



STEP 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all of our affairs.

Once an individual becomes clean and sober, they often have a transformation of the mind and spirit. The term “spiritual awakening” can be a reflection of this, or if you will, evidence of this transformation. As implied in the wording of the step, this is a result of an individual working the twelve steps of Alcoholic Anonymous. The word awakening is used. Awakening what? Was something in my mind and spirit asleep? How do I identify the parts of my existence that are affected? Did my continuous use of alcohol and drugs encourage a self inflicted stupor of slumber? Was my dependence blocking something in me that was always there? Is there something innate in each person that is universal to all of us? Exactly what are these principles and how do they apply to me? This step, and the whole program in fact, raises many questions that sometimes seem hard to answer. The good news is that I do not have to answer these questions to stay sober! The

working of the steps to the best of my ability is all that is required.

But what about the part that says we practice these principles in all of our affairs. I have heard many times that AA is more than putting the cork in the bottle. It is a way of life. Perhaps there is more to sobriety than we realize. Step twelve is like a summary of a journey. We first admit that we are powerless over alcohol and drugs. We come to a belief that a power greater than ourselves can help us get sober. At this point we are asked to turn our will and our lives over to a God of our understanding. Immediately we take a look at our lives through the lens of a moral inventory. We then share our findings with God and another person of our choosing. Responsibility for past actions is required. We then live a new sober life on a daily basis utilizing the skills we have learned from working the program. Sobriety has now become a multi-leveled existence. Our minds are renewed by the working of the steps, talking to our sponsors and attending meetings. The spiritual side grows in conscious contact through prayer and meditation. The awakening becomes a reality. The end result is that we are no longer the person that start-

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 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.

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ed the journey. We have changed!

Have you ever noticed that in Steps Three and Eleven the words, as we understood Him, are often underlined or italicized. This is done for emphasis to draw our attention to it. Why? Is there some intrinsic meaning that is implied? Perhaps the “We” of the program touches some universal truths. Is there a common denominator that we all can understand? I believe there is when it is applied to the last part of Step Twelve, practicing these principles in all of our affairs. These principles are universals that are applicable to all aspects of our human experience whether we are alcoholics or not. Honesty, openness and willingness are just the start. We become able to forgive and accept forgiveness. Our whole attitude towards life changes. We see and place value on other people as our own self-centeredness recedes into the background. Empathy and compassion helps us to shed light on the plight of others. Service to others suddenly becomes important to us. Humility and self-control is buoyed by patience.

Gratitude becomes our daily theme. A spiritual foundation has been laid in our lives based upon universal truths. The daily practicing of these principles leads to a life of joy and serenity. The change is stark! Something is now reflecting in our lives that we are beginning to understand.

In my own personal journey I have reached certain conclusions that have helped me to stay sober and grow. The AA program has not changed, but I have. It has enabled me to learn a lot about myself. I was able to understand the root causes of my character defects. I also embraced and nurtured the good that was always in me. This awareness helped to solidify my relationship with the God of my understanding. Here is what I figured out. The more universal truth I found out about myself, the more I

understood a universal God. These qualities were always innate inside me. This is what was awakened! The same principles that God employs in his divine wisdom, he also instilled in me. He also endowed everyone else. It is where we make conscious contact. The more we understand ourselves provides direct insight into the character of God. We both employ the same principles in all of our affairs. A word of caution is needed.

This discovery does not imply that I have the same knowledge as God. It only implies that I can exhibit his characteristics in my own existence. I have to approach an all knowing God with humility and reverence. My pride needs to be checked at all times. Sobriety is a gift. I should treat it as such.

Bernie W.

12TH TRADITION

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Hi, my name is Mickey and I'm an alcoholic." I had no sooner spoken these words at a meeting of my home group then I looked out at the people seated in the room and recognized a new woman.

