

The Lifeline



May 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 5

Step Five: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

I once heard at a meeting that Step Five was about integrity. By that time in my sobriety, I had realized that I didn't always understand the correct meaning of words, so I looked it up. Here are some definitions that helped me understand the word *integrity* in regard to the Fifth Step:

Integrity: honesty, sincerity

Honest: being free from deceit; genuine

Genuine: being what I really am

Sincere: being the same on the inside as I am in outward appearance

So for me, *integrity*, as it applies to the Fifth Step, is the state of being "real"--being the same on the outside as I am on the inside.

My Fifth Step was the closest I'd ever gotten to being that real to another person. More than just a confession of my faults, it was also a way of showing someone my feelings and fears. I still find today that I need to strive to be as real as I can be. Perfect integrity all the time is something that I may never achieve, but it's an ideal that I must be willing to work toward.

The program tells me that in order to recover I must be willing to develop a manner of living that demands rigorous honesty. So when I retire at night, I ask myself: Is there something that I should discuss with another person at once? What do I *not* want to share? Do I feel any guilt? Am I worried about something? Fearful? What was my thought-life like today?

These questions spur me to talk to someone. The more I share, the more I live "in integrity"; and the more I live in integrity, the more at peace I am with myself, and the more useful I can be to God and my fellows.

- Lisa M., Enumclaw, WA - (A.A. Grapevine, May, 2003—Reprinted with permission of The A.A. Grapevine, Inc.)

Tradition Five: Each group has but one primary purpose -- to carry its message to the alcoholic who still suffers.

[T]he Fifth Tradition, like the Twelfth Step, encourages me to become progressively less self-concerned and more concerned about others. Traditions repeatedly have that effect on me, and that is why I rank them as highly significant in our process of recovery.

The Fifth, like others, has a liberating effect. As AAs, we don't have to get tied up in owning real estate or operating clubs, with all the organizational, legal, and financial hassles and ego battles such projects would involve us in. We need not try to become a medical or a religious fraternity, an educational organization or a political one. Because of the Fifth Tradition, we are free of the necessity of raising large sums, or trying to change society. It is not our purpose as AAs to educate children about drinking, nor to teach the medical profession or the government about alcoholism. These might be side effects or spin-offs, of what we do, just as a network of enjoyable and therapeutic social activities may also result from AA life. But they are not our chief purpose; they are subordinate to our goal of staying sober and helping others.....

If there is any one thing on which all, or nearly all, AAs can agree, maybe our primary purpose is it. There's a world of things we can all disagree on, thanks to Tradition Five. We do not have to see eye-to-eye on theological issues, on politics, on the causes and psychology of alcoholism, or even on how to stay sober. So it is beautiful, I think, for us to have one notion we all salute and honor--our primary purpose. When we carry the message to the alcoholic who still suffers, it binds us together and can heal ever so many wounds.

- B. L., Manhattan, NY - (A.A. Grapevine, November, 1976—Reprinted with permission of The A.A. Grapevine, Inc.)

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

From Your Intergroup Board...

Have you seen a quote making the rounds lately: "Stop the glorification of busy"? This strikes a chord with me, especially as I look ahead to the summer months. Nature and man alike pick up tempo as the weather improves, and our AA fellowship and service activities are no exception. In the coming months the Intergroup Board will host Spring Fling, a suite and literature sales at Gopher State, the Open House, the Oldtimer's Ice Cream Social ... and that's just the tip of the wider community's iceberg of innumerable indoor and outdoor gatherings of recovering alcoholics this summer. It can be a real challenge to balance a busier service life with a busier summertime life in general!

For me, I must always remember that my recovery must come first ... lest all be lost. With that simple admonition in mind, choosing what goes at the top of my summer To Do List gets a lot easier. Your Intergroup Board is pleased to offer a wide variety of service opportunities at its various events this season, in the hopes that all who partake may enjoy a successfully sober, serene summertime!

Cedar H., Board Secretary

Notes From your Central Office...

A few months ago, a local AA member called the office with a request. This member worked non-standard hours, and found our on-line meeting directory difficult to use when searching for meetings that met his time frame. Instead of only A.M. and P.M. as search options, he asked, could some narrower time frames be used?

A good question! Our webmaster was consulted, and a short while later the website had a new search feature that allowed one to search for meeting within a specified range of hours.

We are open to suggestions!

As our bylaws state, "Intergroup's primary purpose is to assist the AA groups of Saint Paul and the Suburban area in carrying the message of Alcoholics Anonymous to those who still suffer."

So how can we assist YOU?

For years, we have answered the phone when someone dials Alcoholics Anonymous in the St. Paul area. We have set up Twelve Step calls, arranged Temporary Sponsors and Speakers, which allow us to provide service opportunities for hundreds of AA members throughout the area. We still have a store for literature and group supplies. An we host annual events like our Spring Fling, Gratitude Night, and a sober New Year's Eve celebration.

