

# The Lifeline



February 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 2

## **Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.**

I was scared. After years of regular and lengthy relapses, I was sober again. I hadn't drank for about six months, but the winter holidays were approaching, and I had to attend a family party up north where there would be a lot offered to drink.

Since I'd stopped drinking again, my life had greatly improved. I'd found a decent job, had a nice place to live in, and many new friends in sobriety. Given my unfortunate history, I was terrified that I'd start drinking again, and throw all this away. And out of this fear, I was going to a lot of AA meetings—nearly one every day.

As the time for this party approached, and my worries increased, I mentioned my concern at the groups I was attending. I was offered many phone numbers, helpful suggestions, and a few reassurances.

When the time came, I went to the party. It was very well attended, and I saw lots of relatives and old friends. I had a really nice time. As evening approached, I got ready to leave. I wanted to get back to St. Paul and get to that night's meeting. I said my goodbyes, got in my car and started south.

I'd gone less than a mile when a sudden realization hit me. I had to pull the car over to the side of the road. It was so overwhelming that my eyes had teared over, and I couldn't see well enough to drive.

In the kitchen at the party, there was an eight inch black-and-white TV. A football game was showing on it, so most of the men at the party - including me- were in the kitchen. I'd spent hours in the kitchen enjoying the company of my brother, some uncles and cousins. It had been a lot of fun.

The realization was this. I'd been standing nearly all afternoon right against the counter top that served as the "bar", with all the bottles on it that people had been serving themselves from. All afternoon, people had been coming and going from there, pouring and mixing. And I hadn't noticed.

For most of the past two decades, alcohol—getting it, keeping it and drinking it— had dominated all my thoughts and actions. And yet, that afternoon while standing next to it for hours, I hadn't seen it, heard it or smelled it.

And so, weeping at the side of the road, for the first time I knew what it meant to have God doing for me what I could not do for myself.

- Anonymous, St. Paul

## **Tradition Two: For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

*Where does A.A. get its direction?...These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience...The elder statesman is the one who sees the wisdom of the group's decision, who holds no resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines patiently awaiting developments.*

TWELVE STEPS AND TWELVE TRADITIONS, pp. 132, 135

Into the fabric of recovery from alcoholism are woven the Twelve Steps and Twelve Traditions. As my recovery progressed, I realized that the new mantle was tailor-made for me. The elders of the group gently offered suggestions when change seemed impossible. Everyone's shared experiences became the substance for treasured friendships. I know that the Fellowship is ready and equipped to aid each suffering alcoholic at all crossroads in life. In a world beset by many problems, I find this assurance a unique stability. I cherish the gift of sobriety. I offer God my gratitude for the strength I receive in a Fellowship that truly exists for the good of all members.

Reprinted from *Daily Reflections*, pg. 66, with permission of A.A. World Services, Inc.

### **St. Paul Intergroup of Alcoholics Anonymous®**

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto: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

**Notes From Your Board...**

Hello to all. As this year's new Board Chair I want to share some thoughts and experiences and ask for your input. This is the start of my 4<sup>th</sup> year as an active member of your Intergroup Board. I started as a Member at Large for two years then became Alternate Chair last year and now the Chair.

My initial reason in running for a Board position was to be of service. However like all things in our program I received so much more than a service position. I have been blessed by wonderful friendships of past and current Board members and many different reps from different meetings. I have learned the business of the Intergroup office and more important the responsibility of the office and your Board.

I have seen over my past three years that we only have a small fraction of input and participation from our member groups and our fellowship in general. What do we, as your Board, need to do to get more involvement. If you are reading this and are a member of a group that does not have a rep attending our monthly meeting, maybe ask for a group conscience to see why the group is not represented. If you are a member of a group that does have a rep at our meeting please come along to a meeting at some time. We as your Board need to know what it is that we can do better or different, what is it that we are missing, what we can do to help you, your group, and our fellowship get involved.

Any thoughts or suggestions please let our office know. Remember our monthly rep meeting is on the third Tuesday of each month at 7:30 at Bethlehem Lutheran Church directly south of the Intergroup office.

Wishing all a Happy, Joyous, and Free New Year. See you all at the meeting.

- Tim B., Board Chair

**Notes From your Central Office...**

We again had a wonderful, sober celebration of the New Year last month, with a Speaker Meeting, marathon step meetings and a rocking dance until midnight. Many thanks to our 2014 Board and the many other volunteers who helped us host the event. It was a safe and fun evening.

After we conducted our annual inventory at the beginning of 2015, it was clear that your Intergroup office sold a lot of books last year! Even without counting all the 75th Anniversary "First Edition" Big Books we sold, we went through a lot of books.

