressed in the current Bylaws. For example, there is no process for replacing board members who resign or relapse. The Bylaws were then reviewed by a lawyer who is an A.A. member, and we learned that there are other more serious problems. For instance, the Bylaws and the Articles of Incorporation specify different officers and numbers of Board members. A committee began work on a revision of the Bylaws and Articles of Incorporation.

This year, our Board has hired an experienced non-profit lawyer to assist us in a comprehensive updating of these documents. She is personally familiar with our Steps and Traditions, and is helping us to create documents that will protect St. Paul Intergroup and to insure that Intergroup decisions are made on the basis of principles, rather than personalities. We hope these new documents will serve Intergroup for many years to come.

— Tom N., Office manager

### Tradition Nine

**A.A., as such, ought never be organized; but we may create service boards and committees directly responsible to those they serve.**

Scanning this puzzler, people say, "What do they mean, no organization?"

Well, let's see. Did anyone ever hear of a nation, a church, a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society which couldn't somehow discipline its members and enforce obedience to necessary rules and regulations? Doesn't nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel others? Therefore, every nation, in fact every form of society, has to be a government administered by human beings. Power to direct or govern is the essence of organization everywhere.

Yet Alcoholics Anonymous is an exception. It does not conform to this pattern. Neither its General Service Conference, its [General Service] Board, nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone mete out any punishment.

— Reprinted from the pamphlet *Twelve Traditions Illustrated*, with permission of A.A. World Services, Inc.

### Concept Nine

**Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.**

No society can function well without able leadership in all its levels, and A.A. can be no exception. Fortunately, our Society is blessed with any amount of real leadership — the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in. We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us.

— Reprinted from *Twelve Concepts for World Service* by Bill W., by permission of AA World Services, Inc.

### 2009 Steering Board

<b><u>Chair:</u></b>	<b>Mary Jo N.</b>
<b><u>Alt. Chair:</u></b>	<b>Julie M.</b>
<b><u>Secretary:</u></b>	<b>Jeff T.</b>
<b><u>Treasurer:</u></b>	<b>Michael K.</b>
<b><u>Members at Large 2009:</u></b>	<b>John D. &amp; Jeff C.</b>
<b><u>Members at Large 2008:</u></b>	<b>Lisa L. &amp; Mark K.</b>
<b><u>Advisor to the Board:</u></b>	<b>Tom S.</b>
<b><u>Office Manager:</u></b>	<b>Tom N.</b>

### Office Calls in July

Meeting information	254
Inventory/hours	57
12th Step calls	12
Temporary sponsor	31
Speaker request	26
Special events	2
Outside issues	46
Info for professionals	3
Administrative	173
Other	33
<b>Total Calls</b>	<b>637</b>
<b>Daily average</b>	<b>27.7</b>
Visitors	190


\*Call tally is for calls taken during office hours only and does not include calls taken during Night Owl shifts.\*

