

The Lifeline



October, 2009

24 Hour Phone: 651-227-5502

Volume 44, Issue 10

Step Ten:

Continued to take personal inventory and when we were wrong promptly admitted it.

This month, five of our office volunteers kindly agreed to hold a round-table discussion on Step Ten, then to summarize their discussion for The Lifeline. We're always happy to have members' contributions, especially for our essays on the Steps and Traditions. Call the office for more information on how to make the Lifeline a service opportunity for you or a sponsee! — Editor.

Katheryn M. "To me, it's my way of using what I learned in Step Four and Five during the day when I realize that I have acted in a dishonest, fear-based, selfish or self-seeking manner. Then I can make corrections immediately."

Jeff R. "Step Ten gives me the opportunity to practice these spiritual principles in my daily life. When I can actually realize my defects of character immediately and my actions that are wrong due to my fear and selfishness and self-centeredness, whenever I am fortunate enough to have it brought to my attention right away, I have the opportunity to practice Step Ten, which allows me not to carry around new guilt and remorse. I don't build things up inside my head and that's what Step Ten helps me to do, to clear my mind and my soul immediately."

Will S. "To me Step Ten is a guide for taking a personal inventory of my resentments, dishonesty, fears, selfishness and to make me aware of where I could owe apologies. This inventory can be taken on a spot basis whenever I realize my actions or thoughts have slipped into one of these unhealthy areas. It is also imperative that I take the time at day's end before I retire for the night and think about the previous day. In taking this inventory by myself I am able to see more clearly things I could have done differently and how I can improve upon them. When I find myself in a similar situation in the future I can reflect upon my previous inventory and hopefully learn from past actions before I repeat them. If amends are in order it is a good way to make plans for those amends. All of these things are wonderful for clearing my soul and mind and allowing me a peaceful nights rest without worry or resentment."

Kevin P. "I tend to live my life always looking ahead and trying my best to forget everything in the past. What Step Ten does for me is it allows me to stop and take a look back and see where I was fearful, angry, or jealous and then make amends to the appropriate people. It helps me to feel more serene and feel less shame knowing that I have done the right things for that day."

Tim B. "I use the acronym WASH to deal with selfishness, dishonesty, resentment, and fear; Those things that lead to wreckage. I watch for these things (W) and when they crop up I ask (A) God to remove them and divorce me from the things that block me from my usefulness to Him and to my fellows. After this I call someone (S) and talk to them about what I'm going through, a simple way to check my thinking and clear up my thoughts. Then I immediately turn my attention to someone I can help (H). When I remember to do this and follow through, it works."



St. Paul Intergroup

Fall Step Workshop

Saturday, October 17th, 10am

Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul.



St. Paul Intergroup of Alcoholics Anonymous®

Web Site: www.aastpaul.org

E-mail: 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

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never to be drawn into public controversy.

Tradition Ten is an emphatic warning against public controversy. This was perhaps the first AA Tradition ever to take shape. Of course we did reserve that sometimes enjoyable right of quarrelling among ourselves about lesser matters! But when it came to the awful issues that rock society about us, such as politics, religion, reform, and the like — well, the early AAs knew these terrible conflicts were surely not for them.

Later on, a new aspect of this same peril came into view. All sorts of people and organizations begged us to “take stands,” “deliver opinions,” and “fight evils,” all up and down the line. Again we instantly saw that if we ever embarked on such a course, it would certainly be our finish. Drunks by the thousands would be kept away from AA through sheer prejudice. The same old peril would again menace us. This time it would crash in from the outside.

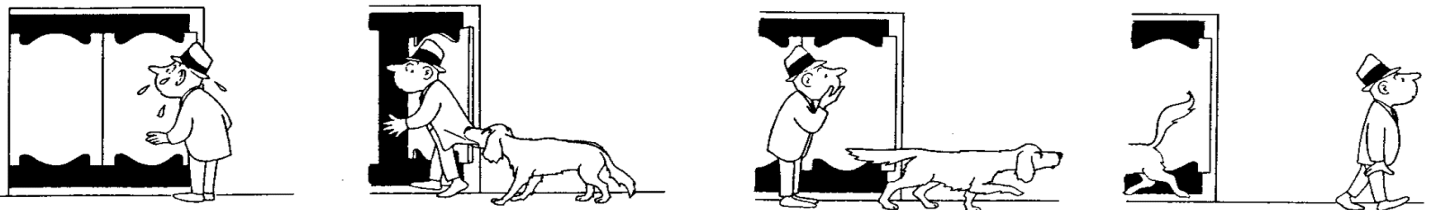
— Bill W., from the *A.A. Grapevine*, November, 1960, reprinted in *Language of the Heart* used by permission of A.A. Grapevine, Inc.

