

# The Lifeline



NOVEMBER 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 11

**Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**

The Eleventh Step has been described as the practice of the presence of God. It is something I have to do daily. In order to explain this more fully it is necessary to establish my own conception of God. Doubtless many of you will disagree with me, but I, of course, can speak only for myself.

To begin--I have always known there was a God. At times I seemed to forget it--I have been irreverent, irreligious, sacrilegious and even blasphemous; yet inside of myself I never once doubted the existence of God.

It seems to me that meditating every morning on the many benefits I have received helps me through the day. When I was drinking, I used to spend that same time in the mornings over my coffee meditating, but in such a different way--wondering first how I'd get through the day, second how many people at work would notice that I was again showing up with bleary eyes, and finally concluding that it was none of their damned business and so going to work with a chip on my shoulder.

Now I spend those same moments just being glad that again I'm starting the day with a clear head--that, while there is much for me to do to better myself that I *am* trying to do something about myself; in short, just starting the day in the right frame of mind.

- E.M.S, St. Paul

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**Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.**

I have been led to believe that anonymity is a sacred secret--a fact of my life that is only for me and perhaps a few close friends to know--a well-guarded spiritual enigma.

After all, the group I belong to still prints only my first name and last initial in the monthly group bulletin. I never questioned this. They have been doing it for years. I assumed it was to keep our egos in line, to keep us from getting too "famous." In retrospect, I realize that we all know one another's last names fairly well. The *New York Times* is not waiting with bated breath to publish our names.

I have been sober seven years--not only sober, but happy and productive in all areas of my life. You can't ask for much more than that. I work for a large organization. I began working for them after sobriety. They know me only as a sober man.

I had a co-worker named Jim. He drank to the point where it was obvious to all of us at work that he had a problem. I worked closely with Jim for two years. He had a part-time job as a bartender, and our company assumed that this was the reason for his coming to work late and smelling of whiskey. I talked to Jim. I heard his resentments. I often knew what he was going to say before he did. I smiled. I kept my secret. I knew that eventually, when he asked, I would be able to help him.

I kept my anonymity. I felt he would appreciate this when he was ready. He would love us AAs for not being glory-seekers, though sober--simply sober people acting ordinary. I felt that he would really respond to this great humility. So I kept the secret that, I thought, gave sparkle to my eyes, the secret that, I felt, gave me the most marvelous advantage over the civilian world. Yes sir!

I have just come from Jim's funeral.

Something went wrong with my scheme. Jim drove through a red light on the way home from that night bartending job--the job he had held, not to make ends meet, but to be able to afford his habit. His widow is twenty-three. His two confused children were there, cute as buttons. I stared at them and wondered whether I could have helped. I certainly would not have hurt.

I know I did not kill Jim. But I did waste two whole years of chances. All I might have had to do was tell him I was an AA member. That's all. I realize now that the Eleventh Tradition asks us to keep our anonymity only in newspapers and on TV and radio. It does not prohibit us from telling friends.

Now I have started to tell people I am in AA. I see the zealous guarding of my secret was a reservation on my part. I was afraid I would drink again and they would all laugh at the Great Me. I lacked complete faith in our marvelous program. I lacked courage to speak up for the very thing I love most in life--AA.

No more. If a sadness like this ever happens again, it won't be because I did not love my fellowman enough to tell him about myself, to weather his temporary scorn, perhaps. And then. . .well, who knows?

There will never be another Jim in my life. I understand anonymity now.

-E.S., Brooklyn, NY

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**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...**

November is a very exciting month for St. Paul Intergroup. Elections for Board Members and Officers will be held Tuesday, November 17th at 730pm at the Group Representatives Meeting located at Bethlehem Lutheran Church, 436 Roy St N. St. Paul, 55104. Open positions are Alternate Board Chair, Alternate Treasurer, Secretary, and two Members-at-Large. Nominations are being accepted at the office, or show up at the meeting.

St. Paul Intergroup exists solely for you. It belongs to the groups and members of Alcoholics Anonymous in the St. Paul and Suburban Area. We need you and the involvement of your groups to keep carrying the message to the alcoholic that still suffers. Your idea's, experiences, and talents are just waiting to be shared with us, Please consider this opportunity. You will not regret it.

Personally, for myself at 28 years sober becoming a Board Member has been "the boost" that my AA program had been lacking. It continues to be a meaningful and gratifying way to share my experience and contribute to the movement that saved my life so many years ago and continues too, to this day.

Also, we are celebrating our annual Gratitude Night on Saturday, November 21, 2015 at 7:00pm.

We have a new venue located at Mount Zion Temple, 1300 Summit Ave. St. Paul 55105. We have some wonderful speakers lined up. Please come show your support.

Lastly, I would like to thank our current Board Members who will soon be rotating off. Christa W., Advisor to the Board, John M., Treasurer, Scott L., Secretary, Paul T., and Hillary B., Members- at-Large. Your dedication and contribution has been greatly appreciated.