## St. Paul A.A. Intergroup Representatives' Meeting Minutes, July 21, 2009

- I. Open with Serenity Prayer and Introductions
- II. Rhonda Read The Primary Purpose of Intergroup
- III. June's minutes approved.
- IV. Treasurer's Report – Michael K.  
Michael reported that contributions were up. We are above budget for the first time this year. 75% of sales are made by groups showing that 85% of our contributions are from within Alcoholics Anonymous. Please continue to contribute. Full statements are always available.
- V. Office Report -- Tom N.  
Tom reported that we sold all of our Serbian & Bosnian literature to a representative to who came into the office.
- VI. Website Report - Jonathan  
Michael reported in Jonathan's absence. The new media finder will be moved off the front page. Traffic for the web set new records once again. The web address is [www.aastpaul.org](http://www.aastpaul.org).
- VII. Outreach Program – We need a new chair. Mary Jo asked if anyone would be willing.
- VIII. Night Owl Report – Patti M.  
Tom N reported in Patti's absence. There's only one open shift, first Tuesday from 8PM to 6AM. Orientation to be held August 1<sup>st</sup> from 10 to noon at the Intergroup office.
- IX. Intergroup Events.  
**Open House** – John D. reports the burgers were good. We ran out of food 3 times. Thanks to all who helped.  
**Ice Cream Social** - Sept 19<sup>th</sup> still need three female speakers. It will be held at the Church of the Redeemer (Intergroup Board meeting location).  
**Fall Workshop** – Oct 17- Jeff T. will have a report at the next meeting.  
**Gratitude Night** – Nov 21- Julie will announce the speaker. Location most likely is Luth Ch of the Redeemer.  
**New Year's Eve**- Mary Jo- There will be a speaker and a dance. It will be held at the Church of the Redeemer (Intergroup Board meeting location).
- X. Old Business.  
**By-laws** – John D. announced that drafts are available tonight at the meeting, at the office, and on the website. The committee and board have put many of hours of time into creating a document which satisfies both the Traditions and the Minnesota State Law. The committee included Tom S., Tom N., Marty M., John D., and an attorney. The schedule of events for the By-laws is  
**August 18<sup>th</sup>**- Reps meeting  
**August 22<sup>nd</sup>**- Workshop  
**September 15<sup>th</sup>**- Voting Date
- XI. New Business. No New Business.
- XII. Group AA Announcements.  
Cottage Grove Picnic on August 1<sup>st</sup> at 2PM
- XIII. Concept Review (VI) – **Jennifer S.** Volunteer for July, Concept VII: **Donald**
- XIV. Mock Rep Report: **Charlie** Volunteer for July report: **Jennifer S.**
- XV. Close with the Responsibility Statement.

Attendance:

Donald B - Main Idea	Angela S-Midway	Jonathan-Web Servant	Mary Jo N - Chair	Tom N - Office Mgr
John D - Board At-large	Craig B - Happy Hour 12&12	Jennifer - Back to Basics, Brnsvill	Steven K - Rosemount	Tom S - Advisor
Mark K - Secretary	Dan W - Cottage Grove	Bryce A - West End	Tim C - Defogged Men's	Julie M - Alt Chair
Diane E - Treas Advisor	Tom C - Shrvw 12x12	Joe S - Happy Joyous Free	Jill J - Mendota	Rhonda H - Basic Text
TonyaB -St Paul Spkr Mtg	James L - Third Edition	Marty M - Bylaws Committee	Mike H - St Joe's Mon	Joe B - OMD
Mark O - Como BB	Bob Z - Amigos III	Jeff Th - Board At-large	Libby K - P.O.P.	Jes N - Uptown
Charlie S - No Time Like the Present	Ryan B- Students of Life	James B- BTB Fri Night		