But what else might we do to serve your group and the Fellowship? Or, what might we do differently? What ideas or suggestions do you have for how we might best serve our purpose, and your group's purpose?

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 March 2013

Meeting information	127
Inventory/hours	34
12th Step calls	16
Temporary sponsor	13
Speaker request	21
Special events	0
Outside issues	18
Info for professionals	0
Administrative	93
Other	91
Total Calls	413
Daily average	19.7
Visitors	269

UPCOMING A.A. EVENTS!!


<p align="center">Area 36 Southern MN Area Committee Meetings Best Western Hotel - 1111 Range Street North Mankato, MN Saturday, 11 May 2013, 9:30 AM - 5:00 PM www.area36.org</p>	<p align="center">St. Cloud Roundup's Spring Celebration of Recovery Moose Lodge 1300 3rd Street N., Waite Park, MN Saturday May 18th, starting at 5:30 www.stcloudroundup.org</p>
<p align="center">Minnetonka Big Book Study Group 19th Annual Serenity Breakfast Minnetonka Community Center 14600 Minnetonka Blvd, Minnetonka, MN Sunday May 19th, 2013 - Breakfast at 8AM Speaker Meeting 10:30 AM with Guest AA Speaker Tom I. from Southern Pines, NC</p>	<p align="center">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</p>
<p align="center"><i>13th Annual</i> Midwest Motorcycle <i>AA</i> Convention "Sobriety is a Journey — Not a Destination" <i>Emerald Acres Campground, Pearl City, IA</i> Friday, 21 June 2013 – Sunday, 23 June 2013 http://www.mmaac.org/</p>	<p align="center">Area 36 Southern MN Area Assembly Hutchinson Event Center Hutchinson, MN Saturday, 29 June 2013, 9:00 AM - 5:00 PM www.area36.org</p>
<p align="center"><u>Group and Area News</u></p> <p>New Group: The <i>Our Stories</i> group has begun meeting on Wednesdays at 7 pm at the People's Congregational Church, 293 3rd Street N., Bayport, MN 55003.</p> <p>New Group: Prior Ave. A.A. group has begun meeting on Thursdays at 7 pm at 1956 Feronia Ave, St. Paul, MN 55104—Big Book Study. "Arches" - large 3 story brick building on corner, enter through back door.</p> <p>New meeting: The Uptown Club, 1344 Summit Ave., in St. Paul, has started a new Beginner's Meeting at 6 pm on Saturdays.</p>	<p align="center"><u>Fourth Step & Big Book Workshops</u></p> <p align="center">By The Book 4th Step Workshop Wednesdays, ~6:30PM - 7:45PM ~ 2218 1st Ave, Minneapolis, MN 55404 For more info: www.abbythebook.org</p> <p align="center"><u><i>Your News?</i></u></p> <p>We invite you to share your AA news here! Please send your items to lifeline@aastpaul.org. We look forward to hearing from you.</p>







Come visit St. Paul Intergroup at Gopher State Round-Up Friday May 24th - Sunday May 26th

~Please stop into our Hospitality Suite~

We'll have Coffee, Pop, Water, Treats!



St. Paul Area Intergroup Representatives' Meeting Minutes, March 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 that contributions were slightly down last month (21%), mostly attributable to the short month of February. Sales are lower, as anticipated. Our operational expenses were almost \$2000 below budget which keeps us in good shape, as our net worth grew by about \$700. 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 month. 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 staff is available to help you create a flyer for your AA-related event, just call!
- V. The Website Report – Jonathan reports that the appearance of the usage statistics has changed due to our transition to Google Analytics, but we believe that usage has not substantially changed. 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. will be chairing a meeting of volunteers to conduct outreach activities at 10:00 am on April 6 at the West End Club. Contact Mickey M. (outreach@aastpaul.org) or the Office if you can help with this important service opportunity.
- VII. Night Owl Report – There are one-and-a-half 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 reports that the ASL fund is providing interpretation to OMD (1221 Marshall, 7-9 pm Wednesdays) each week. District 8 is considering implementing the passing of a Blue Can for Big Books for treatment facilities. Nancy reports that District 15 held a great workshop on March 16.
- IX. Upcoming Intergroup Events:
 - Spring Fling, April 20 (Denise & Mickey, Co-Chairs). Spaghetti Dinner at 5:30; Speakers (AA: Cookie S.; Al-Anon: Granger W.) starting at 7; Dance from 9-12. Location: Recovery Church. Come down and celebrate service, sobriety and SPRING! Volunteers needed for all phases of this great event – contact the Office to sign up!
- X. Old Business
 - Volunteer Appreciation Event (Tim B., Chair), March 9. Tim and the Board are extremely grateful for the great turnout and good meals served to our wonderful Intergroup Volunteers.
 - Gopher State (May 24-26). Mark K. shared that the initial purpose of Gopher State was to support the Minneapolis and St. Paul Intergroup Offices. On this the 40th Anniversary of Gopher State, the Committee is soliciting your 300-400 word essays about your Gopher State Memories. Many volunteer opportunities are available, through St. Paul Intergroup or directly with Gopher State. Online registration and volunteer signup available at www.gopherstateroundup.org.
- XII. New Business
- XIII. Group AA Announcements:
 - On Saturday 3/23 at noon the Main Idea Group will memorialize Cedric Nelson, a 43-year AA member who founded Main Idea and the St. Paul Speaker Meeting.
- XIV. No suggestions for next month's agenda.
- XV. Chad delivered the Grapevine Report. Kat volunteered to do the Grapevine Report for April.
- XVI. Eva delivered the Concept Review for Concept III. Paul volunteered for April.
- XVII. Brad delivered the Mock Rep Report. Bryant volunteered for April.
- XVIII. Closed with the Responsibility Statement.

