



STEP 3

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

At this point in my journey through life, I find myself immensely grateful that I got into AA and have maintained my sobriety for a good chunk of time. Active participation as a member of Alcoholics Anonymous has taught me that if I pray for knowledge of God’s will for me and the power to carry it out, there is room for a spiritual experience. In the “Twelve and Twelve” we read that the more we become willing to depend upon a higher power, the more independent we actually are.

My spirit is certainly having an experience! I am experiencing an independence of the spirit that is carrying me through a strange turn of events. You see, I am slowly dying because I have ALS. There is no cure. The thing is, as parts of my body die, it seems inversely proportional to my spirit becoming more alive. This expanding awareness of my spirit is deepening my relationship with my higher power. Though my body is dying, I am not afraid because I know that I am not my body. There is no time like the present to continue to clean up my side of the street and to continue to enlarge my spiritual life and to maintain conscious contact with my higher power.

Most mornings for the past couple of decades, the third step prayer has been part of my morning prayer time. Making the decision on a

daily basis to turn my will and my life over to the care of God has become a daily habit. One of the benefits of early retirement is that I have much more time for prayer and meditation. I have the luxury of quiet moments to listen to my higher power because I am no longer in the hustle and bustle of the world. I continue to do this daily because the payoff is so pleasant: Peace of Mind.

10 years ago, I happened to sit next to a newcomer at my home group. I asked her if she had a sponsor, and she told me that she was supposed to get one. I told her I would be her temporary sponsor and that she wasn’t committed to staying with me, and no hard feelings if she found someone else. I asked her to take my phone number and as she was reaching into her purse, she instantly looked down and told me I would not want to sponsor her. She said to me that she had an incurable brain tumor and was dying.

We worked together for the next seven years until her death. We finished the first 164 pages. She went through all her steps and all her amends and cleaned everything up neat and tidy. We trudged the road of happy destiny together. Who knew that three years after her death, I would find myself diagnosed with a terminal illness?

Living and dying without fear is freedom! Spiritual dependence is really a means of gaining true independence of the spirit, and all it takes is the willingness to make a decision. I am proof that it is possible not only to stay sober, but to be happy joyous and free no matter what.

Lisa L.

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.

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

Website: www.aastpaul.org Online Store: aaspi.company.site E-mail: lifeline@aastpaul.org Phone: (651) 227-5502
Office Hours: Monday, Wednesday - Friday 9:30 to 5:30, Tuesday 11:30 to 7:30, Saturday 10:00 to 2:00 Sunday Closed

STEP 3

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Made a decision to turn our will and our lives over to the care of God as we understood Him. How many decisions do we make on any given day? Probably a lot more than what we realize. I can decide on whether to get out of bed or not. Should I brush my teeth? Eat breakfast? What to wear? It continues from there and never stops all day long. Each decision that I make throughout the day affects my life. Some positive results. Some negative. If I decide to stay in bed and not get up, I run the risk of possibly getting fired from my job and lose the ability to support myself. If I brush my teeth, it will help prevent tooth decay and make it easier to eat my breakfast. By the way, milk or sugar with that coffee? On and on it goes and where it stops - only God knows.

Sounds kind of preposterous doesn't it? God knows whether or not I use cream and sugar in my coffee? Yet this is true if I believe in an all knowing God. Would I be willing to turn my will and my life over to a God that has limitations? What calculations do I make when I decide whether or not to turn myself over to the care of a God of my understanding? You know, let go and let God. Sounds easy doesn't it? In reality it is a hard choice to make. A step into reliance upon an unknown and unseen God seems impractical at first glance. What evidence do I have that God is real and actually is concerned about my wellbeing. There is a disconnect that occurs in our decision process that requires a leap of faith. Believing in something that defies our long held ideas can be a very large impediment to overcome. This is a decision that may come about only because of the desperate situation we find ourselves in. We stood at the turning point. I need help. Maybe, just maybe, this God stuff can work.

When I was in my late fifties I developed a sub-dural hematoma on one side of my head. That is a fancy term that describes a condition where for some reason blood was pooling up between my skull and the lining that protects the brain. This pooling applied pressure that could have resulted in a possible stroke or worse. Luckily it was caught in time and an operation was performed that relieved

the pressure. I have no long term effects thanks to the medical professionals that took care of me. Afterwards I needed to pass a physical so I could return to work. During the exam, the doctor noticed something unusual in my abdominal area. He asked me, "What is that?" I replied, "Don't you know, you're the doctor?" He scheduled an ultra-sound that found multiple cysts on my kidneys and I was diagnosed with poly-cystic kidney disease. I have had this condition for many years and I was totally unaware that I had it. If it wasn't for the blood pooling up in my head, my kidney diagnosis would have continued to be undiscovered and unchecked.