<p align="center"><b>7th Tradition Suggestions for Groups</b></p> <p>“Every group ought to be fully self-supporting, declining outside contributions.”</p> <p>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:</p>	<p align="center"><b>BE A NIGHT OWL !!</b></p> <p>Night Owls are often the first A.A. contact for the newcomer! A Night Owl shift is a once-a-month commitment to answer Intergroup phones after hours. 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. <b>If you can help, call the office or go to our website: <a href="http://www.aastpaul.org">www.aastpaul.org</a></b></p>	<p align="center"><b>JULY CONTRIBUTIONS</b></p> <p>Number of Group Contributors: 43                  Total Group Contributions: \$4711                  Number of Faithful Fivers: 11                  Total from Faithful Fivers: \$105</p>
<p><b>50% <u>St. Paul Intergroup</u></b>                  Spruce Tree Center                  1600 University Ave. #407                  St. Paul, MN 55104</p> <p><b>30% <u>General Service Office</u></b>                  P.O. Box 459                  Grand Central Station                  New York, NY 10163</p> <p><b>10% <u>Southern MN Area 36</u></b>                  Area Assembly                  P.O. Box 2812                  Mpls., MN 55402</p>	<p align="center"><b><u>District Meetings</u></b></p> <p><b>District 8 (Ramsey Co.)</b>                  Fairview Community Center                  1910 Co. Rd B, Rm 203, Roseville                  3rd Wed., 7:30 PM</p> <p><b>District 15 (Wash. Co.)</b>                  Christ Lutheran Church                  11194 N. 36th St., Lake Elmo                  4th Mon., 7:00 PM</p> <p><b>District 19 (Dakota Co.)</b>                  Rosemount Community Center                  13885 South Robert Trail                  2nd Wed., 7:00 PM</p> <p><b>District 26 (SE Ramsey Co.)</b>                  1099 Payne Ave. St. Paul                  2nd Fri., 6:00 PM  <a href="http://www.district26-area36.org">www.district26-area36.org</a></p>	<p align="center"><b>“Thanks!” to the groups that <u>contributed in July:</u></b></p> <p>Bayport Saturday 8 AM Serenity                  Cedar Cliff Group                  Cliffhangers III                  Club 84 Groups                  Complete Defeat Group                  Dakota Alano Friday 6 PM                  Dakota Alano Sunday 8 PM                  Dakota Alano Wed. Roosters                  Defogged Men's Group                  Forest Lake Alano                  Fourth Dimension                  Happy Hour 12 &amp; 12                  Highland Park Groups                  Hugo Groups                  Lake Elmo Thurs                  Maplewood Groups                  Mendota St. Peters Sat. 9 AM                  Midway Groups                  Mon. AM Apple Valley Women's Group                  New Brighton Squad 11                  North Branch Community Groups                  North Hamline Group                  Red Wing Groups                  Ridge Runners III                  Rosemount Groups                  Roseville Wed. Night Group                  Sat. As Bill Sees It Dakota Alano                  St. Anthony Park Group                  St. Luke Sat. Men's Group                  St. Paul Park Group                  Stillwater Morning Groups                  Stillwater Wednesday Step                  Summit Women's Group                  TGIF Macalester                  The Grind                  Third Edition Group                  Third Tradition Northfield                  Uptown Groups                  Valley Creek Thurs Night                  We Care Groups                  White Bear Lake Groups                  White Bear Sat. AM Women's</p>
<p><b>10% <u>District Committee</u></b></p> <p>Ramsey County:                  District 8, P.O. Box 2267                  St. Paul, MN 55102</p> <p>Dakota County:                  District 19, P.O. Box 1466                  Burnsville, MN 55337</p> <p>Washington County:                  District 15, P.O. Box 181                  Lake Elmo, MN 55042</p> <p>SE Ramsey County:                  District 26, P.O. Box 75980                  St. Paul, MN 55175</p> <p align="center"><b>The Lifeline: Purpose Statement</b></p> <p><i>The Lifeline</i> is the 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. (Exception: Quotations from A.A. books or pamphlets are reprinted with permission from A.A. World Services, Inc.) We welcome articles of opinion or descriptions of personal experience, 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 content that might violate A.A.'s Traditions, etc. The deadline is the 13th of the preceding month (i.e., submit a Tenth Step essay by the ninth month, September).</p>	<p align="center"><b>Thanks to all the terrific volunteers who helped in the Office during July!</b></p> <p>Ali, Andy, Brent W, Brian F, Cam, Cedar H, Celeste D, Chad, Chad T, Chris, Chris E, Chris S, Dave W, Diane A, Donald, Emily G, Frank D, Greg C, Jack R, Jaclyn B, Jan B, Jesse, Jo B, Joe M, John, Jolene, Justine B, Kari, Kathleen, Kathryn M, Kelly G, LouAnn P, Matt G, Matt K, Mike N, Nick S, Pete, Pete G, Phil, Phil B, Ratta, Rick, Roxi S, Scott, Scott F, Scott G, Steve C, Susan L, Tameisha, Tierney, Tom, Vivek</p> <p align="center"></p> <p>Thanks to all the Night Owl volunteers and groups as well!</p>	

# UPCOMING A.A. EVENTS!!

**64th Annual Duluth Round-up**  
Duluth Entertainment and Convention Center  
September 11, 12 & 13  
[www.duluthroundup.org](http://www.duluthroundup.org)

