



## STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

“Sober twelve years, an AA wonders when she’ll get the big pay-off”

This coming October will mark my twelfth year of sobriety, but even with the passage of time, the inner demons of the alcoholic mind don’t roll over and die that easily.

As my AA birthday draws near, a lot of old stuff has been coming up, a lot of thoughts and feelings that I associate with my alcoholic identity. There’s a mindset around drinking that still haunts me from time to time, and that’s the whole “reward” aspect. I so clearly remember being twenty-four years old and driving home from my receptionist job over the canyon on a Friday night thinking, Yep, I put in a good week and now it’s time to party! I’d stop off and pick up a twelve-pack of my favorite beer and that would be the beginning of yet another lost weekend. It was my reward for having trudged through all those days. My own personal pat on the back that I couldn’t seem to reach any other way.

There were many people coming and going in my life then, but my constant com-

panion--the one thing I could count on--was getting high. Drugs and alcohol were the things that kept me going and the yummy twins that awaited me for a threesome at the end of every long week. It’s been a long time since my life was anything at all like that, but I still have thoughts of, Okay, tomorrow is Friday and I made it through another week. Where’s my reward?

It’s not a twelve-pack, an ounce of weed, or a vial of pills ... so what is it now? Candy? Sex? A trip to Starbucks? Gimmee, gimmee, get me, get me! Something new, something tasty, something, some thing!

In contemplating this, what I realize is that this is still alcoholic thinking holding me hostage. I’m looking outside of myself yet again for something to fill that void. The road has gotten narrow lately in a way I can’t describe. I’ve come to a certain plateau, and there’s resistance to continuing the journey. It’s not even that it’s such a struggle, it’s that I feel like I’m looking at this bleak, blank vista ahead of me and I have no desire to take another step.

There are things that are new (like teaching) and things that are challenging (like being in a relationship), and yet there’s a part of me that’s always looking for the treat. Give me something quick and easy! Give me something that’s going to instantly make me feel

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*The Lifeline* is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Inc. 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 St. Paul Intergroup. We welcome articles on a Step, Tradition or Concept, in addition to descriptions of personal experience. We also welcome original cartoons and drawings expressing the wry side of A.A. 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, 33 Wentworth Ave E, Suite 355, W. St. Paul, MN 55118-3431. 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 & Suburban Area Intergroup, Inc., 33 Wentworth Ave E, Suite 355, West St. Paul, MN 55118-3431**

Website: [www.aastpaul.org](http://www.aastpaul.org) Online Store: [aaspi.company.site](http://aaspi.company.site) E-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) Phone: (651) 227-5502

Office Hours: Monday through Friday – 9:30 AM to 5:30 PM; Closed weekends and holidays

good and give me satisfaction. None of this long-term goal stuff will do!

I sometimes feel that I live with a constant, churning impatience with myself and with those around me. Tonight, it's right here, right on the surface demanding answers, demanding satisfaction. When I came home from work tonight I was exhausted, so I decided to take a nap. As I was falling asleep, a very loud car alarm went off down the street and it continued to shriek as I slept. It was an excellent metaphor for the way I feel, the way I continue to feel in times like this.

Lately, I feel as though there's always this shrieking alarm going off inside of me, wanting something. I can live with it, I can even sleep through it, but it's always there setting my nerves on edge and making me aware of the inner tension of my own hunger, my own insatiable demand for satisfaction.

I want to scream "Shut up! Shut up!" I want to throw rock through the window of the car making the noise. It still wouldn't stop the shrieking, but it might move some of this energy I can't seem to tame.

So here I am. One more night I go toe-to-toe with this thing, wrestling in a grudge match with a faceless, nameless demon that says, "I want, I want, I want .... "

What I have learned in the past twelve years is that my relationship with God and my spiritual practice is the only answer, even when I'm not sure of the question. I am finally in the relationship with the higher self I had been seeking through drugs and alcohol all along. My relationship with God, with myself, is all there is. All there will ever be.