For the year, we sold 2130 Big Books. About 450 of these were the Anniversary Edition, which will go out of print this summer. We also sold over 880 Twelve and Twelves, over 300 Daily Reflections, 265 copies of Living Sober and more than 1400 meeting directories. Again, it seems to be working, as we sold over ten thousand sobriety medallions last year.

Just a reminder to you—we ought to continue having the 75th Anniversary Big Book in our store until this summer. AA World Service plans to discontinue its sale of this item when the International Convention occurs in Atlanta in July.

Speaking of Atlanta, we've been getting more inquiries about the International as it approaches. It will be held July 2 through 5. For information about it, check out [http://www.aa.org/pages/en\\_US/2015-international-convention-of-alcoholics-anonymous](http://www.aa.org/pages/en_US/2015-international-convention-of-alcoholics-anonymous).

Thanks, St. Paul Area A.A.!

| <b><u>2015 Steering Board</u></b>    |                                 | <b><u>Office Calls in December 2014</u></b> |             |
|--------------------------------------|---------------------------------|---|-------------|
| <b><u>Chair:</u></b>                 | <b>Tim B.</b>                   | Meeting information                         | 92          |
| <b><u>Alt. Chair:</u></b>            | <b>Sandy K.</b>                 | Inventory/hours                             | 19          |
| <b><u>Secretary:</u></b>             | <b>Scott L.</b>                 | 12th Step calls                             | 4           |
| <b><u>Treasurer:</u></b>             | <b>John M.</b>                  | Temporary sponsor                           | 38          |
| <b><u>Alt. Treasurer</u></b>         | <b>Joe W.</b>                   | Speaker request                             | 22          |
| <b><u>Members at Large 2015:</u></b> | <b>Hillary B. &amp; Paul T.</b> | Special events                              | 7           |
| <b><u>Members at Large 2016:</u></b> | <b>Jestine M. &amp; Mike C.</b> | Outside issues                              | 8           |
| <b><u>Advisor to the Board:</u></b>  | <b>Christa W.</b>               | Info for professionals                      | 2           |
|                                      |                                 | Administrative                              | 77          |
|                                      |                                 | Other                                       | 70          |
|                                      |                                 | <b>Total Calls</b>                          | <b>346</b>  |
|                                      |                                 | <b>Daily average</b>                        | <b>15.7</b> |
|                                      |                                 | Visitors                                    | 233         |

# UPCOMING A.A. EVENTS!!

## Southern Minnesota Area 36 Area Committee Meetings

Best Western  
North Mankato, MN

**Saturday, February 14th - 9:30 AM—5:00PM**

For more Info: [www.area36.org](http://www.area36.org)

## Minneapolis Intergroup

32nd Annual Gratitude Night

Minneapolis Convention Center

**Saturday, February 21st, 6:30PM – Midnight**

[www.aaminneapolis.org](http://www.aaminneapolis.org)

## Tradition 3 AA Group's 31st Anniversary Weekend "A Host of Friends"

Fri. 2/20 - Meadow Lake Golf Club, Rochester, MN

Sat. 2/21 - Rochester Community College

**For tickets or additional info Call or Text:  
507-269-3999 507-259-2637 507-261-8266**

## Southern Minnesota Area 36 Area Assembly

Best Western Nicollet Inn  
Burnsville, MN

**Saturday, March 21st - 9:00 AM—5:00 PM**

For more Info: [www.area36.org](http://www.area36.org)

## Aim for Ames Roundup "Follow The Path"

Quality Inn & Suites

East 13th St & I-35, Ames, IA

**Friday, March 27th - Sunday, March 29**

For more info: [www.aimforames.org](http://www.aimforames.org)

## Area 36

Delegate's Workshop

St. John's Lutheran Church  
Northfield, MN

**Saturday, April 11th - 9:00AM—4:00PM**

For more info: [www.area36.org](http://www.area36.org)

## Group and Area News

**New Location:** The Tuesday 6:00PM *Defogged Men's Group* will be meeting at the Saint Stanislaus Church Parish Center, 395 Superior Street until further notice. The Parish Center is located near the Glockenspiel Restaurant.

**New Group:** A new Wednesday Open A.A. Speaker group began meeting on January 14th at 7:00PM at the Eagan Community Center 1501 Central Parkway, Eagan 55121

## 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](http://www.aabythebook.org)

## Your News?

We invite you to share your AA news here!  
Please send your items to [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org).  
We look forward to hearing from you.



Looking for a Service Opportunity?

