

The Lifeline



April 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 4

Group Inventory: What Is It? Why Do It? How Is It Done?

A group inventory is an opportunity for an AA group to take its own pulse – to examine its strengths and weaknesses in the light of its primary purpose: To carry the message of Alcoholics Anonymous to the still suffering alcoholic. Some groups do an annual inventory, but the frequency is entirely up to the group conscience. The inventory is essentially a two-part process: to evaluate the group's effectiveness within the Fellowship of Alcoholics Anonymous and to assess its ability to carry the message to those outside the Fellowship.

Just as a business enterprise gains strength from doing an inventory, so an AA group becomes more vital and effective by looking at its own activities. One of the primary benefits of doing an inventory is to educate the newcomer to the Traditions which govern our group interactions and are the foundation of our unity. It also serves to refresh the memory of all group members since some of us may become complacent or careless over time.

For a number of years, I have been chairing group inventories throughout Southern Minnesota. In the process, I have developed some practices that may be helpful to any group contemplating doing an inventory. First, I get approval for me to be the chair. It is best to have an outsider do it who can be completely neutral. The group has to agree on all the questions, and a copy of those questions needs to be given to everyone in the group before the inventory meeting. The group should agree on a start time and a stop time. I suggest a minimum of one hour, but one and a half hours is better. Because of those time constraints, I request that the group does not conduct any business, do any readings, etc. The order of business is introductions, then inventory. I ask them to determine whether or not they want to take a break. Finally, I ask for someone to take notes, because the inventory may generate items for their business meeting.

I request permission from the group to use the following "meeting norms:"

1. No decisions will be made; this is not a business meeting. This meeting is for discovery only.
2. A consensus is possible but not necessary. No votes will be taken, but a sense of the meeting may emerge which forms a clear group conscience.
3. The group agrees to keep the chair in his role, which is to be neutral and talk as little as possible.
4. Check your titles at the door, for the purpose of this meeting, there are no superior/subordinate relationships.
5. All members agree to work together to complete the agenda. This will probably entail limiting their remarks to two minutes and not repeating previously stated material. The chair will do their part by talking as little as possible and by moving the meeting along when an item has been covered thoroughly.
6. Members do not interrupt when someone is speaking.
7. Members agree to raise their hands to be recognized.
8. There is no such thing as a bad opinion.
9. Members agree to treat one another with dignity and respect (principles before personalities).
10. Members agree to keep AA's primary purpose (to carry our message to the still-suffering alcoholic) uppermost in their mind at all times.
11. Have fun. The group inventory is a non-threatening learning experience.

These procedures aren't written in stone. There are other ways to do a group inventory. Further information about the group inventory can be found in the AA pamphlet "*The A.A. Group.*" There is also an article on this subject in the *Grapevine* publication, *The Home Group*. Both these publications are available from your Intergroup office.

-Jack C., St. Paul (Originally printed in the March, 1999 Lifeline.)

Tradition Four: Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

(The Long Form)

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

-*Twelve Steps and Twelve Traditions*, p. 189 - reprinted with permission A.A. World Services, Inc.

St. Paul Intergroup of Alcoholics Anonymous®

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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

From Your Intergroup Board...

The AA community shows love and tolerance to our fellow alcoholics. I often find it amazing how men and women show up for each other unconditionally. St. Paul Intergroup just had its volunteer recognition dinner to thank our many volunteers who give their time freely to answer phones, make 12 step calls, be temporary sponsors, make coffee etc.. Giving back to this community as these AA's do helps others walk this path of recovery. I am deeply grateful for the many gifts that have been so freely given to me from this community teaching me how to live a new life.

We have our annual Spring Fling coming up April 20th. There will be an Al-Anon and AA speaker, dinner and fellowship. Please join us! St. Paul Intergroup has many opportunities to volunteer please give the office a call to find out how you can give back to the community.

- Jean O., Intergroup Board Chair

Notes From your Central Office...

"I wish you had a 5-month medallion."

"We do! Would you like it in bronze or aluminum?"