I was in my fourth year of sobriety and had recently started a new job that required me to train and supervise several women—one of whom had just shown up for her first AA meeting! I had very mixed feelings during the course of the meeting: gratitude that Sally had found her way to a meeting, concern about my anonymity, and fear that I might not be able to separate my job as her supervisor from my concern for her as a fellow alcoholic. I approached her after the meeting and told her I was glad to see her, and hoped she would "keep coming back."

Sally did not come back. She decided, based on one meeting, that she didn't need Alcoholics Anonymous. Soon, however, I started getting questions from other employees which made it clear that Sally hadn't respected my anonymity—though, after attending only one meeting, she probably didn't know what anonymity was. Fortunately I'd been honest with my boss about my alcoholism, and having my anonymity broken did not cause any problems with retaining my job or the confidence of my employer. And, contrary to my fears, it didn't appear to diminish my effectiveness as a supervisor. After a few questions and comments, the other employees seemed to dismiss it as unimportant.

The area that I had to work on, as usual, was me. I felt immediate resentment toward Sally, based on both her rejection of the Fellowship which had saved my life and what I saw as her betrayal of my personal trust. It took hours of personal inventory, sharing with other alcoholics, and praying for my Higher Power to remove my character defects of pride, fear, self-righteousness and personal judgment to finally let go of my resentment.

During this time I was able to use one of the other tools that I'd been taught in sobriety. I was able to not act on my resentment. I'd been taught that feelings are real but not necessarily based on anything valid, and that I didn't have to act out my feelings—that frequently it was better to defer taking any action until the feeling had subsided and I could act using the principles of the program.

I made a conscious effort to treat Sally in the same way I treated every other person I supervised. I put aside my personal feelings and evaluated her based strictly on her job performance. I treated her with the same courtesy and respect I tried to show to all of those with whom I worked. And eventually, when I left that job, I felt good about the way in which I'd demonstrated sobriety to the people who knew that I was an alcoholic and a member of AA.

As far as I know, Sally never came back to Alcoholics Anonymous. Several years after leaving the office where we both had worked I ran into a coworker and was catching up on news about the people we'd worked with. "Did you hear about Sally?" she said. "She died recently of liver failure. She'd been drinking a lot."

I was saddened by this news, as I am always saddened when I hear of someone dying of the disease of alcoholism, particularly when I know they were given the opportunity to recover and for whatever reason have been unable to remain sober. But I also felt that I didn't have to regret my treatment of Sally. I didn't have to feel that any action of mine had prevented her from returning to Alcoholics Anonymous. I had honestly tried to carry the AA message and to practice these principles in all my affairs. I knew gratitude in that moment that I had been given the spiritual gift of placing the principles of AA before my personality.

—Mickey H., Springville, Utah

THOUGHTS FROM THE BOARD

MEMBER AT LARGE

Two years ago, I embarked on a new service opportunity, not really being sure of what I was getting myself into but excited about it nonetheless as I had not had much involvement with Intergroup. In fact, I really did not know what Intergroup's real function was. The opportunity was being a two-year member on the St Paul Intergroup Board. A friend had encouraged me to try this out as I was looking to re-engage with more active service after a long hiatus. I had found sobriety in an area of the state that did not have Intergroup Boards so initially had not seen the value in them. This service commitment helped me to learn what they all do and their value in the service structure of Alcoholics Anonymous. So off I went into this new commitment.

The new experience started with an orientation and a handbook which reviews the duties of each of the board members and does provide a nice guideline about how the board functions. Not the most captivating reading but very helpful in the long run as it provides structure and guidelines to the Board. We reviewed the by-laws and spoke about St Paul Intergroup as a non-profit agency and what that means. It helped me to get the basics down. The second year I had the

pleasure of participating in this orientation with new members to the board while at the home of a board member who graciously opened his home to this endeavor providing us with warm hospitality and amazing food!