Am I strong enough? Am I willing to commit my life and my heart at an even deeper level to doing whatever it takes to keep moving forward? Am I willing to walk off this damn plateau?

As I write this, I have no cutesy conclusion. All I have is the willingness to accept myself as I am in this moment. I also have the spiritual conviction of knowing the next step I take, whatever it will be, will be sober, and I know I am not alone in this courageous walk.

Thank you, all of you, seen and unseen members of AA, for continuing to take this walk into the unknown with me. You are the treat I truly savor.

By: Christine P. | North Hollywood, California

# IOTH TRADITION

*Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*

Our Friday evening AA meeting started innocently enough. The format called for a member to read a brief selection out of the Big Book. I had volunteered, and read from the chapter “Into Action,” beginning with the sentence, “Love and tolerance of others is our code. And we have ceased fighting anything or anyone--even alcohol.” Following the reading, the chairperson asked if anyone had a topic to suggest. When no one spoke up, he suggested “love and tolerance.”

This being election time in the U.S., several members of our group (a gay group) had been heatedly talking politics before the meeting, which included some fairly emotional bashing of the political opposition. So, when the meeting started, the theme of “love and tolerance” was quickly appropriated and applied to the world of partisan politics. The first few people to share tried to walk that fine line we all must walk when it comes to talking about potentially explosive topics. But the fourth person who shared said that he would pass along voter registration forms and requests for absentee ballots while the meeting continued.

It’s easy to imagine how quickly things got out of hand as, one by one, almost every AA Tradition was at least bent, if not broken. Near the end of the meeting, one of the long-time members spoke passionately about how inappropriate the whole topic had been, and how such a meeting could easily drive away any newcomer who might think that the only requirement for membership was to be a registered member of a specific political party. The member who read the Promises at the end of the meeting nearly cried. And when the meeting ended, many of the members congregated outside on the sidewalk, talking about how they now really needed an AA meeting.

I found that I couldn’t sleep well that night: the meeting haunted me. I reexamined what I had shared, looking for what I might have done to prevent the meltdown that occurred. And actually, what had happened? Of course, it goes without saying that discussing our individual view of partisan poli-

tics in an AA meeting is inappropriate. But discussing how we deal with the strongly held opinions and beliefs engendered by partisan politics--how it affects our emotional sobriety and how we work our program when we’re “worked up”--is not. It’s just like any other life issue that we face sober. I also think that it’s just as amenable to discussion as any other topic. In a meeting, we’re looking for ways to grow spiritually as well as looking for ways to apply the principles of the program in our lives so that we may stay sober.

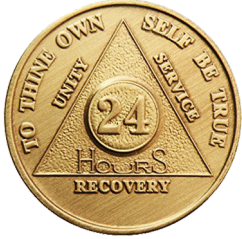
It seems to me that there are some areas of our lives as sober people--most notably politics, religion, and sex--that are difficult to deal with. Indeed, discussions of such topics can lead the best of people to permanent rifts with family, friends, or colleagues. Over my twenty-three years in AA, I can’t recall a single meeting where the topic of how we integrate the principles of our recovery program into our lives as political citizens has ever been raised. Perhaps this is because it is a touchy area, and people do hold very strong beliefs.

Over the years, I have sponsored a number of men. And I’ve always been struck by how, at some point, most of them will usually find some corner of their lives that can be justified as not being subject to the spiritual principles of the AA program: “AA’s just for my alcoholism. I don’t have to use it for [fill in the blank with your favorite untouchable issue].” I think what happened at our Friday evening meeting was that there were a number of politically committed individuals who unconsciously applied that to this area of their lives. The fact that “[fill in the blank with the name of the politician or presidential candidate you love to hate the most] is so wrong justifies my feelings and actions.”

In revisiting what I might have done to help get the meeting back on track, I think that just mentioning the words “in all our affairs” might have helped. I think our program of recovery calls us to the highest level of civility and kindness we can muster, regardless of the topic at hand. I think that nothing is outside the bounds of the principles of our program. And that includes politics.

