

The Lifeline



October, 2010

24 Hour Phone: 651-227-5502

Volume 46, Issue 10

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

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well-known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever? If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our AA Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our Tenth Tradition, for it deals with the subject of controversy--serious controversy.

On the other side of the world, millions have died even recently in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society and nation is saying to the other, "You must do as we say, or else." Political controversy and reform by compulsion have reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that AA must continue to live, or else many of us and many of our fellow alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct, we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

— Bill W.

Reprinted from the September, 1948 Grapevine, by permission of the A.A. Grapevine, Inc.



St. Paul Intergroup Fall Workshop Step 8: A Panel Discussion



**Saturday, October 9th, 2 PM - 4 PM
The Recovery Church, 253 State St., St. Paul 55107**

St. Paul Intergroup of Alcoholics Anonymous®

Web Site: www.aastpaul.org

E-mail: 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

Step Ten: Continued to take personal inventory, and when we were wrong promptly admitted it.

We all realize that there are ways of modifying or preventing dry drunks. A dry drunk is basically an illustration that we have much progress to make in our application of the AA program.

The antidote is contained in the Twelve Steps. We should attend more meetings; we should seek ways to help other members--even a simple telephone call to inquire about a fellow member can shake us loose from our exaggerated self-concern. No one can express love and self-pity at the same moment; showing concern for others helps us to see how foolish we have been, how we have literally trapped ourselves in the familiar mental "squirrel cage."

When nothing else avails, we can say, "Today I am sick." Of course, this does not mean physically sick, but refers more to a spiritual disorder--a separateness from God as we understand Him. During an emotional bender, the admission that we are powerless over our own rampant thoughts, and that our lives are even more unmanageable than usual, is an act which equates with Step One.

I believe a dry drunk is a period of temporary insanity for the sober alcoholic. Step Two says: "Came to believe that a Power greater than ourselves could restore us to sanity." A dry drunk is a self-imposed separation from others and from God. We try to run on our own current, like a battery without a generator, which soon runs down and becomes quite dead.

Step Ten--the Step of continuing personal inventory--should certainly be emphasized following a dry drunk. We should attempt, in a spirit of humility and deep reflection, to see clearly where we were wrong. It helps to discuss these failures with other members, in order to crystallize our mistakes and prevent their recurrence. A series of unexpected conditions may have helped to bring about our emotional upheaval; this does not justify it, but only indicates that we are in definite need of further spiritual development.

Reprinted from the April, 1962 Grapevine, by permission of the 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.

Nearly all societies and governments of today exhibit serious deviations from the very sound principle that *each operational responsibility* must be accompanied by *a corresponding authority* to discharge it.

This is why we have been at such pains in preceding discussions to define the several authorities and responsibilities of the A.A. groups, the Conference, the Trustees, and our active service corporations. We have tried to make sure that authority in each of these levels is equal to responsibility. Then we have tried to relate these levels one to another in such a way that this principle is maintained throughout.

[. . .]

. . . it is perfectly clear that *when delegated authority is operating well it should not be constantly interfered with*. Otherwise those charged with operating responsibility will be demoralized because their authority to do their work will be subject to arbitrary invasion, and because their actual responsibility will be made greater than their real authority.

Reprinted from Twelve Concepts for World Service, p. 43-44, with permission of A.A. World Services, Inc.

2010 Steering Board

<u>Chair:</u>	Julie M.
<u>Alt. Chair:</u>	John D.
<u>Secretary:</u>	Don N.
<u>Treasurer:</u>	Michael K.
<u>Alt. Treasurer:</u>	Darrell B.
<u>Members at Large 2010:</u>	Chris S. & Julie K.
<u>Members at Large 2011:</u>	Jes N. & Charlie S.
<u>Advisor to the Board:</u>	Tom S.
<u>Office Manager:</u>	Tom N.