Medallions for 4, 5, 7, 8, 10 and 11 months are just some of the lesser known items available at the Intergroup office. You all know we have books, pamphlets and medallions, so we thought we'd let you know about a few of our lesser-know items this month.

Will you be traveling this year? If so, you might then like to pick up an A.A. directory to help you find meetings on your trip. We have these directories for the Eastern U.S., Western U.S., and Canada. We also have the International directory, which has Groups, Intergroups and A.A. contact information from all around the globe.

Under the "Group Life" category, we have many items your group might use in its meeting room. We have Literature racks for displaying books and pamphlets. There are also several display versions of the Twelve Steps and Twelve Traditions, from the smaller "Parchment" size to the wall-hanging "Window shade" style. We still have portraits of our co-founders Bill W. and Dr. Bob, but AA World Services no longer sells these so when ours are gone that's the end. We have frame-able parchment versions of the Serenity Prayer and the Five Slogans, and placard-sized cards with the Preamble, Unity Statement or Responsibility Pledge on them.

We also keep in stock the AA materials for general service matters. In addition to the A.A. Service Manual, we have items such as Information kits and workbooks for service committees and digital copies of the Public Service Announcements The General Service Office has prepared for radio and television.

So, if you've seen it at a meeting or club and wondered about getting one for your group, chances are good that we have it for you.

Thanks, St. Paul Area A.A.!

2013 Steering Board

<u>Chair:</u>	Jean O.
<u>Alt. Chair:</u>	Christa W.
<u>Secretary:</u>	Cedar H.
<u>Treasurer:</u>	Jim G.
<u>Alt. Treasurer</u>	John L.
<u>Members at Large 2013:</u>	Tim B. & Eva P.
<u>Members at Large 2014:</u>	Mickey M. & Jan T.
<u>Advisor to the Board:</u>	Denise A.

Office Calls in February 2013

Meeting information	142
Inventory/hours	32
12th Step calls	9
Temporary sponsor	25
Speaker request	20
Special events	0
Outside issues	17
Info for professionals	5
Administrative	72
Other	49
Total Calls	371
Daily average	18.6
Visitors	255

UPCOMING A.A. EVENTS!!

30th Annual Greater Minneapolis Gratitude Night

Minneapolis Convention Center
1301 Second Avenue South, Minneapolis, MN
Saturday, April 6th, 6:30PM - Midnight
www.aaminneapolis.org

Living Sober Anniversary & Potluck

Episcopal Church of the Nativity
15601 Maple Island Rd., Burnsville, MN
Tuesday, April 9th
Potluck 6PM, Speaker 7PM - Brenda L.

Area 36 Delegates Workshop

St. James Hotel - Red Wing, MN`
Saturday, April 13th, 9AM - 4PM

www.area36.org

Mini MNYCAA

The Downtown Alano Club
520 North Robert Street, St. Paul, MN 55101
Friday, April 19th 7PM - Saturday April 20th 1AM
7:00PM - Fellowship, 8:30 A.A. Speaker
Followed by Marathon Step Meetings & Dance!!

43rd Annual Iron Range Get-Together *Gratitude in Action*

Sawmill Inn 2301 S. Pokegama Ave,
Grand Rapids, MN
Friday, April 26th—Sunday, April 28th

Gopher State Roundup XL *I Am Responsible*

DoubleTree in Bloomington. MN
Friday May 24th - Sunday May 26th
For more info & to Pre-register:
www.gopherstateroundup.org

Group and Area News

New Group: *A Fresh Start* group has begun meeting Mondays and Thursdays at 7pm at the Berean Church of God in Christ, 441 Rice St. in St. Paul.

New Group: *Una Luz en el Camino*, a Spanish language group, is meeting every day at 7:30pm and Wednesdays at 11am at Our Saviour's Lutheran Church, 674 Johnson Parkway in St. Paul.

New meeting: The *Forest Lake Alano*, 156 NW 3rd Street in Forest Lake, has a new closed Step meeting at 8am on Saturdays.