# *Friends in Recovery*

CLEAN AND SOBER FUN FOR THE RECOVERING FAMILY  
friendsinrecovery.org      Twin Cities Minnesota



## **Fundraiser • Taco Feed • Speaker • Raffle**



**Saturday, October 19th, 2024**

**First Lutheran Church**  
463 Maria Ave, St Paul, MN 55106

**\$10.00 at the door**

- **Raffle tickets \$2.00 each, 3 for \$5.00 • No one left out**
- **5:30 Doors open**
- **6:00 Dinner**
- **6:45 AA Speaker**
- **Raffle following AA speaker**

**Amazing raffle with tons of prizes to win**

# THOUGHTS FROM THE BOARD

## CONCEPT 10

Every service responsibility should be matched by an equal service authority—the scope of such authority to be well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

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This concept gives definition and guidelines that help me to understand how to successfully show up for service work. When given a service opportunity, I have always had guides that have assisted me in how to perform the tasks. I have always appreciated a good job description to know what I'm getting myself into, and to check to make sure I'm fulfilling the duties that have been entrusted to me to take care of.

Being a part of Intergroup, it has been necessary to have bylaws to reference. I can't tell you how many times we're in a meeting and ask ourselves "what do the bylaws say?" or "do the bylaws have anything on that?" I'm grateful to all who have contributed, as you have saved us hours of headaches trying to figure out what we're supposed to do.

I also think of sponsorship. I can be clear in my direction of what we're reading together, how we're going to work the steps, what the relationship looks like, etc. In a way, we delegate the tasks of working the steps, but each interpretation and experience is different. We each have our own authority of what the step means to us and how we work through that with our sponsor and Higher Power.

I can bring the concepts into my personal and professional life, too. I've had tasks at my job that I didn't even know were my tasks to complete. That's where the concept has assisted me with

making sure that I clearly understand what my role is by asking questions and creating expectations. I have also used this to be more clear with my directions with the team I lead. I cannot expect them to know what is needed and by when, if I do not share that expectation and detail with them.

None of this is to say that everything we do is right, or there isn't a better way. Just because there are guidelines, it doesn't mean I'm going to nail it every time. That's why it's great having a group of people to bounce ideas off of, to be able to make mistakes, and have others who help to clarify tradition. The group, authorities and individual members are all necessary. I appreciate the balance that AA has taught me.

- Brittani G

Alt Treasurer

# OFFICE UPDATE

Fall is nearly upon us!!

The office continues to do well but donations have been down the last couple of months.

The office is excited to welcome Laura WW, our new employee!

Her personality is a wonderful addition to the Saint Paul Intergroup staff.

**IMPORTANT: The office will be extending hours beginning October 1st. It will begin as a trial to see if hours will further be changed.**

The office hours will be:

Monday - 9:30 to 5:30

Tuesdays - 11:30 to 7:30

Wednesday to Friday: 9:30 to 5:30

Saturday: 10:00 to 2:00

If there are any questions please call the office at (651) 227-5502

The office has begun looking into options for a new location. If you have any suggestions for the office related to the new location or otherwise, please bring them to the Board and Rep meeting every third tuesday of every month.

**IMPORTANT: November will be our board elections for 2025!**

If you would like to nominate someone or run for a board position please show up to the rep meeting on November 19. Available Board positions are posted on the intergroup website or can be spoken about over the phone if you call the office.

**Thank you all again for all of the service that you do and being a valued member of Alcoholics Anonymous in the Saint Paul and surrounding area.**

# SELF-SUPPORT SUGGESTIONS FOR GROUPS

*“Every A.A. 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

33 Wentworth Ave E.  
Suite 355  
West St. Paul, MN 55118-3431

## 30% General Service Office

P.O. Box 2407  
James A Farley Station  
New York, NY 10116-2407

## 10% Southern MN Area 36

Southern Minnesota Area Assembly  
P.O. Box 2812  
Mpls., MN 55402-0812

## 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

# WAYS TO FINANCIALLY SUPPORT INTERGROUP

## 1. VIA SQUARE

Use the camera on your phone to scan this QR code to be redirected to the SPI contribution webpage :