Jean O., Chair	Christa W., Alt. Chair	Cedar H., Secretary	Jim G., Treasurer	Jonathan, Webservant	Frank N., Office Manager
Mickey M., Mem- ber @ Large	Tim B., Member @ Large	Jan T., Member @ Large	Eva P., Member @ Large	Denise A., Board Advisor	Karen B., Back to Basics
Paul T., Cottage Grove Groups	Mike C., Defogged Men's Group	Scott L., District 8	Nancy T., District 15	Jeff R. Downtown Alano	Rasha K., Fireside Women's Big Book
Ann D., Great Tidings	Julie H., Happy, Joyous & Free	Janet T., Look To This Day	Harry T., Main Idea	Adrienne B. Maplewood Groups	Bill S., Midway
Michelle M. New Brighton Big Book	Margaret S. Basic Text Women's Group	Bryant R., OMD	Jeff R., Downtown Alano	Tom C., Shoreview 12x12	Kat M., Summit Hill
Joe S., WBL Redeemer	Joe S. 12x12 By the Book	Chad O., Como Park BB	Paul K., Night Owl Committee		

MAY MEETING: Tuesday the 21st, 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

MARCH CONTRIBUTIONS

Number of Group Contributors: 44
Total Group Contributions: \$4875
Number of Faithful Fivers: 14
Total from Faithful Fivers: \$346

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 March**

Alex S., Andy B., Art D., Bill A.,
Bob P., Bob V., Brendan F.,
Brenna H., Brian W., Bryan K.,
Carrie W., Chris L., Cindy S.,
Corrie C., Dan R., Greg K.,
Henry O., Jack R., Jason P.,
Jim C., Jules L., Justin M.,
Karl G., Kevin S., Kyle S.,
Megan M., Michelle R., Nate S.,
Paul C., Ratta C., Rick B.,
Simone L., Suzanne B., Steve E.,
Tom F., Tom L., Ty K.

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



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

- Amigos III
- Children of Chaos Plus
- Como Park BB
- Cottage Grove
- Dakota AA Sat. AM
- Dakota Alano Friday 6 PM
- Dakota Alano Sun. 8 PM
- Dakota Alano Thurs 730 PM
- Day by Day Women's Group
- Defogged Men's Group
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Easy Does It group
- Fairview Riverside AA
- Forest Lake Alano
- Fresh Air Group
- Friday Faith and Fellowship group
- Great Tidings Group
- Grovers Thursday Night
- Hastings Club
- Hazelwood AA
- Highland Park Groups
- Highway 96er's Group
- Island Lake Group
- Lakers Saturday Morning AA
- Lakeville Mon. Night Hope Group
- Live and Let Live
- Mahtomedi Tuesday Step
- Midway Club
- Ridge Runners II Sat 830 AM
- Ringmaster's Group
- Safe Haven for Women AA Group
- Short Stories
- Stillwater Morning Groups
- Summit Women's Group
- Third Tradition Northfield
- Three R's group
- Turning Point in Wayzata
- Unity, Service & Recovery
- Uptown Club
- White Bear Lake
- White Bear Sat. AM Women's Group
- White Bear Wed AM Women's
- Women's 12 x 12 Study Monday

The Lifeline: Purpose Statement

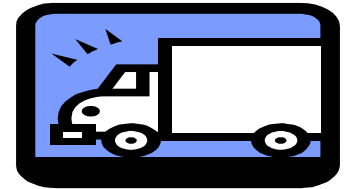
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article 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

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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 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) _____