**Become a St. Paul Intergroup Night Owl!**

Upcoming Night Owl Orientations:  
**Saturday, February 21st, March 21st, April 18th**  
**10:00 AM - 11:00 AM**

St. Paul Intergroup Office

1600 University Ave. W. - Suite #214

To RSVP please call: 651-227-5502 (Please call by 4PM the Friday before to RSVP)



**St. Paul Area Intergroup Representatives' Meeting Minutes December 16th, 2014**

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from November were reviewed and approved.
- III. Treasurer's Report – The Treasurer's Report is included on the website in the same section as Reps Meeting Minutes. The prudent reserve policy is also on the website. CJ M., our treasurer, gave the treasurer's report. She reported on the checking and payroll accounts. Both have healthy balances. Literature sales are down from last month. Group contributions are down from last month. The board has put together a proposed budget for 2015. Reps voted and approved the 2015 budget. The **Faithful Fiver** automatic and electronic payment program is available, and you are invited to participate in this convenience! Forms are available in the *Lifeline* or on the website. Other questions/concerns can be sent to John M at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org) or Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org).
- IV. The Office Report –Frank reports that the literature sales at Founder's Day went really well. He is working on setting the schedule and volunteers to run the AA meetings at our New Year's Eve night. If your group is interested in hosting an AA meeting that night, please contact Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org). The office always welcomes volunteers and there is always work to do in the office. Jobs include answering phones, update list of speakers, help arrange temporary sponsors, update the 12<sup>th</sup>-step list, and clerical tasks such as making copies. 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 or email at [manager@aastpaul.org](mailto:manager@aastpaul.org).
- V. The Website Report –Many service opportunities are available on the website. The full usage report and server statistics are available on the website. Groups are encouraged to contact Jonathan at [webservant@aastpaul.org](mailto:webservant@aastpaul.org) or the office for AA-related events which may be added. Guidelines are available on the website. Remember to submit your flyers (with AA-related content) for inclusion on the website.
- VI. Outreach Program – The program is looking for people to go out to any meeting serviced by the St. Paul Intergroup and bring information about what Intergroup has to offer. Contact Jestine at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) or contact Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org) for more information on assisting Intergroup with this valuable service opportunity!
- VII. Update from the Board – We welcome new board members: Sandy K–new alternate chair, Joe W–new alternate treasurer, Jestine M–new member at large, Mike C–new member at large, and Scott L–new secretary. We thank outgoing board members CJ M, Tiffany S, Steve N, Jean O, and Michele M for their service.
- VIII. Night Owl Report –The Night Owl coordinating committee is looking for new members. Please call Dan 612-328-3444 if interested or contact Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org) for more information. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- IX. Liaison Reports – District 8 Report: election results are Beth W–District Committee Member, Jeff T– Alt. DCM, Sue M–treasurer, Meghan M–secretary, Christine J–ASL coordinator. District 15 elections results are Lori–DCM, Nancy–Alt. DCM, Amy–Secretary, Joe–Treasurer. Frank reported that District 19 will be sending a representative to our monthly Intergroup meetings.
- X. Upcoming Intergroup Events: New Year's Eve–Band will be Flat-Foot Rollers. Speaker will be Willis B. Location is the Recovery Church on State St. off Plato Ave. in St. Paul. Speaker at 7pm. Dance is 9pm–midnight. We will provide snacks and sell a variety of pop.
- XI. Old Business: none
- XII. New Business: none
- XIII. Group AA Announcements – Alfred K from Main Idea Group said their group will be having a Christmas Eve Open House at the Downtown Alano. Dinner starts at 4pm and meetings will run on the hour. Alfred also told the group that the Downtown Alano is looking to put on a Sponsorship Workshop and is looking for help with that. Tiffany–Hastings AA is having a potluck and fellowship on Christmas Day. Jordan– De-fogged Men's Group has moved to St. Stan's Church on W. 7<sup>th</sup>. CJ– West End will be having the following Christmas Day events: 11am meeting, 4pm open house and food, and 8pm meeting. Hillary– Fridley Alano and Blaine Alano are open all day Christmas with food and meetings.
- XIV. No suggestions for next month's agenda.
- XV. Jimmy H volunteered to do the Grapevine Report for January.
- XVI. Joe W volunteered for Concept I Review for January.
- XVII. Cheryl B volunteered for giving the Mock Rep Report January.
- XVIII. Closed with the Responsibility Statement.