## 2. VIA CHECK

You are always welcome to stop by during business hours, or mail a personal or AA group check to the office at:

Saint Paul Intergroup  
33 Wentworth Ave E, Ste 355  
West St. Paul, MN  
55118-3431

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## AREA 36 PINK CAN PLAN

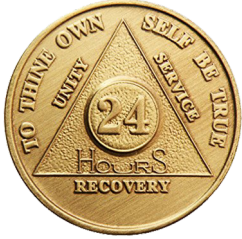
*THE PINK CAN PLAN COLLECTS FUNDS TO PURCHASE AA LITERATURE FOR ALCOHOLICS IN CORRECTIONS FACILITIES IN SOUTHERN MINNESOTA.*

**MAIL CONTRIBUTIONS TO:**

**PINK CAN PLAN  
PO BOX 41633  
PLYMOUTH MN 55441-0633**

# *Friends in Recovery*

CLEAN AND SOBER FUN FOR THE RECOVERING FAMILY  
friendsinrecovery.org      Twin Cities Minnesota



## **Music Festival**

**Sunday, Nov. 24, 2024**

**3:00 - 7:00 PM**



**Price \$20.00**

**Limited tickets available at the door,  
but get them now to guarantee entry.**

**Advanced ticket purchase contact info:**

**Chris J. (651) 746-4404**

**Steve A. (651) 302-3006**

**Tyler H. (651) 494-2872**

**Minnesota Music Cafe**

**449 Payne Ave.**

**St. Paul, Minnesota**

**Ramshackle Charmers**

**Gawd Awful Boys**

**Dick and the Original Scorchers**





# DISTRICT SERVICE MEETINGS

# 2024 INTERGROUP BOARD OF DIRECTORS

*District 8 (Ramsey Co.)*  
 Fairview Community Center  
 1910 Cty. Rd B West, Rm 108  
 Roseville  
 3rd Wed., 7:00 PM  
 Email: dist8@area36.org (for Zoom info)

*District 15 (Washington Co.)*  
 Christ Lutheran Church  
 11194 N. 36th St.  
 Lake Elmo  
 4th Mon., 7:00 PM  
 Email: dist15@area36.org (for Zoom info)

*District 19 (Dakota Co.)*  
 Rosemount Community Center  
 13885 South Robert Trail  
 Rosemount  
 2nd Wed., 7:00 PM  
 dist19@area36.org  
 Email: dist19@area36.org (for Zoom info)

Advisor to the Board: Elliot W.  
 Board Chair: Kelly K.  
 Alt. Board Chair: Ricky G.  
 Treasurer: Devin R.  
 Alt. Treasurer: Brittani G.  
 Secretary: Alex S.  
 Members at Large:  
 Mary U.  
 John K.  
 Brandon H.  
 Office Manager: Jacob F.  
 Webservant: Jonathan L.  
 Night Owl Coordinator: Lesli D.

## GREEN CAN PLAN

**PLEASE HELP PROVIDE AN ASL INTERPRETER AT AN AA MEETING IN DISTRICT 8**



CHECKS CAN BE SENT TO

ASL FUND

PO BOX 131831

ROSEVILLE, MN 55113-0020

OR

CONTRIBUTE ELECTRONICALLY

VENMO @ASLFund-DistrictEight

Contact District 8 ASL Fund Coordinator

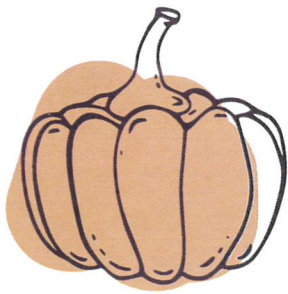


### LOOKING FOR A SERVICE OPPORTUNITY?

*Become a St. Paul Intergroup Night Owl*

If you are interested - Contact:  
 Nightowl@aastpaul.org  
 to schedule training.