Concept Ten

Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

An outstanding characteristic of every good operational structure is that it guarantees harmonious and effective function by relating its several parts and people in such a way that none can doubt what their respective responsibilities and corresponding authorities actually are. Unless these attributes are well defined; unless those holding the final authority are able and willing properly to delegate and maintain a suitable operational authority; unless those holding such delegated authority feel able and willing to use their delegated authority freely as trusted servants; and unless there exists some definite means of interpreting and deciding doubtful situations — then personal clashes, confusion, and ineffectiveness will be inevitable.

— Reprinted from *Twelve Concepts for World Service*, p.43, with permission from AA World Services Inc.



Victor E., reprinted from the *A.A. Grapevine*, October, 1969, with permission of A.A. Grapevine, Inc.

2009 Steering Board

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

Office Calls in July

Meeting information	206
Inventory/hours	32
12th Step calls	12
Temporary sponsor	19
Speaker request	23
Special events	3
Outside issues	45
Info for professionals	4
Administrative	147
Other	43
Total Calls	533
Daily average	25.4
Visitors	210

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, August 21, 2009

- I. Open with Serenity Prayer and Introductions
- II. Mary Jo read the Primary Purpose of Intergroup.
- III. Approve last month's minutes – minutes approved.
- IV. Treasurer's Report – Michael K.
Michael reported that contributions only look short to last year due to a big contribution. Expenses were below average except for legal fees due to legal bills.
- V. Office Report -- Tom N.
Tom reported with the new & current literature price guides due to Alcoholics Anonymous World Services price hikes. Our goal is to monitor and hopefully lower meeting directory prices.
Pink and Green cans: Pink can funds are for literature for incarcerated members, and Green can funds are for ASL.
- VI. Website Report - Jonathan
Jonathan reported that he is working on building the "Intergroup Management Application." This will make it easier for Intergroup Board to monitor their own websites. The term "Mental Illness" has been changed on the site to "Dual Diagnosis." Currently there are 615 meetings for 260 groups. Service opportunities & Night Owl shifts are available. The web address is www.aastpaul.org.
- VII. Outreach Program – New Chairman Tim C. (651) 231-4271 or outreach@aastpaul.org. Tim may look for a female co-chair.
- VIII. Night Owl Report – Patti M.
Patti reported that the 1st Tuesday 8PM-6AM is open. Thank you to those who participate. Please notify group members that you can sign up for open shifts after you've been orientated. Orientation September 26th from 10AM-Noon at the office.
- IX. Intergroup Events.
Ice Cream Social - Sept 19th – Tom S. reported that we have our 11 speakers. Tom also sent a sign-up sheet looking for help with set-up, clean up, etc.
Fall Workshop – Oct 17 at 10AM- Jeff T. –Step 7 (4 Person Panel)
Gratitude Night – Nov 21 at 7PM- Julie M. will announce speakers. We may need to rent chairs.
New Year's Eve- Mary Jo- There will be a speaker and a dance. It will be held at the Church of the Redeemer. We are currently looking for a band and DJ.
- X. Old Business.
By-laws – John D. announced the 9AM workshop on August 22nd. The final vote will be September 15 at the Reps meeting. The current and new By-Laws are available at the office or on the website.
- XI. New Business.
Founders Day- Intergroup board offers to fund a suite at the event if groups will provide personnel. Please get back to the board if your group can help. Please respond to Treasurer@aastpaul.com.
- XII. Group AA Announcements.
Uptown Club looking for larger room for Medallion Meeting
- XIII. Concept Review (VIII): **Donald.** Volunteer for July, Concept IX: **Jes N.**
- XIV. Mock Rep Report: **Jennifer S.** Volunteer for July report: **Dan.**
- XV. Close with the Responsibility Statement.

Attendance:

Donald B - Main Idea	Jan B - Highland Sq 2	Jonathan-Web Servant	Mary Jo N - Chair	Joe B - OMD
John D - Board At-large	Jane B - Basic Text	Tom N - Office Mgr	Steven K - Rosemount	Tom S - Advisor
Mark K - Secretary	Dan W - Firing Line	Cathy H - Maplewood	Bob Z - Amigos III	Julie M - Alt Chair
Diane E - Treas Advisor	Tom C - Shrvw 12x12	Michael K - Treasurer	Jes N - Uptown	
James B- BTB Fri Night	Frank N - Third Edition	Jeff Th - Board At-large	Joe S - Happy Joyous Free	Craig B - Happy Hour 12&12
Charlie S - No Time Like the Present	Jennifer - Back to Basics, Brnsvill	John F - Highland Sat 9am	Patti M - Night Owl Coord	Tim C - Defogged Men's

