



## Step Eleven:

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.

### LETTING THE SPIRIT JOIN IN

[ . . . ]

I wasn't born with the quiet mind needed to meditate. I work hard to develop it. The problem with me is that I'm alcoholic and as Alcoholics Anonymous says, "we alcoholics are undisciplined." So the real problem is lack of discipline.

My first sponsor showed me that I couldn't wait until I felt better to work the Steps. He said, "You must work the Steps in order to feel better." And so my work, my new purpose in life, was cut out.

When I decide to sit still, for twenty minutes, it is the alcoholic mind that has the ability to distract me. Distraction usually comes to me in the form of a thought or a subtle sensation, a twitch, or an urge telling me to stop meditation and to do something else. Quieting this alcoholic mind is why I meditate. Following through on a decision to sit still for twenty minutes — no matter what happens — is spiritual practice.

With the purpose of discipline in mind, and without regard to the results, I have a simple method that I use for meditation. Allow me to pass it on.

Before assuming the posture to meditate, I set a timer for twenty-one minutes (twenty-one is a spiritual number). Next, I say a prayer and ask God, as I understand God, for clear contact. Then for twenty minutes twice a day, morning and evening, I sit with my back straight, in my quiet spot, with reverence for the practice. With my chin held level, and my eyes closed, I focus on my breathing.

The only thing that exists now is the breath. When thoughts enter my mind I simply label them as "thinking." I don't chase after them. On the out breath I say, "be done."

This is my formal practice of our Eleventh Step. However, I'm an alcoholic and when something is good, I want more; so I've learned how to meditate even when I'm not sitting in my formal practice.

For example, I keep rhythm with my footsteps when I'm walking. Doing one thing — walking — with my body, and paying attention to it with my mind, gives my spirit a chance to join in. When I pay full attention to what I'm doing, I'm meditating. I'm united — body, mind, and spirit — with a singleness of purpose. This helps quiet my alcoholic mind.

Another example is when I do the dishes. I no longer view the dishes as an unpleasant task. I see them as an opportunity to meditate. In fact, I stretch the job out. I touch the warmth of the water. I listen to it's rich flow. While watching the formation of bubbles I feel a loving God. I concentrate on washing the dishes and not on what I'm going to do next. The most important thing is what's in front of me — now.

One AA member who frequents my home group describes mindfulness this way: "Wherever you are — be there." Likewise: "When I walk, I walk; when I do dishes, I do dishes." You'd be amazed at the opportunities that are given for meditation during a twenty-four hour period. Being united in body, mind, and spirit is spiritual; it keeps me sober.

Reprinted from *Spiritual Awakenings: Journeys of the Spirit*, permission of the A.A. Grapevine, Inc.



**St. Paul Intergroup**

**Gratitude Night**

**Saturday, November 21, 7pm**

**Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55104**

**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 through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

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

## Tradition Eleven

*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.*

The pamphlet "Understanding Anonymity" reminds A.A. members that a primary goal of Tradition Eleven is "putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power or personal gain." The pamphlet notes that, in the early days of A.A., there was a rush among certain members to "break their anonymity in the media – some motivated by good will, others by personal gain." Tradition Eleven was introduced, at least in part, to check the impulse to exploit A.A. for profit or power.

The public relations policy of "attraction rather than promotion" was designed to protect A.A. from competition and controversy. Instead, the founders sought a humble profile for A.A.: a public relations policy based on attraction, with a focus on the spiritual principles of A.A.

In 1946, Bill W. wrote: "The word 'anonymity' has for us an immense spiritual significance. Subtly but powerfully, it reminds us that we are always to place principles before personalities; that we have renounced personal glorification in public; that our movement not only preaches but actually practices a true humility."

Even though A.A. is highly cautious with respect to the media (and today there are movements afoot to add television and the Internet to the Eleventh Tradition), we are also reminded that it can be helpful, *within* the A.A. program, for members to share their names. We share our names to stay in touch with each other, to give support in emergencies, to make advances in our community work, and not least of all, to cultivate the trust we may not have known in other parts of our lives.

Dr. Bob stated that it was often essential for members to share their full names: "The A.A. who hides his identity from his fellow A.A. by using only a given name (*i.e.*, first name) violates the Tradition just as much as the A.A. who permits his name to appear in the press..." (*Dr. Bob and the Good Oldtimers*, p. 264).

Dr. Bob argued for a balance between the extremes of over-exposure and under-exposure in the practice of A.A. anonymity. He reminded us that Tradition Eleven calls for anonymity "at" the level of public media, but also that A.A. members stand to improve their lives by learning to trust each other as individuals.

