

The Lifeline



MAY 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 5

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

HEALING HEART AND MIND

Since it is true that God comes to me through people, I can see by keeping people at a distance I also keep God at a distance. God is nearer to me than I think and I can experience Him by loving people and allowing people to love me. But I can neither love nor be loved if I allow my secrets to get in the way.

It's the side of myself that I refuse to look at that rules me. I must be willing to look at the dark side in order to heal my mind and heart because that is the road to freedom. I must walk into the darkness to find the light and walk into fear to find peace.

By revealing my secrets—and thereby ridding myself of guilt — I can actually change my thinking, I can change myself. My thoughts create my future. What I will be tomorrow is determined by what I think today.

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

In the beginning of Tradition Five in the 12 & 12 I read "better do one thing supremely well than many badly." This reminded me of a gift I received long ago from my daughter when she was just seven or eight years old. It meant the world to me because she got it on her own, clearly put a lot of thought into it, and it probably cost just about all the money she had. It was a one-tool-does-it-all screwdriver. It had bits that would fit into the end and were supposed to be held in place magnetically. One end of the bit was for Phillips head screws and the other for flat head screws. There were bits of other sizes and types conveniently stored inside the handle under a screw-off cap. It could even be used as a nut driver. Truthfully, the magnet didn't really hold the bits in place nor did the bits ever fit properly. They wobbled terribly and it was just about impossible to drive a screw straight and true. The storage cap on the handle was also reluctant to stay in place and it wasn't unusual for the stored bits to make a break for freedom at the most inopportune times. As a gift it was priceless. As a tool... pretty much worthless.

I think that's part of what we're talking about in Tradition Five. We have been blessed in A.A. with the gifts and ability to reach other alcoholics as no non-alcoholic can. We do one thing supremely well and sometimes the temptation is great to let success in one area convince us we can be effective in projects and areas better left to others. This only diverts us from our primary purpose and makes our own work less effective. I used to hear that there's a wrench for every nut in A.A. I realize that today many "projects" require a number of tools for their successful completion. But A.A. is only the wrench. We are fortunate today that there are so many other resources where we can pick up the hammer, saw and screwdriver.

I'm also struck by the seriousness with which the 12 & 12 describes our responsibility to carry the message. Comparing it to finding a cure for cancer, we have a moral obligation to see that as many sufferers as possible are not left in the dark. And having found the solution, it is not something that can be delegated to others. We are the ones uniquely equipped to transmit the message where others can't; and, as the 12 & 12 says, it doesn't depend on "learning, eloquence, or any special individual skills". The only thing that matters is that we have found a way out and can share the "language of the heart." Then the importance of doing this is hammered home by the realization that, we have to carry the message to stay alive ourselves.

And perhaps lastly, by sticking to our primary purpose, we have the benefits so wonderfully described in the preamble. We don't need any of the requirements of a "normal" organization. We have only one membership requirement; we have no dues or fees; we ask no one to support any cause or join an organization. "Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."

- Anonymous - from the Suffolk County (NY) Intergroup Bulletin, May, 2014

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

Notes From Your Board...

Recently the Intergroup Board gathered at the Spruce Tree Building for a Group Inventory. We were fortunate to have Doug H. from Minneapolis guide us through the inventory process and it was a great way to review our mission at Intergroup: "to assist greater St. Paul AA in carrying the message to the alcoholic who still suffers." We went through about 30 questions varying from "Is our physical space sufficient?" to "do we successfully carry out our purpose?" After experiencing this process it became clear to me that in most areas St. Paul Intergroup continues to do a great job reaching out to the alcoholic that still suffers.

Writing in the month of April for the May Lifeline, I continue to reflect on our inventory and share it with people in the program to get other insights as to what we as a group can do better. It is amazing how the overall health of an organization or an individual thrives when inventories are taken and then shared openly with the community.

Happy Trails!

Mike C. – Member at Large

Notes From your Central Office...

Ordinarily, the early months on the calendar are a slower period here in the Intergroup office. But that hasn't been the case this year.

Thus far this year, your Intergroup office has sold quite a bit more literature and group supplies than is usual for this time of year. Last year at this time, we had a sort of windfall when our customers purchased several hundred of the newly-issued 75th Anniversary First Edition of the Big Book. That pushed our sales figures up pretty high when it was delivered here in April. There hasn't been a "hot item" like that this year, but our sales still are at or just ahead of last year's pace.

It's been nice to have all the many customers visit the office, but we've had to also keep a close eye on our inventory as it runs down faster than we would usually expect. But that's pleasant too.

That's not the only way we've been well supported this year. The contributions we have received both from our member groups and from individual Faithful Fivers (a number of whom send more than \$5) have been up over last year as well. We are very grateful for this as well, as it supported the many ways we try to be available and of service to those with a drinking problem, whether they reach us by coming into our office, by telephone, or via our website.