I think I had a pretty easy gig on the board as a 2-year member. It was a longer commitment, but it really helped me to understand and be a part of the workings of Intergroup. I think that is important so a person can understand the context in which decisions are made. My duties were to attend the monthly board and rep meetings, provide input to the board, attend Intergroup sponsored activities and chair a couple of those events every year. Needless to say, I learned a lot over these last two years.

I chaired the Suite at Gopher State that first year and learned a lot about how to work with a group of people who are not of the same generation as me. Different thinking and so different communication styles and outlooks on things. It worked out well and was exhausting but was great fun! I also participated in the other activities the Intergroup offered and chaired Gratitude Night, which I have to say is about my favorite event. It speaks of something that we all know will help to keep us sober and that is, "an Attitude of Gratitude." Participating in chairing the Spring Fling this year was a crazy but enriching experience. Throughout my time on the Board, I have been so amazed at all the volunteers out there in our AA community who come through to serve and help. A big shout out to all of you or these

events wouldn't be able to be the amazing successes they are every year.

Besides all the events, the monthly board meetings were learning experiences for me too. I found that there were many issues the board addressed monthly. I was impressed with the executive committee of the board who dedicated extra time and talent to chairing the meetings, hiring new staff, taking minutes, managing our finances and setting up hybrid meetings. Also, those who participated in reaching out to groups to encourage more people to attend the Rep meeting, managing and maintaining the Intergroup website as well as the Night Owl committee to maintain the phone contact for the still suffering alcoholic who is reaching out. It was fun to hear what other areas of the St Paul metro were doing as shared by the monthly reports. And who doesn't love the comics from the Grapevine?

Intergroup does many things to help serve the still suffering alcoholics out there and those in recovery in our community. It provides us also with the support of literature, events, communications, and most of all connection and community! This is something that as an active alcoholic I had lost in my drinking. Now while this seems like a lot of work, and some of it is, we also had a lot of fun! We practiced Rule 62!

Finally, I learned a lot about myself in this process of being a board member. "A loving God as he may express himself in our group conscience," is always the one to turn to. Many times, during

my chairing duties I was lovingly and gently reminded of this by those assisting on those committees. Thank you! You were right! Trust God! He makes all things right! To say that I have grown is an understatement. This experience has provided me with a greater depth to my spirituality than I had when I walked into it! Here I thought I was being of service when in reality it really was me who was being served through this experience. I hope I have been a positive and contributing member to the board. I know I move on from this commitment with a much greater appreciation and deeper understanding of what it's all about.

I am grateful for this opportunity, for the people I have met on and off the board through all the events and activities provided. I leave the Board with the sure knowledge that it is a divinely inspired conduit through which our service work can pass.

Yours in service,

Mary Undis,

Outgoing 2-year member at large to the St Paul Intergroup Board.

OFFICE UPDATE

Fall is upon us!!

IMPORTANT: The office has changed operating hours

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.

Gratitude Night was a hit. Thank you to everyone who came to support!

