

The Lifeline



August, 2011

24 Hour Phone: 651-227-5502

Volume 47, Issue 8

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Now that I have asked my Higher Power to remove my shortcomings, the next proposal is to help clear up the past. This certainly looked simple enough, until that portion that says “to them all”. Wait a minute, there are some people on that Fourth Step list that owe me more of an apology than I do them! What about them? My sponsor came through with the simplicity of this spiritual program – we are cleaning up our side of the street. Okay, but when do I get mine? Isn't that always my way – what's in it for me? Somewhere in those first few steps, there was a statement of giving up our old ways – half measures availed us nothing. What is that? How about half measures availed only some things – not everything? That is not the way of these (again repeated) spiritual steps. We are not able to change *their* behavior, only ours. And the factor that was pointed out to me was, as long as I worked on *them*, two things were certain. One, they were not going to change, and two, neither was I.

The list was simple, since most of the names were in the Fourth Step, except for a few that had not been recalled. My sponsor glanced at the list, and said throw away the first page. No, I said, those are necessary amends. He told me in no uncertain terms that the best thing I could do for those twenty-five women on the first page – would be to leave them, their husbands and families alone. Never should I contact them in any manner. Should they happen into my life, then an amends could be made, and then, my best amend would be to leave them alone.

There was another obstacle. Some of those on the list I never wanted to see again, let alone make amends. Dick allowed me to make three lists. Number one was the immediate list, those that had to be made, i.e., family, IRS, credit card companies, etc. The second list was those that needed to be made, and I was willing to make, but who were not currently in my life. The third list was made up of people that I never wanted to see again, and certainly had no urging to make amends to.

Prayer was then the essential beginning of this Step. Only with prayer would I list people that I despised, as I was certain that they owed me more of an amend than I did them. I finally got the names on paper and reviewed the list, with clearing up my side of the street as the main ingredient for a successful Step Eight.

Tom McM.
Osseo, MN, Big Book Study

St. Paul Area Intergroup

Ice Cream Social and Old-Timers' Recognition Event

Saturday, August 6th, 1:00-3:30pm

The Recovery Church

253 State Street, St. Paul, MN 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 214, St. Paul MN 55104

**TRADITION EIGHT: Alcoholics Anonymous should remain forever
nonprofessional, but our service centers may employ special workers.**

There probably will be for the life of A.A., the talk about “two-hatters” — those who work in the field of alcohol treatment, and are themselves in recovery. One of our co-founders, Dr. Bob, kept things simple, and that is what we should do here. Any time someone is getting paid for doing anything with an alcoholic, that would be classified as a special worker. So we have those people that keep the doors of our intergroup offices open as paid employees, in that category – special workers in the field of alcoholism. This would also apply to those staff members at our General Service Office in New York. Any time pay is involved, it is not Twelve Step work, but paid employment.

We do have many volunteers at the Intergroup offices throughout the country, who answer phones, etc., and visit with callers, who are not paid, and they are doing Twelve Step work.

The cautions in this Tradition are numerous. Do I act toward a new person as though A.A. has all the answers to problems of finance, marriage, medical? I must be careful not to give the impression that I am an expert on anything – including A.A. – only an expert on my own experience, strength and hope. Do I look for some type of recognition just because I talked to that newcomer? The true purpose of this Tradition is that I accept as my reward, one more day of my personal sobriety. It is so simple, when reflecting on page 15 in our Big Book, where in Bill’s story he talks about going to his old hospital in despair. Imagine, in personal despair. “On talking to a man there, I would be amazingly lifted up and set on my feet.” Bill calls this “a design for living that works.” There was not a further word about the man in the hospital, only that Bill was lifted up. Spiritual rewards for spiritual actions – now there is a concept (oops, Tradition) that I can live with!

Tom McM.

Osseo, MN, Big Book Study

CONCEPT EIGHT: The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

The enormity of A.A. services throughout the U.S. and Canada is such that it requires the Trustees of our General Service Board to delegate day to day operations to the separate boards of A.A. World Services, Inc., and the A.A. Grapevine, Inc. The Trustees still have the control, as they are the ones that elect the directors of these other arms. The Trustees do keep continued oversight of operations with reports, etc., but do not have to get involved in the mundane daily routine. One other check is that these operating service arms also have a member from the Board.

Our co-founder, Bill W., drew upon experience in formulating this Concept, as there was a concentration of money and authority in New York (and therefore, Bill W.), so that A.A. must always be careful of having too much power centered in one group, person, or entity.