**ATTENDANCE:**

|                                 |                                |                                   |                                 |                                |                                      |
|---------------------------------|--------------------------------|-----------------------------------|---------------------------------|--------------------------------|--------------------------------------|
| Christa W.,<br>Board Chair      | Tim B.,<br>Alt. Chair          | CJ M.,<br>Treasurer               | Michele M.,<br>Secretary        | John M.,<br>Alt. Treasurer     | Hillary B.,<br>Member at<br>Large    |
| Steve N.,<br>Member at<br>Large | Paul T.,<br>Member at<br>Large | Tiffany B.,<br>Member at<br>Large | Jonathan L.,<br>Webservant      | Frank N.,<br>Office Manager    | Mike S.,<br>Basic Text               |
| Joshua H.,<br>Defogged Men      | Scott L.,<br>District 8        | Jestine M.,<br>Fireside Women     | Muggsy A.,<br>Hole in the Donut | Alfred K.,<br>Main Idea        | Jimmy H.,<br>Problem & Solu-<br>tion |
| Elle A.,<br>Students of Life    | Cheryl B.,<br>Third Edition BB | Joe S.,<br>12x12 By The<br>Book   | Mike F.,<br>West End            | Joe W.,<br>2105 Alt. Treasurer |                                      |

**February MEETING: Tuesday the 17th, 2014 (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. W.  
Suite 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

**DECEMBER CONTRIBUTIONS**

Number of Group Contributors: 41  
Total Group Contributions: \$5691  
Number of Faithful Fivers: 18  
Total from Faithful Fivers: \$421

***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](http://www.district26-area36.org)

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

Andy L., Breck M., Bob M.,  
Brian M., Burt K., Cathy K.,  
Carolyn M., Cathy T., Collin P.,  
Dan L., Doug H., Emily R.,  
Frank D., Henry O., Isaac Z.,  
Jake K., Jamie F., Jim C., Jim S.,  
Katie S., Ken S., Lonnie A.,  
Mike B. Nancy D., Nikki M.,  
Paul L., Pam , Pat W.,  
Shelby B., Steve W.,  
Vin S. Xai

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



**Thanks to the groups that  
contributed in December  
2014**

- 24 Hours of Hope - Lakeville
- Anoka Day By Day
- Cawfee Talk group
- Cedar Cliff Group
- Cottage Grove
- Dakota AA Sat. AM
- Dakota Alano Friday 6 PM
- Dakota Alano Sat Speaker 6PM
- Dakota Alano Thurs 1145 AM
- Day by Day Women's Group
- Forest Lake Alano
- Grapevine Group
- Gratitude in Action
- Grovers Thursday Night
- Happy Joyous and Free
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Inver Grove Heights Club 84
- Lindstrom Thursday 12x12
- Main Idea
- Maplewood Groups
- Midway Club
- North Dale Group
- Problem & Solution Meeting
- Ridge Runners II Sat 830 AM
- Rivertown BB Group-Hastings
- Rule 62
- S.O.S. Group
- Serenity Group Thursday 10AM
- Short Stories
- South Suburban
- Steps to Freedom - Maplewood
- Summit Hill
- The Promises Meeting
- Third Edition Group
- Third Tradition Northfield
- Una Luz en el Camino
- Unity, Service & Recovery
- Uptown Club
- White Bear Sat. AM Women's Group

**The Lifeline: Purpose Statement**

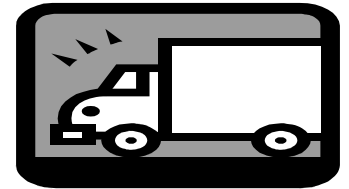
*The Lifeline* is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article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

*Faithful Fivers* graciously contribute \$5.00 or more to St. Paul Intergroup each month to enable us to continue to carry A.A.'s vital message of Hope and Recovery to all who need and want it. Your contribution entitles you to a one-year subscription to *The Lifeline*. Contributions may be made annually, bi-annually, quarterly or monthly.

**~Yes! Please enroll me as a *Faithful Fiver* !**

### 1. Contact information:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email \_\_\_\_\_

### 2. Amount & Frequency:

Amount: \$ \_\_\_\_\_  
Frequency: (check only one)  
 Monthly  Quarterly  Bi-Annually  Annually  
Start on \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Please send my receipt to my email address  
 Please send my receipt to my home/postal address  
 Please send my **Lifeline** to my **email** address instead

### 3. Choose a Payment Method:

Credit Card/Debit Card\*  
 Visa  MasterCard  
Card # \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Expiration Date: \_\_\_\_/\_\_\_\_  
Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

\*I authorize St. Paul Intergroup to automatically bill my account as specified (monthly, quarterly, etc.). I understand that I am free to cancel this authorization at any time by contacting Intergroup.

Check - Please make payable to:

**Saint Paul Intergroup**  
1600 University Ave W. - Suite 214  
Saint Paul, MN 55104