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

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**

4th STEP WORKSHOP

6 Thursdays beginning:

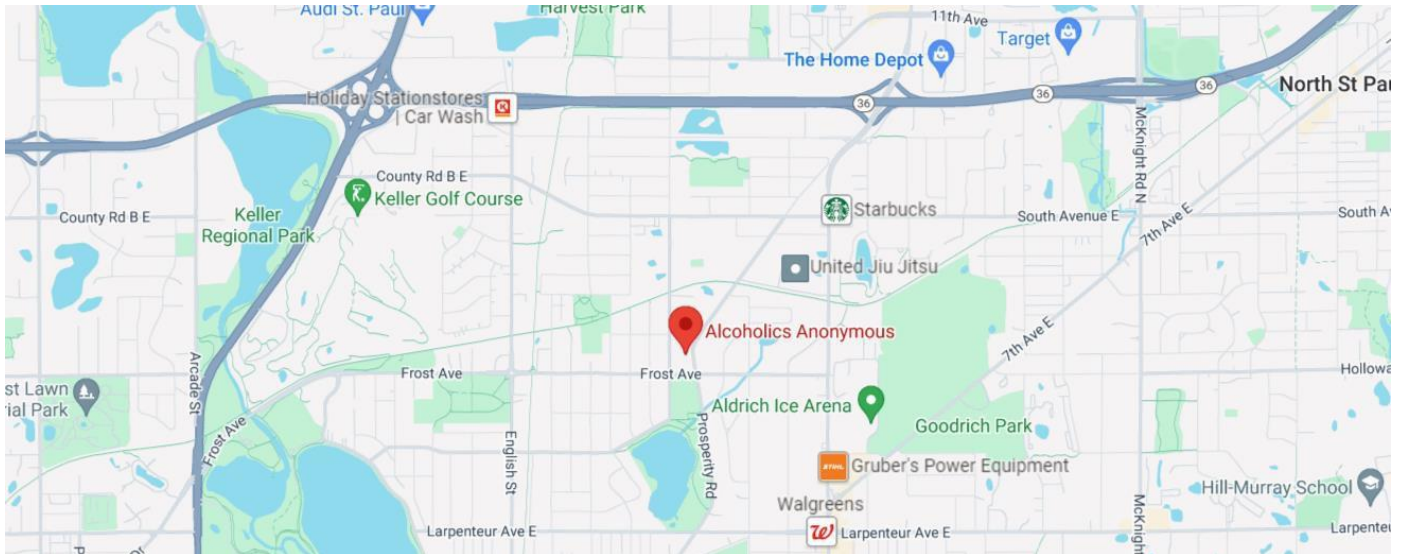
January 16th, 2025

7:30 PM – 9:00 PM

Maplewood Alano

1955 Prosperity Road, Maplewood, MN 55109

Space is Limited, Please Register!



To register, please email:

maplewood4thstep@GMAIL.com

Have Questions or Need Help, Just Call

Andy 651-491-1401 or Denise 651-208-0748

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)



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

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

ST PAUL INTERGROUP

2025

NEW YEAR

Brunch

1 JANUARY, 2025

WEDNESDAY AT 11AM

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FAMILY & FRIENDS OF AA MEMBERS ARE WELCOME TO ATTEND.

St. Paul & Suburban Area Intergroup, Inc.

@SPIntergroup

Feel Free To Visit our online store at :

aaspi.company.site



venmo

You can also donate on our website directly at:

www.aastpaul.org

Office

And Thanks to our many Night Owl volunteers as well.

Volunteers

Hoot Hoot!

Bernie

Lynn E.

If you are intrested in being of Service, please Vist 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 - \$4,892.05
- Faithful Fivers contributed - \$833.00
- Total Contributions - \$7321.12

Hope Church - Monday AA
 New Brighton Alano
 Downtown Alano Squad 50
 Midway Club
 North Dale Group
 No Time Like the Present
 Roseville Wed Night
 Friday Nite 12x12 By The Book
 Sisters of Serenity
 Tuesday Nlght Friends
 Rivertown Big Book - Hastings
 Lake Elmo Thurs Night Group
 Pocketing Our Pride - Mpls
 Most Important Thing Group--Sunday, Roseville

Saturday Morning Serenity Group
 Forest Lake Alano
 Hugo Group
 Wednesday Night Men's 12 x 12
 Hole in the Doughnut Group
 Extravagant Promises AA
 Defogged Men's Group
 Summit Hill
 Hour of Power
 Como Park BB
 Hugo Group
 Cannon Falls Group
 Maplewood Groups
 A Baffled Lot
 Apple Valley Monday AM Women's Mtg.

Thank You So Very Much!



Meeting
Info Calls

36



Speakers
Calls

8



12th Step
Calls

7



Total
Calls
119

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

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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: ____/____/_____
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 Terrific Tenner (\$10.00/month)
 Fantastic Fifteener (\$15.00/month)

3. Choose a Payment Method:

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 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