



STEP 4

“Made a searching and Fearless Inventory”

I remember feeling afraid as a kid and thinking that I was a coward--that the mere presence of fear in my life made me a coward. I did not know that one of the definitions of courage was the ability to do the right thing in spite of fear. One particular word in the Fourth Step that I had difficulty with, therefore, was the word “fearless.” “Fearless” does not necessarily imply the absence of fear. Fearless means “with courage.”

What stops many of us from doing the Fourth Step is fear and pride, and that is certainly what stopped me. In addition, I wanted to be sure I did it perfectly. I didn’t know that perfectionism is a character defect; it is in itself an imperfection.

I believe that if I had not tackled the inventory when I did, the guilt could very likely have killed me; and it wouldn’t have been God who was punishing me either. I would have done the job myself. We are not punished for our sins, we are punished by our sins.

In looking over the inventory with the aid

of my sponsor I saw that I had uncovered a lot of fear and resentment. I believe that resentment destroys cells within my body. I learned in a biology class that body cells are constantly dying off and being replenished. What the class did not teach was that under negative conditions such as fear, anger, jealousy, hatred, and resentment the cells die at a much more rapid rate than when we are feeling love.

My Fourth Step also showed me that I had an acid tongue--committing murder by character assassination. In my recovery I am sometimes able to pause before speaking long enough to ask three questions: “Is it true?” “Is it kind?” “Is it necessary?” I could reduce all three to one question: “Before I say it--would I want it said to me?”

Prior to the Steps I had isolated myself from God and man. People are lonely because they build walls instead of bridges.

Many, many times while jogging I have repeated over and over, “I am beautiful, capable, and lovable.” I needed this repetition in order to improve my self-image.

By: ED H. I Brentwood, New York

From the April 1991 Grapevine

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

Keeping Our Directory Strong: Monthly Outreach Meeting

Making a Difference, One Meeting at a Time

What is this?

Keeping our AA meeting directories accurate matters. Join us via Zoom every second Thursday at 5:00 PM to help visit and verify local meetings. Open to all AA members who can visit meetings in the St. Paul area.

More About Group Outreach

Our committee serves a vital role in maintaining reliable meeting information for the AA community. Members visit groups that may not currently have an Intergroup representative or financial connection to Intergroup. These visits help verify meeting details like location, format, and accessibility, while also sharing information about Intergroup services and inviting groups to participate in our monthly Intergroup Council meetings. We prioritize visiting groups marked as Missing-in-Action (MIA) and work to reach every meeting in our directory. Whether you can visit one meeting or many, your help makes a difference in keeping our community connected. The Saint Paul Intergroup thanks you for your service.

Additional information:

Join via: Zoom Only
Phone in: +1 (312) 626-6799
Meeting ID: 848 9449 9621
Password: 108616
Date: Second Thursday of Each month
Time: 5:00PM



Tradition 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

When a group treasurer discovered a financial predicament, the members stepped up with a plan

A while back, our group's treasurer passed away and the status of our group's finances was unknown. The first order of business after his death was to audit our group's account.

The audit revealed that the Seventh Tradition basket contributions were not covering the group's expenses. Turns out, our former treasurer had been keeping our group afloat with his own out-of-pocket contributions. Without his contributions, our group's bank balance now began to rapidly decrease. Contributions to AA service entities were immediately stopped.

Our group's three-year lease on our meeting space was soon coming to an end. As the new treasurer, I wasn't willing to sign a three-year lease. Our bank balance was decreasing at a rate that would zero-out in about nine months. So I negotiated a six-month lease in the interim. We now have a month-to-month lease.

We found that the biggest drain to our expenses was coffee, coffee creamer and sugar. Also, meeting attendance was declining, mostly because of the disruption caused by those who were coming into our meetings looking only for a restroom or a free cup of coffee.

At our monthly business meeting, the group decided to stop serving coffee. Shortly after that business meeting, the rumor spread around town, via social media, that our group had closed its doors. There is an old saying that goes: A lie can travel halfway around the world before the truth can put its socks on. This misinformation about our group lingers still

today.

A few weeks later, our group decided to resume serving coffee, but also decided that we would no longer buy coffee, sugar or coffee creamer. Group members were free to contribute these items on their own. The group would continue to buy coffee cups and other group supplies.

Fortunately, our group's financial situation began to turn around. Membership slowly increased. Coffee and coffee supplies continued to be available through voluntary contributions. The group was able to resume making monthly contributions to GSO, our area and district, and to our Central Office. We were also able to buy new books for our book studies. Other groups in town took notice. One group even put out a special can for coffee contributions, telling its members that the group's Seventh Tradition basket contributions would not be used for coffee expenses.

Other groups around town are beginning to realize that coffee expenses are keeping them from supporting GSO and other AA service entities. Many members now bring their own coffee or bottled water to meetings.

The Fourth Tradition cautions against doing things that would harm other groups or AA as a whole. Wasteful use of Seventh Tradition funds could be considered harm to other groups or AA as a whole, if such waste means that local, area and world services are not financially supported.