I started to see a Nephrologist, a fancy name for a kidney doctor. He ran some tests, reviewed them and prescribed certain medications and dietary suggestions to help slow down the disease. I had a choice. I could put myself under the doctor's care and follow his instructions, or not. If I followed them, that choice would probably prolong my life. If not, well you get the idea. This is similar to the decision that we make in Step Three. We turn our will and our lives over to the care of God. An all knowing God. We get a daily reprieve from our addictions. An all knowing God sees the future. We do not. Do I have enough faith to trust that God will take care of me not only today, but for the rest of my life? God knew that I had kidney disease. He allowed circumstances to occur that made sure that I got the help that I needed. Just a coincidence? Or perhaps divine intervention.

At what point in your daily routine do you make a conscious decision to turn your will and your life over to the care of God? I hope that it's early in the day! By the way do you thank Him at the end of each day for watching over you? How do we recognize and respond to God's care? How do we take his care from the theoretical to practical application? The Twelve Steps require action on our part. God wants us to acknowledge and deal with our defects of character. We take responsibility for past actions and make the appropriate amends. We take personal and moral inventories that help us to change our behaviours. The care of God really comes through when we make conscious contact in prayer and meditation. God, the doctor, points us towards the principles that we practice in all of our affairs. Sobriety is a journey that is made one day at a time. We are not alone on this journey. An all knowing and loving God is there with us each and every day taking care of us. That is if I will let him.
Bernie W.

Tradition 3

“The only requirement for AA membership is a desire to stop drinking.”

I used to share at meetings that I worked in a heavy drinking job. I was a journalist. I stopped saying it when I heard a man say, “I work in a heavy drinking trade—I’m an undertaker.” I realized then that alcoholics tend to work in heavy drinking jobs. I didn’t have half a pint of beer or a gin and tonic to relax after a hard day and then catch the train home to wife and family. Once in the pub I was there till closing time.

My first AA sponsor was a self-employed building plasterer who left school at 15. My second sponsor was a milkman. My current sponsor is a retired surgeon. One of my dearest AA friends is a Catholic priest; I’m a Quaker and an agnostic. I have a precious memory of saying the Serenity Prayer with him while crossing the Sea of Galilee on a boat full of pilgrims to the Holy Land, though my understanding of the word God was nothing like his. “We are people who normally would not mix.”

Oh, I’d have mixed with you all right in some sordid bar where I hoped to find understanding companionship and approval. Momentarily I did, but it was the camaraderie of the condemned. In AA we learn that we must hang together—or hang separately; that we live under a suspended death sentence, with only a daily reprieve from a fatal condition. That’s the incentive and discipline that bind us together.

In Al-Anon I’ve heard, “You might not like us all, but you will come to love us each in a very special way.” There’s a story about an AA member washed up alone on a tiny desert island. Years later he is spotted from a passing liner and a lifeboat is sent to rescue him. One of the sailors greets him and says, “Why have you built those two huts on either end of your island?” The AA member, pointing, says, “That one is my home group—the other one is the meeting I don’t go to.” Our cofounder Bill W. once wrote, “AA will always have its traditionalists, fundamentalists and

its relativists...” And in a July 1946 Grapevine article, he wrote, “So long as there is the slightest interest in sobriety, the most unmoral, the most anti-social, the most critical alcoholic may gather about him a few kindred spirits and announce to us that a new Alcoholics Anonymous group has been formed. Anti-God, anti-medicine, anti-our recovery program, even anti-each other—these rampant individuals are still an AA group if they think so.”

The long form of our Third Tradition states, “Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation.” The directory of AA groups in Great Britain and continental Europe lists so many types of groups, but states that they are “listed on the understanding that they are non-restrictive.” No group can turn away anyone with a drinking problem—or insist on any conditions for attending, such as telling a newcomer they must find God, get a sponsor or practice the Steps. AA’s many resources are freely available for anyone to use—but there are no instructions, no “you musts.” There’s room for us all in AA; the only requirement for membership is a desire to stop drinking.

Of course, I have my share of heartaches and disappointments. I’m not excused life’s “slings and arrows” just because I’m sober. Happy, joyous and free 24/7/365? What an infantile delusion! As an active alcoholic I knew loneliness such as few do. In AA I found release from care, boredom and worry. Life did mean something at last. I’ve enjoyed the most satisfactory years of my existence and made lifelong friends in a Fellowship. We have escaped disaster together.