Fourth Step & Big Book Workshops

By The Book 4th Step Workshop

Wednesdays,
~6:30PM - 7:45PM ~
2218 1st Ave, Minneapolis, MN 55404
For more info: www.aabythebook.org

Your News?

We invite you to share your AA news here!
Please send your items to lifeline@aastpaul.org.
We look forward to hearing from you.

Saint Paul Intergroup's Annual Spring Fling

Saturday April 20th, 2013
5:30 P.M. – 12 Midnight

The Recovery Church
253 State St, St Paul, MN 55107
(Plato & State St)



Spaghetti Dinner 5:30 P.M.



Dance 9:00PM—Midnight



AA & Al-Anon Speakers 7 P.M.
(Open Meeting - Seventh Tradition)
AA Speaker: Cookie S., For Today, Hopkins
Al-Anon Speaker: Granger W., Monday Night
Men's Group at St. John's, St. Paul

Contribution: \$10 Entire Evening,
or \$7 Dinner Only, or \$5 Dance Only
~~No one turned away for lack of funds~~

St. Paul Area Intergroup Representatives' Meeting Minutes, February 19, 2013

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were unanimously approved.
- III. Treasurer's Report – Jim G. reports a recent increase in A/R after a few large orders, but receivables should be paid down soon. Sales and contributions were strong in January. The balance sheet remains strong with lots of assets and practically no debt. The Treasurer is considering providing a printed summary and making the remainder of the financial reports available online, in the interest of saving time and resources. He invites feedback from groups over the next two months. Questions/concerns can be sent to Jim G. at treasurer@aastpaul.org.
- IV. The Office Report – Frank N. reminds us that the Office continues to seek submissions of writing, cartoons, and/or jokes from individuals for inclusion in the *Lifeline*. Office traffic is typically slow this time of year, but the phones remain busy. A new version of *Living Sober* has arrived from World Services. Only two open recurring Night Owl shifts are available, both within the "fifth week." Office staff is available to help you create a flyer for your AA-related event, just call!
- V. The Website Report – Jonathan reports a new meeting (655 regular meetings). The full usage report and server statistics are available on the website. Groups are encouraged to contact Jonathan (webservant@aastpaul.org) or the Office for AA-related events which may be added. Guidelines are available on the site. Remember to submit your flyers (with AA-related content) for inclusion on the website.
- VI. Outreach Program – Mickey M. is the new coordinator and is setting up a meeting of volunteers to conduct outreach activities. Contact Mickey M. (outreach@aastpaul.org) or the Office if you can help with this important service opportunity.
- VII. Night Owl Report – There are two open recurring shifts available. Please visit the website or call the Office for more information and to volunteer. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- VIII. Liaison Reports: Scott delivered the report from District 8. The District has resolved the ASL fund issue, sending an interpreter to OMD on Wednesday night from 7-9 p.m. (1221 Marshall Ave.). Nancy delivered the report from District 15. Spring workshop coming up on March 16 with corned beef and cabbage at Christ Lutheran in Lake Elmo beginning at 11:30. The topic is "Service at the District Level," and a former Southern MN delegate will speak. All Committee Chairs will make short reports on the activities of their committees.
- IX. Upcoming Intergroup Events:
 - Volunteer Appreciation Event (Tim B., Chair), March 9, 2013, @ Bethlehem Lutheran Church. Dinner will be at 7, and the speaker (Ann A.) will be at 7:30.
 - TGIS (Denise & Mickey, Co-Chairs). Date and Speakers: TBD (April 20 or 27).
- X. Old Business
- XII. New Business:
 - a. Mark K. and Raz, Gopher State Roundup Committee, addressed the Representatives. They encourage groups to attend, volunteer, and get a suite! On this 40th year of Gopher State, the Committee is also soliciting submissions of 300-400 word essays about Memories from Gopher State. For more information, contact the History Committee by visiting the website at www.gopherstateroundup.org.
- XIII. No group AA Announcements.
- XIV. No suggestions for next month's agenda.
- XV. Mike C. delivered the Grapevine Report. Chad volunteered to do the Grapevine Report for March.
- XVI. Christa delivered the Concept Review for Concept II. Louis volunteered for March.
- XVII. Chad delivered the Mock Rep Report. Brad volunteered for March.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Jean O., Chair	Christa W., Alt. Chair	Cedar H., Secretary	Jim G., Treasurer	John L., Alt. Treasurer	Frank N., Office Manager
Mickey M., Member @ Large	Tim B., Member @ Large	Jan T., Member @ Large	Eva P., Member @ Large	Jonathan, Webservant	Chad O., OMD
Katie T., Back to Basics, Burnsville	Mike C., Defogged Men's Group	Scott L., District 8	Tali M., Fireside Women's Big Book	Michelle H., Look To This Day	Harry T., Main Idea
Adrienne B. Maplewood Groups	Bill S., Midway	Michelle M. New Brighton BB	Kristen M No Time Like The Present	Sharon O. Pocketing Our Pride	Richard H. Problem & Solution
Margaret S. Basic Text Women's Group	Richard H., Uptown Groups	Lewis G., West End Groups	Nancy T., District 15	Chad O., Como Park BB	