Office Calls in August*

Meeting information	184
Inventory/hours	53
12th Step calls	15
Temporary sponsor	32
Speaker request	23
Special events	7
Outside issues	39
Info for professionals	9
Administrative	187
Other	80
Total Calls	762
Daily average	34.6
Visitors	213

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

St. Paul Area Intergroup Representatives' Meeting Minutes, August 17, 2010

- I. Open with Serenity Prayer and Introductions. Trisha read the Primary Purpose of Intergroup.
- II. Last month's Minutes approved.
- III. Treasurer's Report – Darrell B. reported the budget is healthy; the written report is available. Questions can be sent to treasurer@aastpaul.org.
- IV. The Office Report – Service opportunities are available at Redeemer's Arms Apartments and Volunteers of America in Shoreview; contact the Office for details.
- V. The Website Report - Jonathan. Groups are encouraged to inform him or the Office of AA-related events so they can be added to the website.
- VI. Outreach Program – Roxi from West End is the new chairperson.
- VII. Night Owl Report – Leslie. Anyone interested in this important service opportunity should contact Leslie or the Office.
- VIII. Intergroup Events:
 - Fall Step Workshop (Step 8) – October 9th @ 2PM – Chris S, chair
 - Gratitude Night - November 20th – John D, chair
 - Founders Day Hospitality Suite – November 26-27, Michael K/Jes N, chairs
 - New Years Eve – December 31st – Julie M, chair
- IX. Old Business:
 - Beginning September 2010, Intergroup Board and Representatives' Meetings will be held at Bethlehem Lutheran Church, located across the street from the Spruce Tree Center parking ramp; AND Intergroup events will be held at the Recovery Church (State Street & Plato Blvd, St. Paul). Fliers are available and will be posted on the website.
- X. Concept Review (Concept 8) – Jes N.
 - Anyone interested in presenting Concept IX next month should contact Julie M. or Tom.
- XI. Mock Rep Report – Leslie Volunteer for next month: Roxi
- XII. Close with Responsibility Statement.

Attendance:

Grayson, Como Park BB	Russ, Main Idea	Bethann, Midway	Don N, Secretary	Julie M, Chair
Rhonda, Basic Text		Joe, S.O.S.	Michael K, Treasurer	Tom, Office Manager
Jonathan, web servant	Bruce, Uptown	Chris S, Board At-Large	Jes N, Board-at-Large	Jennifer, Back to Basics Burnsville
Trisha, Fireside Women's	Paul, Highland Groups	Terry & Steve, Rosemount	Charlie S, Board at large	Les, Night Owl Co-ord
Craig, Happy Hour 12&12	Jeff, Downtown Alano	Ryan, MN Young People	Starr, Students of Life	Mike H, St. Joe's Monday Night
Doug M, Hole in the Donut	Jeanne, St. Paul Sunday Speaker Meeting	Roxi, West End	Adrienne, Maplewood	Chris, Board-at-Large
Joe, Defogged Men's Group	Joe, Happy Joyous & Free	Jill, Mendota, Sat 10:30AM	John D, Alt Chair	Tom S, Board advisor

**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**

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

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

Andy, Bert, Berta, Bill, Bob, Brad, Brian, Bryan, Colin, Danny, Derrick, Detra Eric, Evan, Frank, Greg, Greg, Jack, Jeff, John, Jordan, Julie, Kim, Maureen, Mike C, Mike R, Paul, Phil, Randy, Rick, Richard, Robin, Russ, Scott, Siby, Stephanie, Steve, Tierney, Tiffany, Ty, & Vance!

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



AUGUST CONTRIBUTIONS

Number of Group Contributors: 32
Total Group Contributions: \$3254
Number of Faithful Fivers: 16
Total from Faithful Fivers: \$173

“Thanks!” to the groups that contributed in August!

- Apple Valley Monday Big Book
- Como Park Big Book
- Dakota Alano Wed AM Roosters
- Defogged Men's Group
- Downtown Alano Club
- Eagan Burnsville Savage Saturday
- Forest Lake Alano
- Friday Night Women's
- Great Tidings Group
- Grovers Thursday Night
- Highway 96er's Group
- Home Boyz
- Lakeville Monday Night Hope Group
- Lakeville Wed Beginners Group
- Mahtomedi Tuesday Step
- Maplewood Groups
- North Branch Friday AM Group
- North Dale Group
- Outright Mental Defectives
- Pages of Wisdom Big Book
- Pocketing Our Pride
- Ridge Runners III Sunday 8:30 AM
- Ringmaster's Group
- River Rats
- Senior Recovery Center Groups
- Short Stories
- St. Lucas Group
- Stillwater Morning Groups
- Stillwater Sunday PM
- Transition Homes
- Uptown Club
- Woman's Book Club

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!!