- Sandy K., Alternate Board Chair

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

We invite you to share your experience, strength and hope over the upcoming holiday season. As I write this in mid-October, our volume of calls from people seeking assistance with their drinking is already increasing, as it does each year about this time. We do have many, many area AA members who have already signed up with us to be of service to those who call here in need of help, but there is always room for more!

In this age of detoxes and treatment centers, the number of Twelve Step calls that your Intergroup office receives is less than was once the case, but we still are frequently contacted by those who have no hope and nowhere else to turn. Sharing your experience with such a person can not only make a difference for them, but for you too. As it says in the Big Book, "he (or she) may be helping you more than you are helping him (or her)."

If our volume of Twelve Step calls has receded, the same cannot be said of those seeking Temporary Sponsors. Scarcely a day passes when someone does not ask us for this. Based on this demand, we have more service opportunities here than perhaps anywhere else. This is especially so in more outlying areas like Hugo or Red Wing, and for women across our service area.

If you'd like to take part in these opportunities, or have questions about them, please call the office or sign up on-line at our website, aastpaul.org.

- Thanks St. Paul Area AA!

**2015 Steering Board**

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

**Office Calls in September 2015**

Meeting information	87
Inventory/hours	25
12th Step calls	3
Temporary sponsor	14
Speaker request	24
Special events	0
Outside issues	12
Info for professionals	0
Administrative	60
Other	25
<b>Total Calls</b>	<b>250</b>
<b>Daily average</b>	<b>11.4</b>
Visitors	245

# UPCOMING A.A. EVENTS!!

## St. Paul and Suburban Area Intergroup 2015 Board Elections

for Board Members & Officers  
Tuesday, November 17th, 7:30pm  
at the Representatives Meeting  
Bethlehem Lutheran Church  
436 Roy Street North, St. Paul 55104

### Open Positions:

#### **Alternate Chair**

(3-year commitment—become Board Chair)  
(Sobriety Requirement—3 years)

#### **Alternate Treasurer**

(2-year commitment—become Treasurer)  
(Sobriety Requirement - 3 years)

#### **Secretary**

(1-year commitment)  
(Sobriety Requirement - 3 years)

#### **Two Member-at-Large**

(2 year commitment)  
(Sobriety Requirement - 2 years)

Nominations will be accepted at the Intergroup office, or at the October and November Representative Meetings. Please submit to the office a service resume with relevant AA and non-AA experience.

### **For more information**

please visit the Intergroup website:  
<http://www.aastpaul.org/?topic=14&article=28>  
or call us between 9:00AM – 5:30PM, M - F

**651-227-5502**

Please ask to speak with Staff

## **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.

28th Annual  
**Highland Group**  
**Thanksgiving Day Gratitude Meeting**  
Edgumbe Presbyterian Church  
2149 Edgumbe Road, Saint Paul, MN 55116  
**Thursday, November 26th 10AM—11:30AM**  
Open Gratitude Meeting

## Founder's Day Weekend 2015

Celebrating 75 years of AA in the Upper Midwest  
*and Honoring A.A. members with One Year of Sobriety!*

DoubleTree Park Place Hotel  
St. Louis Park, MN

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

## Southern Minnesota Area 36 Area Committee Meeting

Best Western

North Mankato, MN

**Saturday, December 5th 9AM - 5PM**

## **Group and Area News**

**It's Back!** The *St. Paul Sunday Night Speaker Meeting* has been revived, and will again be occurring at 7:00 pm Sundays at the Central Presbyterian Church, 500 Cedar Street in downtown St. Paul, beginning October 4.

**New Meeting:** The *Maplewood Alano* is now holding a Friday 6:00PM Topic, Discussion meeting—it is Closed, Mixed, All-Ages & Handicap accessible. The Club is located at 1955 Prosperity Road (corner of Frost and Prosperity) in Maplewood, 55109.



St. Paul Intergroup  
**Annual Gratitude Night**  
Saturday, November 21st  
**>>>NEW LOCATION<<<**

Mount Zion Temple

1300 Summit Avenue, Saint Paul, MN 55104

ASL Available - Please RSVP with Intergroup Staff by **October 21** (651) 227-5502



**St. Paul Area Intergroup Representatives' Meeting Minutes September 15th, 2015**

Opened with the Serenity Prayer, introductions, and the reading of the Primary Purpose of Intergroup.

Minutes from June were reviewed and approved, Peter motioned and John seconded.

Treasurer's Report, Joe W gave the treasurer's report. Bank account total is \$26,167 and prudent reserve is \$45,005.