APRIL MEETING: Tuesday the 16th, 2013 (7:30 PM)
BETHLEHEM LUTHERAN CHURCH
 436 Roy Street North, St. Paul, MN 55104

**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 131523
St. Paul, MN 55113

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

FEBRUARY CONTRIBUTIONS

Number of Group Contributors: 32
Total Group Contributions: \$4359
Number of Faithful Fivers: 5
Total from Faithful Fivers: \$30

Thank You!

District Meetings

District 8 (Ramsey Co.)

Fairview Community Center
1910 Co. Rd B, Rm 108, 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.)

Grace Lutheran Church
1730 Old Hudson Rd, St. Paul
2nd Sun., 7:00PM
www.district26-area36.org

**Thanks to all the super
volunteers who helped in the
Office during February**

Andy B., Art D., Bill A., Bob P.,
Bob V., Brenda C., Brendan F.,
Brenna H., Camie W., Chris L.,
Cindy S., Corrie C., Dan R.,
David G., Dylan G., Eamon K.,
Gary C., Greg K., Greg L.,
Henry O., Jack R., Jim C.,
Karl L., Mark S., Michelle M.,
Paul K., Rosemary H., Simone L.,
Suzanne B., Steve E., Ty K.

*Thanks to all
the NightOwl
volunteers and
groups as well!*



**Thanks to the groups that
contributed in February
2013**

- Dakota Alano Friday 6 PM
- Dakota Alano Monday 6 PM BB
- Dakota Alano Wed AM Roosters
- Defogged Men's Group
- Eagan Burnsville Savage - Sat Spkr
- Fellowship Friday Group
- Fellowship of the Spirit
- Forest Lake Alano
- Fourth Dimension
- Hastings Club
- Highland Park Groups
- Just for Today Women's
- Midway Club
- New Brighton Big Book A.M.
- Pages of Wisdom BB
- Problem & Solution Meeting
- Real Men's Big Book
- Rivertown BB Group-Hastings
- Rosemount AA
- Roseville Centennial Group
- Roseville Wed Night
- Shoreview 12 x 12
- St. Croix Alano Relapse Prevention
- St. Paul Speaker Meeting
- Stillwater Rivertown Group Sun PM
- Summit Hill
- The Broad Highway
- Third Tradition Northfield
- This Simple Program
- Twelve Steppers - Arlington Hills
- Uptown Club
- 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 groups and 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. We welcome articles on a Step, Tradition or Concept, or descriptions of personal experience. Please email your article to Lifeline@aastpaul.org, or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #214, St. Paul MN 55104. Materials or articles mailed to us 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.

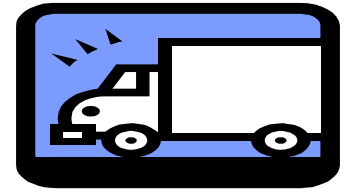


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

Non-Profit
Organization
U.S. Postage
PAID
Twin Cities 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 also may 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) _____