

The Lifeline



August 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 8

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

In mental preparation of my Eighth Step list, I discovered that some names came to mind naturally. In most instances, we want to change for the better where our children and family are concerned.

However, I found there were other people I did not want to make amends to, people I held some resentments toward--so I impulsively concluded they didn't deserve any amends. I have to keep in mind that had I behaved in a more reasonable manner, they might not have responded as they did. If the circumstances had been reversed, I might have taken the same action they chose. I have to allow others to make mistakes and be human. Harboring resentments because of something others did is, in effect, imposing my values upon them. By imposing my standards upon them, I am trying to assume God's role. I must realize I am not responsible for the actions of others, whether I approve of them or not. If I take on that task, I am passing judgment on them for reacting in a way that was unacceptable to me. I am taking their inventory.

In this Step, it states that we "became willing to make amends." This implies that there is going to be some conscious effort on my part to make all the needed amends. Those that come easy, to my old way of reasoning, would be an excellent stopping point. Yet the Step says we became willing to make amends to all those we had harmed. In going to these other people, I don't need to crawl or go on and on about how sorry I am, because this would make me appear worthless. I don't believe I need apologize for being human; rather, I simply need to acknowledge that I was at fault and humbly ask them to pardon me. I do not need to make amends on my hands and knees; I need to walk tall, without false pride. When I go in humility and sincerely ask people to forgive me, this will remove the burden from my shoulders. They, too, may have been at fault, but I am neither their God nor their conscience. I am responsible only for myself.

For me, this Step offers two features: I am being responsible, by owning up to my wrongs and making amends for them; at the same time, I accept others as they are, regardless of what they did, or of what they may do when I go to them to make amends.

It's a Step with a double feature. When doing it, we make a double play. After finishing it, we receive double indemnity. Our reward is two for the price of one.

- B. D., Reynoldsburg, Ohio

(*The Grapevine*, August 2007, Reprinted with permission of the A.A. Grapevine, Inc.)

Tradition Eight: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

We often talk about one of the great AA paradoxes: giving it away in order that we may keep it. We receive the gift of sobriety freely, and we give it freely. Our message is so precious and life-giving that a price cannot be put on it. It is destined to remain free.

It has been said that nothing is more important for personal recovery in the AA program than working with others. When we share our own experience with others, AA becomes a labor of love, to be enjoyed as a commodity of great wealth. But only if we give it away.

Yet we find that some AA members work at outside agencies that deal with the alcohol problem. They are called "two-hatters" since they wear one hat at work and another at AA functions. Are they to be considered hypocritical? Are they violating our Tradition of nonprofessionalism? Years of experience tells us no, that members who elect to work full-time in the field of alcoholism do not professionalize AA's Twelfth Step.

I know of a very dedicated member of AA who became employed in the field of alcoholism by a government agency. Never was it heard of him that he broke his anonymity, nor did he wear the hat of his job to any of the meetings. He kept the two separate; in fact, he even became a delegate. After all, who is best suited for this employment: the lay person who has learned of the alcohol problem from a book or classroom, or an alcoholic who has lived the problem?

- Raul M., San Antonio, TX

(*The Grapevine*, August 1996, 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

Notes From your Intergroup Board...

In accordance with Tradition Eight, St. Paul Intergroup employs special workers. We have an office manager and several part-time employees that help in the office as well. Although these employees are paid workers, they are not getting paid to do 12th Step work. They are being compensated a fair wage by making 12th step work possible. Our staff answer our mail and pay our bills, make sure we have proper inventory of books, pamphlets and other goods in our office, they train, coordinate and support our many, many volunteers, they support the Intergroup board and local meetings of Alcoholics Anonymous by maintaining the meeting directory, and edit, publish, and mail this Lifeline newsletter.

In these and many other ways they make it possible for members of Alcoholics Anonymous to fulfill their primary purpose: To carry the message to the still suffering alcoholic. The board would like to take this month's section of Thoughts from The Board to personally thank our office staff – past and present. The St. Paul area is well known nationwide for its vibrant and active recovery community, and we are proud and happy with the role our Intergroup office has played in making this so. St Paul Intergroup has helped countless alcoholics to find a sense of purpose in their lives. This includes all of us on the board. THANK YOU.

- Eva P., Member at Large

Notes From your Central Office...

Hundreds of AA volunteers help St. Paul Area Intergroup fulfill its mission of helping the alcoholic who still suffers. This month, we'd like to highlight one small and very special group of them.

As you know, the Intergroup phone number is answered 24 hours a day. When the office is closed, local AA members serving as Night Owl volunteers have the Intergroup line transferred so that incoming calls ring on their own phones. But who keeps track and who makes that continual coverage possible?


Our Night Owl coordinating committee does these things, and few of our many service volunteers work as diligently as they do. Committee members train new Night Owl volunteers and maintain the monthly schedule of Night Owl answering shifts. There is a special cell phone for this committee, and the members take turns carrying it. With it, they make reminder calls to those who have a shift coming up in the next day or two. More importantly, when Night Owl volunteer cannot start or complete their scheduled shift, a call is made to the committee phone and the "member-on-call" makes arrangements for the line to be answered by another volunteer through the open time. The committee members are also available to assist our Night Owls with any questions or problems they may encounter while performing their service.