*Thanks to Intergroup Volunteer Phil B., Defogged Men's Group*

## Concept Eleven

**While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.**

— Reprinted from *Twelve Concepts for World Service*, p.48, with permission from A.A. 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	190
Inventory/hours	22
12th Step calls	27
Temporary sponsor	39
Speaker request	10
Special events	4
Outside issues	27
Info for professionals	3
Administrative	133
Other	45
<b>Total Calls</b>	<b>500</b>
<b>Daily average</b>	<b>22.7</b>
Visitors	203

*\*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, September , 2009

- I. Open with Serenity Prayer and Introductions
- II. Jonathan read the Primary Purpose of Intergroup.
- III. Approve last month's minutes – minutes approved.
- IV. Treasurer's Report – Michael K reported that contributions are up based on the one time memorial contribution of \$2,000.00. Operating expenses are up due to the annual Intergroup managers' seminar, and the cost of covering the office with the manager out.
- V. Office Report -- Tom N. reported that Tim P. of St. Paul got a story in the Grapevine.
- VI. Website Report - Jonathan reported that Night Owl & Board sites have been updated and fixed. Currently we have 618 meetings and 264 groups. Service opportunities are available and open. Night Owl shifts are posted. We set a new record for total visitors. Please contact the web servant if your group has an A.A. related event.
- VII. Outreach Program – New Chairman Tim C. (651) 231-4271 or outreach@aastpaul.org.
- VIII. Night Owl Report – Patti M. reported that we need more 12<sup>th</sup> step volunteers. Thank you to the board for covering Labor Day. Orientation to be held on September 26<sup>th</sup> from 10-12 at the office. Open shifts include 1<sup>st</sup> Thursday (6AM -9AM). 4<sup>th</sup> Monday (5:30PM – 10PM). 3<sup>rd</sup> Thursday (5:30PM – 10PM).
- IX. Intergroup Events.  
**Ice Cream Social** - Sept 19<sup>th</sup> – Tom S. reported that we have our 11 old timers (10 minutes each).  
**Fall Workshop** – Oct 17 at 10AM- Jeff T. –Step #7 (4 Person Panel).  
**Gratitude Night** – Nov 21, 7PM- Julie M. says Edith P. from Omaha, NE will speak. One-year speaker TBA.  
**New Year's Eve**- Mary Jo- There will be a speaker and a dance.
- X. Old Business.  
**By-laws** – John D. announced that there will be a vote on the By-Laws at this meeting. Next month there will be a vote on the Articles. Jennifer S. made a motion to vote for the "new" By-Laws to be instated (effective immediately). Jes N. seconded the motion. The vote was passed unanimously.  
 Current Board Members will have a clean slate in regards to number of years served.  
 We would like to thank John D, Tom S., Tom N., Marty M., and all others who helped revise and redraft these new documents. If there are any questions regarding the Articles, please contact John D (612-747-1463), Tom S. (651-917-7447), or Tom N. at the office.
- XI. New Business.  
**Founders Day**- (4) groups have committed to help host the Founder's Day suite.  
**Elections**- October and November will be nominations for the November Elections. Open positions include:  
 (2) Members At Large (2 year commitment)  
 Alternate Treasurer (2 year commitment)  
 Secretary (1 year commitment)  
 Alternate Chair (3 year commitment)
- XII. Group AA Announcements.  
 Midway Annual Chili Cookout: September 27 (1PM-4PM).  
 Uptown: October 2<sup>nd</sup>-4<sup>th</sup> GLBT in Recovery at Homestead Suites.  
 Back to Basics Anniversary Meeting: October 22<sup>nd</sup> is looking for a male speaker.  
 Lake Elmo Sponsorship Workshop: Taco Bar- October 24<sup>th</sup> at 11:30AM (sponsored by District 15).  
 St. Paul Speaker Meeting is looking for Steering Committee members.
- XIII. Concept Review (IX) – **Michael K. read concept IX** Volunteer for October, Concept X: **Jes N.**
- XIV. Mock Rep Report: **Jennifer S.** Volunteer for October report: **Angela**
- XV. Close with the Responsibility Statement.

### Attendance:

Donald B - Main Idea	Mark O - Como BB	Jonathan-Web Servant	Mary Jo N - Chair	Lisa L - Board at Large
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	Steve B - Hole in Donut	Mary W - Fireside Women's	Julie M - Alt Chair
Diane E - Treas Advisor	Tom C - Shrw 12x12	Michael K - Treasurer	Jes N - Uptown	Angela L - Midway
James B- BTB Fri Night	James L - Third Edition	Jeff Th - Board At-large	Joe S - Happy Joyous Free	David A - Rosemount
Charlie S - No Time Like the Present	Jennifer - Back to Basics, Brnsvill	John F - Highland Sat 9am	Patti - Nightowl Coord	Tonya B - St. Paul Speaker Sunday
Katie R - Board at Large	Mollie S - Tues Basic Text	Ryan B - Students of Life		

**7th Tradition  
Suggestions for Groups**

“Every 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**

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

**30% General Service Office**

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

**10% Southern MN Area 36**

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

***BE A NIGHT OWL !!***

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](http://www.aastpaul.org)**

**District Meetings**

**District 8 (Ramsey Co.)**  
Fairview Community Center  
1910 Co. Rd B, Rm 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](http://www.district26-area36.org)

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

Andy, Ben, Brian, Bruce, Chris, Connie, Detra, Diane, Doug, Emily E, Emily F, Eugene, Frank, Jack, Jaclyn, Jan, Johnny, Julia, Kat, Kevin, LouAnn, Lynn, Mary, Matt, Nate, Nick, Peter, Ratta, Rick, Robyn, Shelley, Steve, Tierney, Tim, Todd, & Tom.