-Anonymous, Essex (AA Grapevine ,March 2022)

Minnetonka Big Book Study Group
of
Alcoholics Anonymous
presents its

31st Annual Serenity Breakfast
Sunday, May 18, 2025

at the Minnetonka Community Center
14600 Minnetonka Blvd ~ Minnetonka, MN 55345



Guest AA Speaker
Paul G. from Brecksville, OH
Speaker Meeting: 10:30 am to Noon
Breakfast: 8:30 am to 10:25 am



Only \$15.00 in advance ~ \$20.00 at the door
(Speaker only = Seventh Tradition)

THOUGHTS FROM THE BOARD

CONCEPT 3

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional 'Right of Decision.'"

This concept highlights how each trusted servant has the right "to decide... how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises." I love this concept, it reminds me that we "trust our trusted servants." We don't need to hash out specific details or micromanage how things are going to be done. The group gives the trusted servant space and time to make decisions and act accordingly, as their Higher Power speaks through them. I am reminded that there is no room for fear or ego in service. I should not fear that the right thing will not happen, as I have Step 3 and Tradition 2 to remind me of that. I also do not know what is best, and my ego should be pushed aside for those very same reasons; our higher power speaks through the group. As an entity, we decide who our trusted servants will be, and in that, we are giving them the Right of Decision when they are acting on behalf of themselves or the group.

One of the most beautiful things I have learned in A.A. is how to have confidence in myself, my beliefs, and who I am. This has only happened through Step work and learn-

ing how to apply the traditions. I have learned, and continue to learn, how to have a relationship with God that works for me. In that, I have more confidence in the decisions I am making, in service and otherwise. I lived in fear for a long time that I would let people down or that I am "wrong." Drinking took that away for me, so when I got sober, all of those inner fears were revealed. Through sponsorship, I learned that my relationship with God can be whatever I want it to be. I learned how to rely on that God of my understanding, and build a faith that I am, and will be, taken care of. The traditions, specifically Tradition 4, taught me how to not take myself so seriously, and that we all have a right to be wrong. Steps 5-9 taught me how to have compassion for others, how to look at myself, and how to clean my side of the street. These valuable lessons have molded my ideals and framed how to be a humble servant in this program. With that, I am happy to have a Right to Decision today, and give that gift to all who help us keep this program going strong.

Brittani Guzzetta

Intergroup Board Treasurer



"Rigorous honesty... rigorous honesty... rigorous honesty..."

Office Update

I'm sure many of you are curious about the move of the office. We are currently looking for space available for some time in May or June. The current building that we are located in was under contract to be sold at the beginning of this year and the building has yet to be sold. This means that the time frame for us to leave has changed and we are in no rush.

If the building is not sold we will continue to look at available options in the St. Paul area to move closer to a larger population of meetings and members of AA. Please stay tuned in with the office, Rep and Board meeting every third Tuesday of the month to have more up to date information.

The office always has service opportunities available. Currently we are looking for more volunteers to join our outreach committee.

Outreach Committee is where members of AA go to meetings and groups in the St. Paul and Suburban area to let members of AA know about St. Paul Intergroup and it's services.

The committee meets every 2nd Thursday of the month at 5pm via zoom to talk about plans of action.

Everyone is welcome and there is no sobriety requirement.

You can find the link on our website at www.aastpaul.org.



2025

**GOPHER STATE L
MAY 23RD - 25TH**

JOIN US AS WE CELEBRATE

50

Years!

DOUBLETREE HOTEL • BLOOMINGTON, MN

Hospitality Suites are a great opportunity for fellowship and service at Gopher State!

If your group is interested in hosting a hospitality suite, please fill out the Hospitality Suite Inquiry Form.

Don't forget, groups can co-host a suite and split the cost and commitment.



<http://tiny.cc/gopherstatehospitality>

If your group had a suite last year someone from the Hospitality Suite Committee will be reaching out to you

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

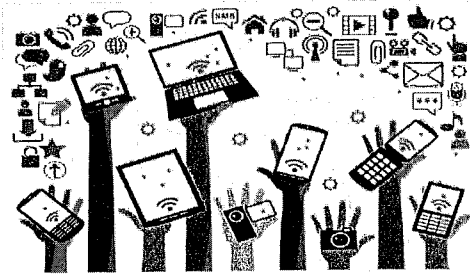
THE PINK CAN PLAN COLLECTS FUNDS TO PURCHASE AA LITERATURE FOR ALCOHOLICS IN CORRECTIONS FACILITIES IN SOUTHERN MINNESOTA.