St. Paul Intergroup Office  
 33 Wentworth Ave E, Suite 355  
 West St. Paul, MN 55118-3431  
 To RSVP - please call 651-227-5502



# GRATITUDE CELEBRATION



AL-ANON SPEAKER

GIVEAWAYS

A.A. SPEAKER



Join us in celebrating the most important job in A.A.  
– the General Service Representative (GSR)!

HOSTED BY DISTRICT 13, AREA 36

Fried chicken, cake, water, and coffee will be provided;  
please bring a dish to pass.

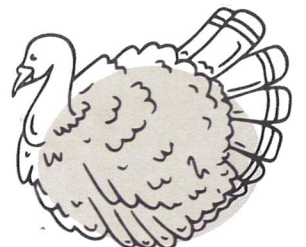
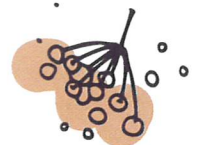


SUNDAY, NOVEMBER 3<sup>RD</sup> @ 2:00 P.M.

First Lutheran Church  
1555 40<sup>th</sup> Ave NE  
Columbia Heights, MN

For more information: Soana @ (612) 501-6339  
or Ron @ (952) 240-1887

[www.dist13southernmn.org](http://www.dist13southernmn.org)



# St. Paul & Suburban Area Intergroup, Inc.

@SPIntergroup

Feel Free To Visit our  
online store at :

[aaspi.company.site](http://aaspi.company.site)



You can also donate on  
our website directly at:

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

**venmo**

**Office**

**Volunteers**

And Thanks to our many Night Owl volunteers as well.

**Bernie**

Hoot Hoot!

**Alec**

**Lynn E.**

If you are intrested in being of Service, please Visit our Website or Contact the office!!

**Frank D.**

**Gus**

Thanks to your all!

THE FOLLOWING GROUPS, MEMBERS AND FAITHFUL FIVER MEMBERS MADE  
THE SERVICE OF INTERGROUP POSSIBLE LAST MONTH:

- 25 A.A. Groups contributed - \$4,219.79
- Faithful Fivers contributed - \$632.25
- Total Contributions - \$4,998.36

Hope Church - Monday AA  
Second Sandwich  
Scandia Big Book  
Third Tradition Northfield  
Pocketing Our Pride - Mpls  
Mendota 1030 AA Group  
Basic Text  
Midway Club  
Saturday Morning Serenity Group  
Cottage Grove AA  
Shoreview 12 x 12  
Anoka Day By Day  
Forest Lake Alano  
North Branch Community Groups

Fairmont BB Study Saturday  
Firing Line  
Children of Chaos Plus  
Rivertown Big Book - Hastings  
East Side Club - East Side Group  
Wednesday Night Men's 12 x 12  
Pages of Wisdom  
Nuevo Amanecer  
Maplewood Groups  
The Point Is  
Gratitude in Action - Mahtomedi  
11 W. Bernard Group

*Thank You So  
Very Much!*



Meeting  
Info Calls

24



12th Step  
Calls

4



Speakers  
Calls

5



Total  
Calls  
108

St. Paul & Suburban Area Intergroup  
33 Wentworth Ave E  
Suite 355  
West St. Paul, MN 55118-3431

Change Service Requested

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Twin Cities MN  
Permit 7451

Please let us know a month in advance if your address changes. 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 **Individual Contribution** Enrollment Form

Your Intergroup strives to be self-supporting, and with your personal support we can 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. Please consider becoming one of our *Faithful Fivers* (\$5.00/month), *Terrific Tennes* (\$10.00/month), or *Fantastic Fifteeners* \$15.00/month).

### 1. Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### 2. Amount & Frequency:

Amount \$ \_\_\_\_\_

Frequency: (check one)

Monthly  Quarterly  Bi-Annually  Annually

Start on: \_\_\_\_/\_\_\_\_/\_\_\_\_

Faithful Fiver (\$5.00/month)

Terrific Tenner (\$10.00/month)

Fantastic Fifteener (\$15.00/month)

### 3. Choose a Payment Method:

Credit Card/Debit

Visa  MasterCard  AMEX  Discover

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**  
33 Wentworth Ave E, Suite 355  
West St. Paul, MN 55118-3431