<p align="center">7th Tradition Suggestions for Groups</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">BE A NIGHT OWL !!</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. If you can help, call the office or go to our website: www.aastpaul.org</p>	<p align="center">JULY CONTRIBUTIONS</p> <p>Number of Group Contributors: 39 Total Group Contributions: \$3612 Number of Faithful Fivers: 9 Total from Faithful Fivers: \$110</p>
<p>50% <u>St. Paul Intergroup</u> Spruce Tree Center 1600 University Ave. #407 St. Paul, MN 55104</p> <p>30% <u>General Service Office</u> P.O. Box 459 Grand Central Station New York, NY 10163</p> <p>10% <u>Southern MN Area 36</u> Area Assembly P.O. Box 2812 Mpls., MN 55402</p>	<p align="center"><u>District Meetings</u></p> <p>District 8 (Ramsey Co.) Fairview Community Center 1910 Co. Rd B, Rm 203, Roseville 3rd Wed., 7:30 PM</p> <p>District 15 (Wash. Co.) Christ Lutheran Church 11194 N. 36th St., Lake Elmo 4th Mon., 7:00 PM</p> <p>District 19 (Dakota Co.) Rosemount Community Center 13885 South Robert Trail 2nd Wed., 7:00 PM</p> <p>District 26 (SE Ramsey Co.) 1099 Payne Ave. St. Paul 2nd Fri., 6:00 PM www.district26-area36.org</p>	<p align="center">“Thanks!” to the groups that contributed in July:</p> <p align="center">Amigos III Apple Valley Tues Night Back to Basics - Burnsville Coon Rapids Day by Day Dakota Alano Dakota Alano Thursday 11:45 AM Dakota Alano Thursday 7:30 PM Downtown Alano Firing Line Great Tidings Group Grovers Thursday Night Happy Joyous and Free Highland Park Groups Hillside/Buck Hill Group Maplewood Groups Midway Club New Brighton Alano Squad 15 North Dale Group Northwest Alano Squad 18 Oakdale Groups Pages of Wisdom Peace and Serenity Group Pocketing Our Pride Red Wing Groups Ridge Runners II - Sat 8:30 Rosemount Groups Roseville Centennial Group Sisters of Serenity South Suburban St. Luke Saturday Men’s Group St. Stephen’s Women’s Group Steps to Freedom The Grind Third Edition Group Third Tradition Northfield Uptown Groups White Bear Lake Woodbury Primary Purpose</p>
<p align="center">10% <u>District Committee</u></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"><i>The Lifeline: Purpose Statement</i></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>		



**Thanks to all the terrific
volunteers who helped in the
Office during August!**

Al, Andy, Brent W, Ben, Bobby, Cedar H, Connie, Dave W, Detra, Emily, Frank D, Greg, Jack R, Jaclyn, Jen L, John, Justine B, Kathryn M, Matt, Mike, Nick S, Pam, Pete G, Phil, Ratta, Rick, Rob, Scott F, Scott G, Steve C, Susan L, Taylor, Tierney, Vergil, Vivek.

Thanks to all the Night Owl volunteers and groups as well!

UPCOMING A.A. EVENTS!!

St. Cloud Roundup
St. Cloud Civic Center
October 23 - 25

District 15
Fall Sponsorship Event
 Christ Lutheran Fellowship Hall
 Lake Elmo, MN
 Saturday, October 24, 11:30am

St. Paul Intergroup
Fall Step Workshop
 Saturday, October 17th, 10am
 Lutheran Church of the Redeemer
 285 N. Dale St., St. Paul.

Founder's Day Weekend
November 27 — 29
 Doubletree Park Place
 St. Louis Park, MN
www.foundersdaymn.org

Wild Rice Round-up
 Shooting Star Hotel & Event Center
 Mahnomon, MN
 January 15, 16 & 17

Southern Minnesota Area 36
Recovery, Unity and Service Conference
 January 22 — 24
 Fairmount MN, Holiday Inn
www.area36.org



Cartoon reprinted with permission of the A.A. Grapevine, Inc. October, 1982.

Dear Bill W,

Recently I was just trying to be rigorously honest about my feelings with some one, but now I have deeply hurt a dear friend. I'm very confused about honesty.

— An Anonymous Drunk

“Sometimes we need to place love ahead of indiscriminate ‘factual honesty.’ We cannot, under the guise of ‘perfect honesty,’ cruelly and unnecessarily hurt others. Always one must ask, ‘What is the best and most loving thing I can do?’”

As Bill Sees It, p 172, reprinted by permission of A.A. World Services, Inc.

Is your meeting represented at Intergroup?

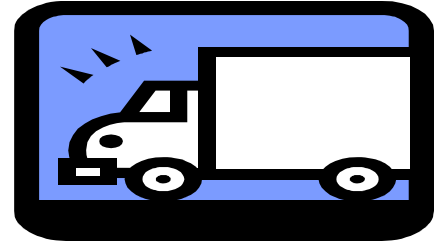
The October Representatives' meeting will be held Tuesday, October 20th, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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

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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) _____