MAIL CONTRIBUTIONS TO:

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



Visit the
NIA20
Webpage



Join the
Zoom
Meeting



PLAIN LANGUAGE BIG BOOK STUDY GROUP

sponsored by the

NIA20 ACCESSIBILITIES COMMITTEE

Sunday nights at 7:00pm (CT)
starting February 16, 2025

Join us on Sunday nights for a weekly meeting where we will read and study the new Plain Language Big Book. This will be an ongoing meeting to get through the whole book.

Zoom Meeting ID: 834 1687 9125 Passcode: access
Questions? Contact Chris E. – NIA20 Access. Comm. Chair
847-847-8319 or accessibilities@aa-nia.org

Accessibilities Committees explore, develop, and offer resources to alcoholics with significant barriers to receiving the A.A. message and to participating in our program of recovery. We want A.A. to be available to all alcoholics who reach out for it.

DISTRICT SERVICE MEETINGS

2025 INTERGROUP BOARD OF DIRECTORS

District 8 (Ramsey Co.)
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.)
2nd Wed., 7:00 PM
dist19@area36.org
Email: dist19@area36.org (for Zoom info)

Advisor to the Board: Kelly K.
Board Chair: Ricardo G
Alt. Board Chair: Alex S.
Treasurer: Brittani G.
Alt. Treasurer: Donald H.
Secretary: Andrew A.
Members at Large:
Emily M.
Brandon H.
Heather R.
Alex L.
Office Manager: Jacob F.
Webservant: Jonathan L.

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



Hampshire Grenadiers

Big Book AA meeting at the

Minneapolis VA Medical Center

New Time and Date!

Tuesdays at 5:30 pm

in the Flag Atrium Auditorium

next to the Chapel

One Veterans Drive, Minneapolis, MN 55417

Alcoholism doesn't care about your veteran status and neither do we.
You do not have to be a veteran to attend this meeting.

This is a closed, mixed meeting of Alcoholics Anonymous. In support of A.A.'s singleness of purpose, attendance at closed meetings is limited to persons who have a desire to stop drinking. Mixed meetings are for any gender.

The AA Preamble states, "A.A. is not allied with any sect, denomination, politics, organization or institution." The Veterans Administration has no affiliation with Alcoholics Anonymous. They simply provide a space for us to hold meetings.

If you would like to financially contribute to St. Paul, this QR code will bring you to the St. Paul Intergroup website contribution page.



There are other ways to contribute to St. Paul intergroup as well and you can find those on our website or at the office in person.

Office

Volunteers

Bernie

And Thanks to our many Night Owl volunteers as well.

Lynn E.

Hoot Hoot!

Frank D.

Mike

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

Thanks to your all!

The following groups, members and Faithful Fiver members made the service of intergroup possible last month:

Thank You So Very Much!

- 25 A.A. Groups contributed - \$9,469.23
- Faithful Fivers contributed - \$1,155.00
- Total Contributions - \$10,822.03

11 W. Bernard Group	Grapevine Group
A Baffled Lot	Grupo Una Luz En El Camino
A New Light	Hampden Park Group
Apple Valley Monday BB	Hastings Club
Coffee Shop group	Hole in the Doughnut Group
Como Park BB	Hope Church - Monday AA
CRC Friends of Bill W.	Mahtomedi Tuesday Step
District 27	Maplewood Groups
Dresser Group	Mendota 1030 AA Group
Elements Group	Midway Club
Forest Lake Alano	Midway Club
Freedom Friday	New Brighton BB
Friday Nite 12x12 By The Book	No Time Like the Present
Friends in Recovery	North Dale Group
Gloria Dei AA	North Hamline
	Oakdale Canvas Health Monday

Old Timers
OMD
Osceola Group
Pocketing Our Pride - Mpls
Rivertown Big Book - Hastings
Rosemount Alano
Roseville Wed Night
Saturday AA Afton
Saturday Morning Womens Group
Shoreview 12 x 12
St. Joes Monday Night - Stillwater
Stepsisters of Northfield Group
Steven A Schletty
Stillwater Rivertown BB Group Sun PM
Summit Hill
Third Edition Group



Meeting
Info Calls

47



12th Step
Calls

6



Speakers
Calls

10



Total
Calls
126

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

Change Service Requested

Non-Profit
Organization
U.S. Postage

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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