So please join us in expressing our gratitude to this Committee for the wonderful service "they afford us all.

Thanks, St. Paul Area A.A.!



<u>2013 Steering Board</u>		<u>Office Calls in June 2013</u>	
<u>Chair:</u>	Jean O.	Meeting information	117
<u>Alt. Chair:</u>	Christa W.	Inventory/hours	33
<u>Secretary:</u>	Cedar H.	12th Step calls	6
<u>Treasurer:</u>	Jim G.	Temporary sponsor	30
<u>Alt. Treasurer</u>	John L.	Speaker request	24
<u>Members at Large 2013:</u>	Tim B. & Eva P.	Special events	4
<u>Members at Large 2014:</u>	Mickey M. & Jan T.	Outside issues	14
<u>Advisor to the Board:</u>	Denise A.	Info for professionals	5
		Administrative	70
		Other	63
		Total Calls	366
		Daily average	18.3
		Visitors	247

UPCOMING A.A. EVENTS!!

<p>Greater Minneapolis Intergroup 13th Annual Open House 7204 West 27th Street, Saint Louis Park, MN Saturday, August 3rd 9AM - 1PM www.aaminneapolis.org</p>	<p>Area 36 Southern MN Area Committee Meetings Best Western Hotel - 1111 Range Street North Mankato, MN Saturday, 10 August 2013, 9:30 AM - 5:00 PM www.area36.org</p>
<p>36th Annual Cornhusker Roundup Ramada Plaza Hotel 3321 S. 72nd St, Omaha, NE 68124 Thursday August 15 - Sunday August 18th www.aa-cornhuster.org</p>	<p>2013 West Central Regional Alcoholics Anonymous Service Conference With our US/Canada General Service Board Doubletree by Hilton 7800 Normandale Blvd, Blomington, MN Friday, September 6th - Sunday, the 8th >>Open to all A.A. Members<< www.area36.org/regional.php</p>
<p>23rd Annual Heartland Roundup Northern Pines Assembly Grounds Park Rapids, MN Friday, September 6th - Sunday September 8th www.heartlandroundup.com</p>	<p>17th Annual National AA Archives Workshop "Our Past & Beyond" Hilton Hotel—700 E. Adams, Springfield, IL Thursday, September 12th—Sunday, September 15th Contacts: Johnnie H (309) 712-2190 or Connie S. (618) 304-7557</p>
<p><u>Group and Area News</u></p> <p>New Meeting: <i>The 301 Club</i> in South St. Paul has a new women's meeting Thursdays at 6:30pm at 301 Third Ave. S.</p> <p>New Meeting: <i>The Hastings Alano</i> has a new Big Book meeting Thursday mornings at 10 at 205 E, 3rd Street.</p> <p><u>Your News?</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>	<p><u>Fourth Step & Big Book Workshops</u></p> <p>By The Book 4th Step Workshop Wednesdays, ~6:30PM - 7:45PM ~ 2218 1st Ave, Minneapolis, MN 55404 For more info: www.aabythebook.org</p> <p>NIGHT OWL  Looking for a Service Opportunity? Become a St. Paul Intergroup Night Owl! Upcoming Night Owl Orientations: Saturday, August 17th & September 21st 10:00 AM - 11:00 AM St. Paul Intergroup Office 1600 University Ave. W.—Ste. #214 To RSVP please call: 651-227-5502 Please call by 4PM the Friday before to RSVP</p>

St. Paul Intergroup
Annual Ice Cream Social &
Long-Timer Recognition
Saturday, August 24th 1PM - 3:30PM
The Recovery Church
253 State Street, Saint Paul, MN 55107