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

**SEPTEMBER CONTRIBUTIONS**

Number of Group Contributors: 28  
Total Group Contributions: \$3979  
Number of Faithful Fivers: 14  
Total from Faithful Fivers: \$243

***“Thanks!” to the groups that contributed in July!***

- The Book Club**
- Primary Purpose - Burnsville**
- City Center Group**
- Como Park Big Book**
- Cottage Grove Groups**
- Forest Lake Club 156**
- Happy Hour 12 & 12**
- Hazelwood Group**
- Hole in the Donut Group**
- Lakeland Group**
- Midway Group**
- New Brighton Groups**
- New Brighton Squad 14**
- North Branch Groups**
- Pine City Thursday Night**
- Rosemount Groups**
- Shoreview 12 & 12**
- Short Stories**
- Stillwater Morning Group**
- TGIF Macalester**
- The Grind**
- The Twelve Steppers**
- Third Tradition Northfield**
- Uptown Club**
- Valley Creek Monday**
- White Bear 96 Group**
- White Bear Lake**

***The Lifeline: Purpose Statement***

*The Lifeline* 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).



# UPCOMING A.A. EVENTS!!

Districts 21 & 22 with Area 36  
**Corrections Workshop**  
 Saturday, Nov 14, 1 - 4pm  
 Valley of Peace Church, Golden Valley  
 4735 Bassett Creek Drive

**Founder's Day Weekend**  
**November 27 — 29**  
 Doubletree Park Place  
 St. Louis Park, MN  
[www.foundersdaymn.org](http://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](http://www.area36.org)

**46th International Women's Conference**  
 Orlando, Florida, February 11 - 14,  
[www.internationalwomensconference.org](http://www.internationalwomensconference.org)

**Embers in the Fire**  
 Women's A.A. Retreat  
 March 5 - 7, Park Rapids, MN  
 email: [nancy216@q.com](mailto:nancy216@q.com)

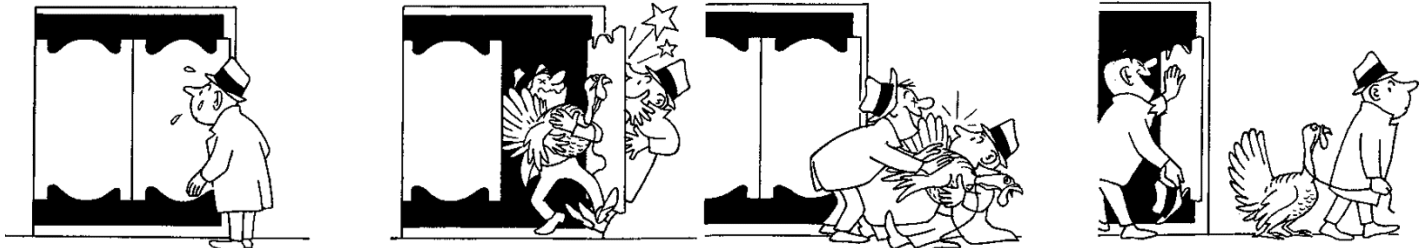
**Dear Bill W,**

I called a guy from my homegroup because I hadn't seen him in a meeting for a few weeks. He told me he's staying sober with a non-A.A. group from his church. I knew this guy when he was drinking, and in my mind he *needs* our program, whether he *wants* it or not.

— An Anonymous Drunk

"If he thinks he can do the job in some other way, or prefers some other spiritual approach, encourage him to follow his own conscience. We have no monopoly on God; we merely have an approach that worked with us. But point out that we alcoholics have much in common and that you would like, in any case, to be friendly. Let is go at that."

From the "Big Book," *Alcoholics Anonymous*, p. 95, reprinted by permission of A.A. World Services, Inc.



Victor E., reprinted from the *A.A. Grapevine*, November, 1970, with permission of A.A. Grapevine, Inc.

## Is your meeting represented at Intergroup?

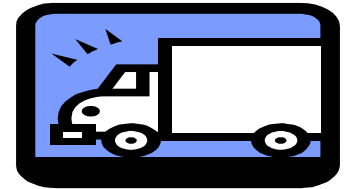
The November Representatives' meeting will be held Tuesday, the 20th, 7:30 pm,  
 at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.  
 The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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

Change Service Requested

Non-Profit  
Organization  
U.S. Postage  
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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!



## 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) \_\_\_\_\_