“Finding Hope Through Service” District 15 Service Workshop

Christ Lutheran Church, 11194 36th Street North, Lake Elmo
Saturday, October 9th, 11:30am to 3pm

St. Cloud Roundup

October 22 - 24, 2010
St. Cloud Civic Center
10 Fourth Avenue S
Info 320-274-3180

West Central Regional Forum (“Additional”)

November 12 - 14
Rapid City, South Dakota
“Carrying AA’s Message to the Native American”

44th Annual Las Vegas Roundup

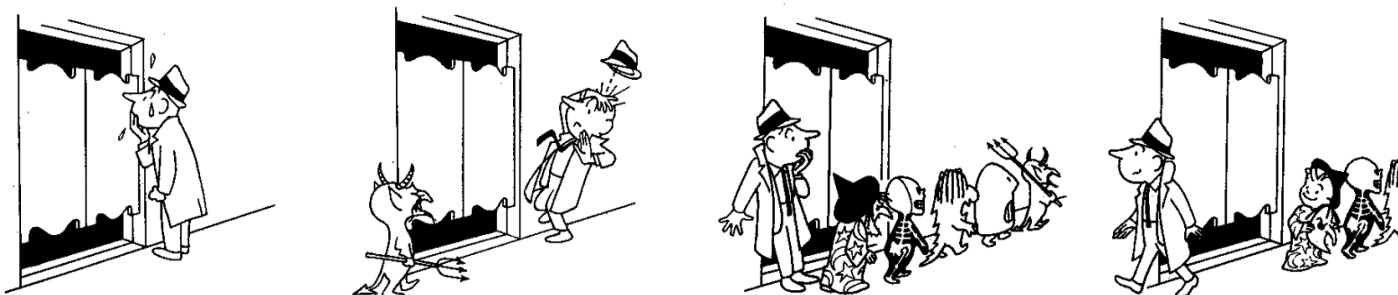
November 25 - 28
Riviera Hotel and Casino
www.lasvegasroundup.org

Southern Minnesota - Area 36 Area 36 Committee Meetings

Best Western, North Mankato, MN
December 4, 2010

Ninth Annual Wild Rice Round-up

January 21 - 23, 2011
Shooting Star Hotel & Casino, Mahnomon, MN
www.wildriceroundup.com



Cartoon reprinted from the October, 1963 *Grapevine*, by permission of the A.A. Grapevine, Inc.

Dear Bill W,

My wife left me, I got fired from my job, my dog died and I’m at a bar with empty glasses in front of me. I’ve never felt this hopeless before or so full of regret and despair. What now?

—An Anonymous Drunk

“I believe that when we were active alcoholics we drank mostly to kill pain of one kind or another physical or emotional or psychic. Of course, everybody has a cracking point, and I suppose you reached yours- hence, the resort once more to the bottle. “If I were you, I wouldn’t heap devastating blame on myself for this; on the other hand, the experience should redouble your conviction that alcohol has no permanent value as a pain-killer.”

From a 1959 letter excerpted in *As Bill Sees It*, p. 291, reprinted by permission of A.A. World Services, Inc.

Is your meeting represented at Intergroup?

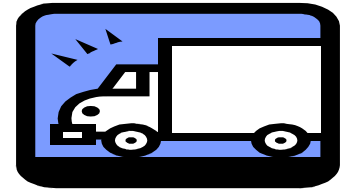
The October Representatives’ meeting will be held Tuesday the 19th at 7:30 pm, at the Bethlehem Lutheran Church, 436 Roy St. N, St. Paul, 55104. The church is just south of the Spruce Tree Centre, across the street from the Intergroup office.

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

Change Service Requested

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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) _____