St. Paul Area Intergroup Representatives' Meeting Minutes June 18th, 2013

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Nancy offered a correction to last month's Minutes: (Section IX) District 15 will have a discussion with the Area 36 Delegate, not the District's Delegate. With that correction, last month's Minutes were unanimously approved.
- III. Treasurer's Report – Jim G. reports that May was a three pay period month, which increased operational expenses and decreased cash assets. Contributions were down although office sales remain steady and strong. Intergroup's financial health remains strong. Questions/concerns can be sent to Jim G. at treasurer@aastpaul.org.
- IV. The Office Report – Frank N. reports that sales at Gopher State were strong, and the Office appreciates all the volunteers at the sales desk! A new book, *One on One: AA Sponsorship in Action* is available in the Office. Frank 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 traffic was down last month. 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 – Contact Mickey M. (outreach@aastpaul.org) or the Office if you can help with this important service opportunity.
- VII. Update from the Board – Christa reports that the time for the Ice Cream Social/Long Timer's Recognition Event may change from that which is reported in the *Lifeline*. See below for more information.
- VIII. Night Owl Report – Crissy reports that there are **five** 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.
- IX. Liaison Reports: Scott (District 8) reports that there has been no new District 8 meeting. Nancy (District 15) reports that the event on June 24 will boast hors d'oeuvres at Christ Lutheran in Lake Elmo during the discussion with the Area 36 Delegate. The Washington County Fair runs July 31- August 4, and District 15 will have its traditional booth at this event.
- X. Upcoming Intergroup Events:
 - Open House, July 13, 11:00 – 3:00 (Eva, Chair). This event will occur on the top floor of the parking garage of the Spruce Tree Building, grilling out hamburgers and hotdogs.
 - Ice Cream Social/Long Timer's Recognition, August 24 (Jim & Jan, Co-Chairs). Call Jim at 651-698-4117 if you or someone you know with 25+ years of continuous sobriety would like to participate by sharing 8-10 minutes at this event. The time is TBD (the 1 pm time slot in the *Lifeline* is subject to change).
- XI. Old Business
 - Gopher State, May 24-26 (Lit & Suite). On behalf of Intergroup, Cedar thanked all the groups that co-hosted the Suite this year, especially MNYPA and Look To This Day.
- XII. New Business: Jim from Woodbury suggested developing a QRC Code for Intergroup. Jim and Jonathan will confer and Jonathan will report to the Board.
- XIII. Group AA Announcements:
 - Hole in the Donut is celebrating 5 years on Tuesday July 9: potluck at 6, speaker at 7 (Chuck R). Flyer is available on the website.
 - 32nd Annual Alanon/Alateen Fellowship Weekend, August 30-31 at the Doubletree in St. Louis Park. AA, Alanon and Alateen speakers and meetings.
 - A St. Paul group is needed to host a meeting at the West Central Regional Forum which is held September 6-8 in Bloomington. Contact the Office.
- XIV. Suggestions for next month's agenda: No additional suggestions.
- XV. Kristen M. delivered the Grapevine Report. Hillary volunteered to do the Grapevine Report for July.
- XVI. Michelle delivered the Concept Review for Concept VI. Crissy volunteered for July.
- XVII. Scott delivered the Mock Rep Report. Joe volunteered for July.
- XVIII. Closed with the Responsibility Statement.

Jim G., Treasurer	Jean O, Chair	Christa, Alternate Chair	Eva P., Member @ Large	Frank N., Office Manager	Tim B., Member @ Large
Jonathan, Webservant	Cedar, Secretary	Karen B., Back to Basics	Brad R., Basic Text	Paul T., Dakota Alano Sat AM	Scott L., District 8
Nancy T., District 15	Tali M., Fireside Women's Grp.	Craig O., Happy Hour 12x12	Julie H., Happy, Joyous & Free	John F., Highland Sun. Night BB	Hillary B., Hole in the Donut
Harry T., Main Idea	Adrienne B., Maplewood Alano	Bill S., Midway Club	Michelle M., New Brighton Sun. AM BB	Kristen M., No Time Like the Present	Bart K., Rosemount Alano
Gabriel S., Students of Life	Margaret S., Summit Women's Grp.	Don D., Third Edition	Joe S., 12x12 by the Book	Mary K., Uptown Club	

AUGUST MEETING: Tuesday the 20th 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

JUNE CONTRIBUTIONS

Number of Group Contributors: 38
Total Group Contributions: \$3962
Number of Faithful Fivers: 15
Total from Faithful Fivers: \$258

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 June**

Aaron B., Andrew P., Andy B.,
Anita B., Bob P., Bob V.,
Carol R., Dawn L., Gary C.,
Greg K., Henry O., Jack R.,
Jim C., Jim H., Kallie B.,
Karl G., Katie C., Kyle H.,
Libby A., Marissa S.,
Melissa M., Mike B., Mike M.,
Nancy T., Rick B., Rich N.,
Suzanne B., Tom E.,
Ty K., Zak A.

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



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

- Amazing Grace Group
- Amigos III
- Cottage Grove
- Dakota AA Sat. AM
- Dakota Alano Friday 6 PM
- Dakota Alano Friday 8 PM
- Dakota Alano Monday 8 PM
- Dakota Alano Thurs 1145 AM
- Dakota Alano Wed 8 PM
- Dakota Alano Wed AM Roosters
- Eagan Burnsville Savage - Sat Speaker
- Fellowship Friday Group
- Firing Line
- Forest Lake Alano
- Forest Lake Tuesday Men's
- Happy Hour Men's Meeting
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Hole in the Donut Group
- Lakeville Mon. Night Hope Group
- Midway Club
- Oasis Group - Apple Valley
- Pocketing Our Pride
- Rivertown BB Group-Hastings
- Rosemount AA
- Safe Haven for Women AA Group
- St. Joseph - Houlton/Hudson
- Stillwater Morning Groups
- Summit Hill
- Twelve Steppers - Arlington Hills
- Unity, Service & Recovery
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear Lake
- White Bear Lake Redeemer
- White Bear Wed AM Women's

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@astpaul.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.

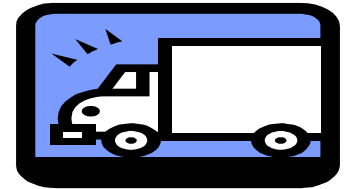


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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) _____