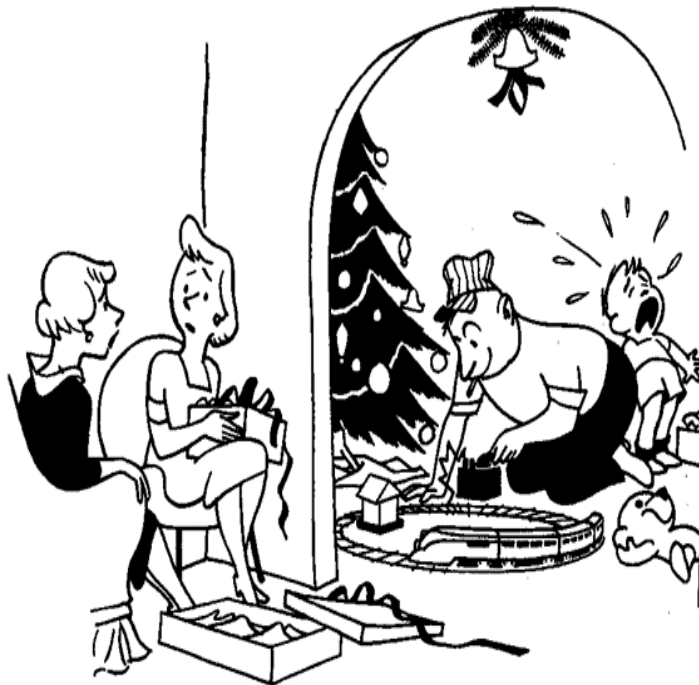
**West Central Regional Forum  
w/ the A.A. General Service Board**  
St. Cloud, MN — Holiday Inn  
September 11, 12 & 13

19th Annual  
**Heartland Round-up**  
Park Rapids, MN — Northern Pines Assembly Ground  
September 11, 12 & 13

September 11, 12 & 13  
**Southern Minnesota Roundup**  
Best Western Hotel  
North Mankato, MN

**Founder's Day Weekend**  
November 27 — 29  
Doubletree Park Place  
St. Louis Park, MN  
[www.foundersdaymn.org](http://www.foundersdaymn.org)

Southern Minnesota Area 36  
**Recovery, Unity and Service Conference**  
January 22 — 24  
Fairmount MN, Holiday Inn



*"... but he's grown a lot in AA."*

Cartoon reprinted with permission of the A.A. Grapevine, Inc. December, 1960.

## Dear Bill W,

I am grateful to be entering my sobriety in A.A. Things are going pretty well, but I'm still having a hard time with my own son and daughter. I've always tried to be a good dad, but somehow my "repatriation" into the world of sober people hasn't come with much approval or trust from my own kids! Why can't they "forgive and forget"?

— An Anonymous Drunk

"The alcoholic may find it hard to re-establish friendly relations with his children. Their young minds were impressionable while he was drinking. Without saying so, they may cordially hate him for what he has done to them and to their mother...

"In time (his children) will see that he is a new man and in their own way they will let him know it. When this happens, they can be invited to join in morning meditation and then they can take part in the daily discussion without rancor or bias. From that point on, progress will be rapid. Marvelous results often follow such a reunion."

*Alcoholics Anonymous*, p 134, reprinted by permission of A.A. World

## Is your meeting represented at Intergroup?

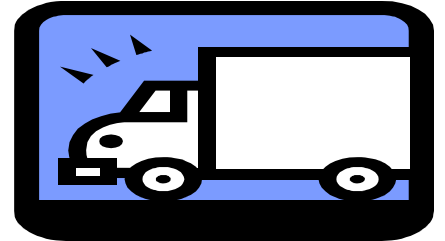
The September Representatives' meeting will be held Tues, September 15, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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

Change Service Requested

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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 Faithful Fiver Form

Faithful Fivers contribute \$5.00 to St. Paul Intergroup each month to enable us to continue to carry our life-saving message. Your contribution entitles you to a one-year subscription to *The Lifeline*. You may also contribute annually, quarterly, etc.

Name \_\_\_\_\_

Street \_\_\_\_\_

City, State, Zip \_\_\_\_\_

**Please send this form and a check to:**

St. Paul Intergroup, 1600 University Avenue W., Ste. 407, St. Paul, MN 55104

I would like to receive *The Lifeline* every month by email, not postal mail. My email address is:

(please print clearly) \_\_\_\_\_