-Thanks St. Paul Area AA!

2015 Steering Board

<u>Chair:</u>	Tim B.
<u>Alt. Chair:</u>	Sandy K.
<u>Secretary:</u>	Scott L.
<u>Treasurer:</u>	John M.
<u>Alt. Treasurer</u>	Joe W.
<u>Members at Large 2015:</u>	Hillary B. & Paul T.
<u>Members at Large 2016:</u>	Jestine M. & Mike C.
<u>Advisor to the Board:</u>	Christa W.

Office Calls in MARCH 2015

Meeting information	110
Inventory/hours	16
12th Step calls	3
Temporary sponsor	17
Speaker request	18
Special events	6
Outside issues	7
Info for professionals	4
Administrative	93
Other	35
Total Calls	309
Daily average	14.04
Visitors	266

UPCOMING A.A. EVENTS!!

**45th Annual
Iron Range Get-Together**

"Happiness is an Inside Job"
Sawmill Inn - 301 S. Pokegama Ave
Grand Rapids, MN
Friday, May 1st - Sunday, May 3rd

**Southern Minnesota Area 36
Area Committee Meetings**
Best Western
North Mankato, MN
Saturday, May 9th - 9:00 AM—5:00 PM
For more info: www.area36.org

**St. Cloud Roundup's
Spring Celebration of Recovery**

Moose Lodge
1300 3rd Street N., Wait Park, MN
Saturday, May 16th
6:00PM Dinner(\$23.00) , 7:00PM AA & AI-Anon Speakers
Ice Cream After Speakers - \$4.00

**Gopher State Round-Up XLII
"The Courage to Change"**
DoubleTree Hilton Hotel
Highway 100 & 494, Bloomington, MN
Friday, May 22nd - Sunday, May 24th
For more info: www.gopherstateroundup.com

**15th Annual Midwest Motorcycle
Alcoholics Anonymous Convention**

"Attitude of Gratitude"
Winnebago County Fairgrounds
500 West First Main St., Pecatonica, IL
Friday, June 5th - Sunday, June 7th
For more info: www.MMAAC.org

**80th Anniversary
of Alcoholics Anonymous
Founder's Day Weekend**
Hosted by the Akron Area Intergroup Council
Akron, Ohio
Friday, June 12th - Sunday, June 14th
For more info: www.akronaa.org

Group and Area News

New Group: The Como Avenue Step and Topic group began meeting Wednesdays at 6:30PM downstairs at the Emily Program building, 2265 Como Ave., in St. Anthony Park. The group hosts an Open, Step & Topic meeting.

New Group: The Next Right Thing Open Meeting is hosting a new Saturday 9:15AM Open, Big Book meeting at the Easter Lutheran Church, 4200 Pine Knob Rd., in Eagan. The location is Handicap Accessible.

New Group: The 11th Step F.I.N.E. group began meeting Fridays 6:00PM at Resurrection Lutheran Church, 9925 Bailey Road in Woodbury. The group hosts a Closed, Meditation, & Discussion meeting.

New Location: Beginning May 4, the Third Edition Big Book Study Group will be meeting at Jehovah Lutheran Church, 1566 Thomas Ave. in St. Paul (on the corner of Thomas and Snelling Ave.).

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

Gopher State Roundup XLII

will be held at the
DoubleTree Bloomington
May 22-24, 2015.
Hospitality suites are available by reservation for this event. If your group is interested in a hospitality suite and the associated rates, please contact the Hospitality Suites Committee:
HospitalitySuitesCommittee@gmail.com



**Come visit St. Paul Intergroup
at Gopher State Round-Up
Friday May 22nd - Sunday, May 24th
~Please stop into our Hospitality Suite~**



**We'll have Coffee, Pop, Water, Treats
& lots of Good Fellowship too!!**



St. Paul Area Intergroup Representatives' Meeting Minutes MARCH 17th, 2015

Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup. Minutes from January were reviewed and approved. Peter O motioned and Dan R seconded. Treasurer's Report, John M gave the treasurer's report. He reported a bank account total of \$37,577 and a prudent reserve of \$45,003. Liabilities increased and receivables decreased from last month. Total contributions are up, group contributions are up and office sales are up since last month. Expenses are down. Overall there was a net income increase of \$259. Contact John M at treasurer@aastpaul.org

The Office Report, It's been unseasonably busier than usual for this time of year. The Area 36 Pink Can Plan is now buying books from us (i.e., lots of BBs, 12x12s, and Daily Reflections) as well as the Retreat (12x12s, Big Books, Living Sober) and the Area 36 Grapevine committee. There are quite a few qualified candidates for the open staff position. We'll be selling literature at the annual MNYPAA conference 4/10-12. Contact Frank N at manager@aastpaul.org

The Website Report, no report this month. Contact Jonathan at webservant@aastpaul.org

Outreach Program, printed info is available for meetings never previously visited for outreach visits. Contact Jestine M at outreach@aastpaul.org

Update from the Board, Sandy K, Gratitude Night, Sa 11/21/15 location found at Mt Zion Church, corner of Summit Av and Hamline Av across from the Uptown Club.