Total contributions are down. Overall there was a net income decrease of \$3,470. Contact John M at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org)

The Office Report, Manager to attend annual US/Canada Intergroup Seminar in St. Louis 9/18-20. Great success selling literature at the Al-Anon Fellowship Weekend at the Doubletree in St. Louis Park over Labor Day Weekend. The AA Grapevine has published a new book entitled Forming True Partnerships about the ways AA members use AA Steps and tools to improve their relationships. Welcome new Night Owl Chairperson, Leslie D. 25 groups and 18 individual Faithful Fivers contributed to St. Paul Intergroup. Email Lifeline humor section content to [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org). Contact Frank N at [manager@aastpaul.org](mailto:manager@aastpaul.org)

The Website Report, 688 meetings/282 groups, down one meeting. Need meeting directory field verifiers. Service opportunities and Night Owl opportunities are available on the website, see website for guidelines on posting events. Contact Jonathan at [webservant@aastpaul.org](mailto:webservant@aastpaul.org)

Outreach Program, need volunteers to visit meetings never visited. Contact Jistine M at [outreach@aastpaul.org](mailto:outreach@aastpaul.org)

Update from the Board, Sandy K, nominations open for upcoming Board elections in Nov. for Alt Chair, Alt. Treasurer, Members-at-large and Secretary

Night Owl Report, Leslie D, reminder to Groups to let Office or Leslie know of coordinator changes, Night Owl Orientation is every third Sa at 10 a.m. in the Office. See website for open shifts. Contact Leslie D at [nightowl@aastpaul.org](mailto:nightowl@aastpaul.org) or Frank N at [manager@aastpaul.org](mailto:manager@aastpaul.org)

Liaison Reports, District 8, Meghan K, no report, District 15, no report, District 19, Dan R, Dakota Co. Jail in Hastings, MN needs service volunteers, 9 high schools responded to service outreach, literature to 3 hospitals, upcoming workshop with District 24 on Emotional Sobriety, 10/3, w/4 speakers and lunch provided.

Upcoming Intergroup Events, Gratitude Night, Sa 11/21, Mt. Zion Church, speaker Pat N, Founder's Day Weekend 11/27-29, DoubleTree in St. Louis Park, MN, sign up sheet will be passed next month.

Old Business, update from ad-hoc Location Committee (recurring)

New Business, none

Group AA Announcements, No Time Like the Present 10th Anniversary Mo 10/12, 6pm potluck, 7pm speaker Christa W

Suggestions for next month's agenda, none

Grapevine Report, Mike C, volunteer for Oct, Peter

Concept IX, Christa W, volunteer for Oct, Concept X, Alfred

Mock Rep Report, Catherine, volunteer for Oct, Joe W

Closed with the Responsibility Statement

**ATTENDANCE:**

Tim B., Board Chair	Sandy K., Alt. Chair	Christa W., Board Advisor	Scott L., Secretary	John M., Treas- urer	Joe W., Alt. Treasurer
Mike C., Member at Large	Jonathan L, Webservant	Frank N., Office Manag- er	Jill J., Como Park BB	Dan R., District 19	Catherine K., Fireside Wom- en's
John K., Grati- tude in Action	Chris P., Hap- py, Joyous & Free	Muggsy A., Hole in the Doughnut	Debbie H., Look to This Day	Alfred K., Main Idea	Trent W., Main Idea
James D., New Brighton Big Book	Kalene M., Pocketing Our Pride	Tony A., Rule 62	Brigi V., Summit Hill	Peter O., Up In Smoke	Larry W., West End Groups
Lesli D., Night Owl Co- ordinating Committee					

**November MEETING: Tuesday the 17th, 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. #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

**SEPTEMBER CONTRIBUTIONS**

Number of Group Contributors:	31
Total Group Contributions:	\$4041
Number of Faithful Fivers:	20
Total from Faithful Fivers:	\$290

**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 September**

Adam P., Bob B.,  
Brian C., Brent M., Burt K.,  
Colin K., Deb B., Erik B.,  
Frank D., Henry O.,  
James H., Jason S.,  
Jessica W., Jim C.,  
Marlon B., Pat W.,  
Shana R., Shanna W.,  
Steve H., Steve W.,  
Suzanne B., Ty

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



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

- 11th Step FINE Group
- Anoka Day By Day
- Arch to Freedom
- Burnsville - Primary Purpose
- Cottage Grove
- Dakota AA Sat. AM
- Dakota Alano Friday 6 PM
- Dakota Alano Sat Speaker 6PM
- Dakota Alano Thurs 1145 AM
- Dakota Alano Tues 6PM
- Forest Lake Squad 3
- Friends in Recovery
- Hampden Park AA
- Happy Joyous and Free II
- Highland Park Groups
- Hole in the Donut Group
- Lakeville Hope Community
- Maplewood Groups
- River Rats
- Roseville Centennial Group
- Rule 62 Step & Tradition Group
- Steps to Freedom - Maplewood
- Stillwater Morning Groups
- Summit Hill
- The Promises Meeting
- Third Tradition Northfield
- Transfiguration Group
- Unity, Service & Recovery
- Uptown Club
- White Bear Sat. AM Women's Group
- Woodbury Serenity Sisters

**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.

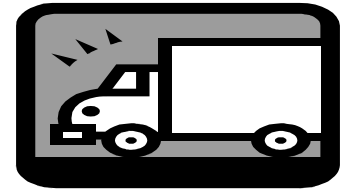


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

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 our 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