It's been nearly two years since our group took what was considered drastic and unheard of action regarding coffee at our meetings. I am happy to report that our meeting attendance has increased and we've maintained a healthy checking account balance. It's our wish that our experience will inspire other groups to look at their overall expenses and decide if they can find new ways to support AA and help carry the message of AA to those who have yet to find their way to our doors.

By: Woody R. | Stockton, California

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

SPONSORSHIP

When I first started AA, I was filled with uncertainty and fear. I had no idea how to proceed through these 12 steps that everyone said were so important and I really struggled to build connections with others. I was introduced to the concept of having a sponsor. It took me some time to find the right person and I've had several sponsors along the way. Each one has helped me on the path to recovery. I was reminded that others have gone through the same feelings and experiences that I have. As I suffer from Terminal Uniqueness (the idea that no one else can understand everything I've gone through), this has been a necessary and humbling experience.

Having a sponsor has allowed me a path through recovery. For me, recovery is more than not drinking. In recovery I have become increasingly comfortable with myself and my place in the world. My sponsors have provided personalized support that I've needed. When I've faced moments of temptation and self-doubt, knowing that I could reach out to someone who has faced similar struggles was incredibly comforting and necessary. My sponsors have helped me work the 12 steps, offering insights and wisdom making the process less overwhelming. I've felt guided every step of the way.

My sponsors have also served as role models for me. Watching someone maintain their sobriety through the ups and downs has instilled a sense of hope for me. My sponsors' journeys showed me that the road to recovery is not a solitary path, but one that should be

travelled with support and camaraderie. It is a reminder that the opposite of addiction is not sobriety but connection.

We need to have connections with others to maintain our recovery journeys.

Being a sponsor has also been a profound experience for me. It has been another reminder that I am not alone in my experiences and feelings. Guiding someone else through the steps has not only reinforced my own commitment to sobriety but has also deepened my understanding of the struggles we face. It is a humbling experience to share my story, listen to another's, and celebrate their victories. Sponsorship has created a sense of community and taught me ways to engage in deeper connections with others.

Being a part of the sponsor-sponsee relationship is mutually beneficial. While I have gained support and guidance, I have also experienced personal growth and strengthened a commitment to my own recovery by being a sponsor. This has enriched my understanding of community and the importance of supporting one another in our journeys. It is important to remember that the first word of the first step is "We". No one can recover alone.

-Heather R.

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 currently located in was under contract to be sold but the contract was canceled.

Currently it has been difficult to find a space that is suitable for St. Paul Intergroup and its needs. We are asking on the groups what they would like to do. As the current office manager I am asking the groups to continue our stay here in West St. Paul for at least another 3 years as it seems to be a complex time to try to move our office.

Important: Group Outreach

The office is struggling to find people willing to serve for group outreach. 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 its services.

What makes group outreach so important, you may ask?

First, that we go to the meetings in our directory to make sure that a meeting is still there and that if it is there, it has clear instructions on how to find the meeting.

Second, that the meeting is in fact an AA meeting and is not asking its members for payment or has any religious or other affiliations, or violates the 12 traditions in any other way.

Lastly, that the groups know of St. Paul intergroup and the services that it provides and has an opportunity to share its voice at intergroup.

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.

One more thing: We will soon be making easier to become a faithful fiver! Stay Tuned!

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



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

REGISTER NOW!

International Women's Conference
Des Moines, Iowa
February 12-15, 2026
Community Choice Convention Center

A limited number of in-person registrations are available. It will sell out soon!



Scan to register for in person or online!



internationalwomensconference.org

DISTRICT SERVICE MEETINGS

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 Weds. Of the Month -7pm to 8:30pm
Eagan Community Center
1501 Central Pkwy
Saint Paul, MN, 55121
Lone Oak Room
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

2025 INTERGROUP BOARD OF DIRECTORS

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

St Paul Intergroup's Annual

Spring Fling Celebration

www.aastpaul.org

Where: Lutheran Church of the Redeemer
285 Dale St N
Saint Paul, MN 55103

When: April 26th, 2025

Time: 4:00 PM-Food, Fellowship, Games,
Cake Walk and Raffle

7:00 PM-Open Speaker
Meeting & Sobriety
Countdown



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 intrested in being of Service, please Vist 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:

- 25 A.A. Groups contributed - \$2,974.69
- Faithful Fivers contributed - \$2,919.00
- Total Contributions - \$5,893.69

Hope Church - Monday AA
Forest Lake Alano
Fairmont BB Study Saturday
Sisters of Serenity
Saturday Morning Womens Group
Pages of Wisdom
Woodbury Primary Purpose
Saturday Morning AA - Lindstrom
Highland Park Groups
Midway Club
MNYPAA
Wednesday Night Men's 12 x 12

Steps to Freedom
Gratitude in Action - Mahtomedi
Pocketing Our Pride - Mpls
Una Luz en el Camino
Shoreview 12 x 12

Thank You So Very Much!



Meeting
Info Calls

47



Speakers
Calls

10



12th Step
Calls

6



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

PAID

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 Fifteneers \$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 Fifteneer (\$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