Night Owl Report, Scott L, two committee members needed, 2-year sobriety requirement. Contact Dan S at 612-328-3444. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office. Please check the website for open shifts.

Liaison Reports, District 8, Leslie D, ASL fund is going well and OMD meeting is going well. Watch for GSRs bringing General Service Conference agenda items for discussion, District 15, Julie H, Sa 3/14 workshop on attracting newcomers went well, Joe S mentioned committee chairs being filled, District 19, Dan R, General Service Conference agenda items discussed, upcoming fall workshop needs collaboration with other Districts, Dakota Co Jail service openings will be posted on the website.

Upcoming Intergroup Events: Spring Fling, Sa 4/18, Recovery Church, 5:30 pm BBQ chicken dinner, 7 pm AA speaker Doug M and Al-Anon TBD speaker TBD, dance with live band Ramshackle Charmers, an updated flier will be posted on website. Gopher State, 5/22-24, volunteers needed for the hospitality suite, sign-up sheets will be available next month.

Old Business, none

New Business, Raz, Gopher State Roundup board member and accompanied two others, passed volunteer sign-up flyers around.

Group AA Announcements

- Oak Park Heights Prison meeting turned 1 year old
- Up In Smoke meeting, Th nights, 8 pm, located at Golden Leaf at 277 West 7th Street
- Came to Believe meeting, Mo nights, 7 pm, reading the book Came to Believe, Quixotic Coffee, Cleveland Av and Ford Pkwy

Suggestions for next month's agenda: Terri H suggested a small-size When and Where meeting directory be added to newcomer packets.

James D volunteered to do the Grapevine Report for April

Sandy K volunteered for Concept IV Review for April

Tim B volunteered for giving the Mock Rep Report for April

Closed with the Responsibility Statement.

ATTENDANCE:

Tim B., Board Chair	Sandy K., Alt. Chair	Christa W., Advisor to Board	Scott L., Secretary	Joe W., Alt. Treasurer	Paul T., Member at Large
Jestine M., Member at Large	Mike C., Member at Large	Frank N., Office Manager	Jill J., Como Park BB	Leslie D., District 8	Julie H., District 15
Dan R., District 19	Rose Ann J., Fireside Women's	Terry H., The Firing Line	Karl T., Main Idea	James D., New Brighton BB	Dave L., No Time Like The Present
Jimmy H., Problem & Solution	Tony A., Rule 62	Joe S., 12x12 By The Book	Peter O., Up In Smoke	Mike F., West End	Raz, Gopher State Roundup

May MEETING: Tuesday the 19th, 2015 (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

MARCH CONTRIBUTIONS

Number of Group Contributors: 29
Total Group Contributions: \$3547
Number of Faithful Fivers: 20
Total from Faithful Fivers: \$280

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**

Barb M., Brian M., Burt K.,
Cathy T., Frank D.,
Henry O., Karl G.,
Isaac Z., Jim C., Jimmy P.,
John V., Ken S.,
Laurie VDH., Lori L., Paul L.,
Pat W., Steve W.,
Tim C., Ty,
Vin S. Xai V.

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



**Thanks to the groups that
contributed in March
2015**

- 11 W. Bernard Group
- A Way Out
- Anoka Day By Day
- Baffled Lot - Lake Elmo
- Cawfee Talk group
- Dakota Alano Friday 6 PM
- Dakota Alano Wed 8 PM
- Fairview Riverside AA
- Forest Lake Alano
- Fresh Air Group
- Grind, The
- Hampden Park AA
- Hastings Club
- Highland Park Groups
- Hudson Alano Society
- No Time Like The Present
- Roseville Centennial Group
- Rule 62
- Ship Of Fools Group
- Shoreview 12 x 12
- Stillwater Morning Groups
- Stillwater Rivertown Group Sun PM
- Summit Hill
- Summit Women's Basic Text Group
- Unity, Service & Recovery
- Upon Awakening
- Uptown Club
- VA mpls. - Turtle Group
- Valley Step 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, 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.

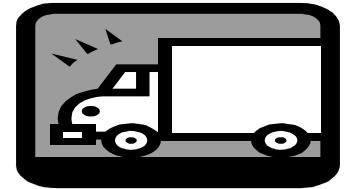


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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