Am I careful in helping to select names to be submitted to G.S.O. as possible directors? These people are volunteers, but must of necessity be steeped in our thirty-six principles – Steps, Traditions & Concepts – in order to fully represent A.A. These people are volunteers, not paid, so must possess the ability to serve, the time to serve, and perhaps the most important characteristic – willingness to serve. There certainly have been occasions where volunteers simply wanted the recognition, but were not willing to give the position the necessary time and talent.

The last point here is that, although volunteers are not paid, their expenses for A.A. business is to be reimbursed. They most happily give of their time and talent, but A.A. must compensate these volunteers for their expenses.

Tom McM., Osseo, MN, Big Book Study

2011 Steering Board

<u>Chair:</u>	John D.
<u>Alt. Chair:</u>	Denise A.
<u>Secretary:</u>	Don N.
<u>Treasurer:</u>	Darrell B.
<u>Alt. Treasurer</u>	Cedar H.
<u>Members at Large 2012:</u>	Chris S. & Wanda B.
<u>Members at Large 2011:</u>	Jes N. & Charlie S.
<u>Advisor to the Board:</u>	Julie M.
<u>Office Manager:</u>	Tom N.

Office Calls in June*

Meeting information	170
Inventory/hours	26
12th Step calls	12
Temporary sponsor	30
Speaker request	14
Special events	4
Outside issues	27
Info for professionals	4
Administrative	100
Other	74
Total Calls	461
Daily average	20.95
Visitors	294

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, June 21 , 2011

- I. Opened with the Serenity Prayer and Introductions. Cedar read the Primary Purpose of Intergroup.
- II. Last month's Minutes approved.
- III. Treasurer's Report - Darrell B. discussed his written report which reflects contributions about 40% of what was budgeted. Expenses are also under budget and the balance sheet continues to be strong. Contact Darrell with questions or concerns at treasurer@aastpaul.org or by phone at 651-247-5490.
- IV. The Office Report – Several service opportunities are available including Regions Hospital, St. Joseph's Hospital and the Dorothy Day shelter. Check website or call the Office for details.
- V. The Website Report – Groups are encouraged to contact Jonathan (webservant@aastpaul.org) or the Office for AA-related events which can be added. Guidelines are available on the site.
- VI. Outreach Program – Contact Chris (coordinator) or the Office if interested in this important service opportunity.
- VII. Night Owl Report – Contact Leslie (coordinator) or the Office for current openings.
- VIII. Reports were given by the Intergroup/District 8 Liaison (Doug M) and District 15 (Toni).
- IX. Upcoming Intergroup Events:
Ice Cream Social/Old Timers – August 6th @ 1:00 to 3:30PM – Wanda, Chair
- X. Old Business:
Intergroup shared the Downtown Alano Club's hospitality room at Gopher State this year, but Downtown Alano is re-considering having one next year.
- XI. New Business:
Terrie from Burnsville Back to Basics voiced her group's concern about the budget being late, and whether the groups had sufficient notice. Several Board members addressed her concerns.
- XII. The Grapevine Report was given by Scott and Tom S. presented the Concept Review (Concept 5); Terrie will present the Grapevine Report next month and any volunteers from the Concept Review should contact Tom in the Office.
- XIII. Jes presented the Mock Rep Report and Scott volunteered for next month.
- XIV. Closed with the Responsibility Statement.

NEXT MEETING: JULY 19, 2011 (7:30 PM) BETHLEHEM CHURCH

ATTENDANCE:

Denise, Alt. Chair	Don N, Secretary	Darrell, Treasurer	Wanda, Member -at-Large	Tom, Office Manager	Charlie, Member -at-Large
Jonathan, Web Servant	Cedar, Alt Treasurer	Julie, Advisor to Board	Scott, St. Paul Speaker Mtg	Sue M, Como Park BB	John, Happy, Joyous/Free
Leslie, Night Owl Coordinator	Toni, Stillwater Morning	Don D, 3 rd Ed. BB	Harry, Main Idea	Tom S, Senior Recovery	John, Highland Sun. Night
Jeff, Downtown Alano	Emily, No Time Like Present	Rhonda, Basic Text	Jeni, New Brighton BB	Joe, Defogged Men's	Pete, Firing Line
Doug, Hole in the Donut	Ryan, Students of Life	Kevin, Summit Hill	Jordan, MNYPA	Chris, Member -at-Large	Terri, Back to Basics Burnsv.
Scott, NW Alano Sq. 1	Adrienne, Maplewood AA				

**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. #214
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

JUNE CONTRIBUTIONS

Number of Group Contributors: 37
Total Group Contributions: \$4982
Number of Faithful Fivers: 19
Total from Faithful Fivers: \$350



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 June!**

Tyler, Mike F, Mike C, Jack, Yuri, Devin, Mark, Adam, Phil, Sara, Greg, Greg B, Car, Shane, Ratta, Rich, Teddie, Violet, Xavier, Adam, Alex, Wendy, Barb, Henry, Jim, Matt, Tom F, Frances, Dorothy, and Gabriella.

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



**Thanks to the groups that
contributed in June!!**

11 W. Bernard Group
Amazing Grace Group
Bayport Saturday Serenity 8AM
The Book Club
Como Park Big Book
Cottage Grove
Dakota AA Sat. AM

Dakota Alano As Bill Sees It Sat 9AM
Dakota Alano Monday 6 PM BB
Dakota Alano Thurs 1145 AM
Dakota Alano Wed AM Roosters
Eagan Burnsville Savage - Sat Speaker
Eagan Burnsville Savage Tues BB

Forest Lake Alano
Forest Lake Tuesday Men's
Friday 12x12 By the Book
Friday Night Women's in W St. Paul
Great Tidings Group

The Grind
Hastings Club
Highland Park Groups
Lindstrom Groups
Main Idea

Maplewood Groups
Midway Club
The Optimist Crew
Pocketing Our Pride
Rosemount A.A.

Roseville Centennial Group
St. Croix Alano Tues AM
Stillwater Morning Groups
Summit Hill

This Simple Program
Twelve Steppers - Arlington Hills
White Bear Lake
White Bear Wed AM Women's
Woodbury Fri "I Am Responsible"

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!!

<p>Summer Wild Rice Round-Up August 12 - 14 Sand Hill Bible Camp, Fosston, MN www.wildriceroundup.com</p>	<p>2218 Minneapolis Alano Old-Timers' Reunion Saturday, August 13, Noon to Midnight Speakers, pig roast, bake sale & dance.</p>
<p>34rd Annual Cornhusker Roundup August 18 to 21 Omaha, Nebraska www.AA-Cornhusker.org</p>	<p>West Central Regional Forum with the A.A. General Service Board September 9th to 11th Clarion Hotel & Conference Center Davenport, Iowa</p>
<p>21st Annual Heartland Round-Up Park Rapids, MN September 9 to 11 www.heartlandroundup.com</p>	<p>Harboring Hope 66th Annual Duluth Roundup Duluth Entertainment & Convention Center September 30 - October 2nd www.duluthroundup.org</p>

Dear Bill W.,

My wife and kids have forgiven me for the stuff I did while I was drinking, but now my wife wants to sweep it all under the rug and pretend it never happened. That's just what I was trying to do back then, but now I can't tell my story to another drunk without all those bits that " we don't talk about that."

— An Anonymous Drunk

"Now and then the family will be plagued by spectres from the past, for the drinking career of almost every alcoholic has been marked by escapades, funny, humiliating, shameful or tragic. The first impulse will be to bury these skeletons in a dark closet and padlock the door. The family may be possessed by the idea that future happiness can be based only upon forgetfulness of the past. We think that such a view is self-centered and in direct conflict with the new way of living.

Henry Ford once made a wise remark to the effect that experience is the thing of supreme value in life. That is true only if one is willing to turn the past to good account. We grow by our willingness to face and rectify errors and convert them into assets. The alcoholic's past thus becomes the principal asset of the family and frequently the only one!

This painful past may be of infinite value to other families still struggling with their problem. We think each family which has been relieved owes something to those who have not, and when the occasion requires, each member of it should be only too willing to bring former mistakes, no matter how grievous, out of their hiding places. Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. Cling to the thought that, in God's hands, the dark past is the greatest possession you have - the key to life and happiness for others. With it you can avert death and misery for them."

— *Alcoholics Anonymous*, pp. 123 - 124

Is your meeting represented at Intergroup?

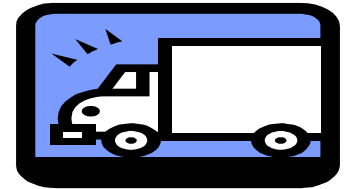
The August Representatives' meeting will be held Tuesday the 16th at 7:30 pm, at the Bethlehem Lutheran Church, 436 Roy St. N, St. Paul, 55104. The church is just south of the Spruce Tree Centre, across the street from the Intergroup office.

St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
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. 214, 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) _____