



STEP 7

“Humbly asked Him to remove our shortcomings.”

When I sobered up this last time, my original sponsor coached me on the Seventh Step. He and other members of my home group talked about doing favors, helping others and not getting caught. We were told that doing the right thing and not taking or getting credit for it was good practice toward humility, a key feature of the Step.

Though not stated this way in the Big Book, we talked about character defects being about those things we do that we shouldn't do. And Step Seven is about doing those things we should be doing but are not. For me, cheating, stealing and lying are behaviors I need to give up. Arriving at work on time, giving my employer a day's work for a day's pay, coming home for dinner instead of going to the bar, providing love and comfort to my family—all these and others are the actions I truly need to attend to. My more religious friends might call these things sins of commission or sins of omission. Either way, it became clear to me that I needed to focus on these markers of my character.

My great-grandsponsor told us that AA is a way of life in which drinking alcohol is no longer necessary. If I embrace this way of life and do the work, the alcohol problem will simply be lifted, as is

promised in the Tenth Step.

Early in sobriety, I decided to go back to school. The classes I took were held at night, starting at about 5:30 P.M. This meant that I had to park near the campus by 5:15 or so to get to class on time. One day, I parked in a metered spot. The meter's sign said it needed to be fed until 6:00 P.M.; after that time, the spot was free. My glove box contained ignored parking tickets and other traffic summonses. I figured, What does one more mean, one way or the other? and started off down the sidewalk to class. After taking several steps, I stopped. I thought about what my sponsor had been trying to teach me about the Seventh Step. I don't know what got into me, but I went back and put enough money in the meter to get me through to 6:00 P.M.

As I walked away, an odd new sensation went through me. I felt strangely empowered with an unfamiliar inner peace. My new sense of myself was that I could be someone who does his duty, one who is a contributing member of society. I stood there and chuckled to myself. For a few cents I got to feel this good? What a deal.

That was a beginning for me in using Step Seven to improve my life. Over the years, I have added lots of little actions that no one would notice, actions I don't get credit for. I look for opportunities to simply make the world slightly better—picking up after myself, letting people pull in to the traffic lane. These seemingly trivial acts calm me, give me the feeling that I'm adding back rather than selfishly taking, as I did during my drinking years. It's a good

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

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Office Hours: Monday, Wednesday - Friday 9:30 to 5:30, Tuesday 11:30 to 7:30, Saturday 10:00 to 2:00 Sunday Closed

feeling, one that adds little sparks of joy to my day.

This Seventh Step work brought me to a dramatic turning point in my attitude. A friend and I were having lunch at a café with outdoor seating. Our table adjoined a busy street that was under construction. There were four lanes, two going in each direction, with concrete barriers separating the opposing lanes. An elderly lady driver turned the wrong way into two lanes where heavy city traffic was coming at her head-on. There was much honking and blinking of headlights from the oncoming cars. She was petrified and froze, her hands gripping the wheel. She stopped her car, blocking both lanes.

My friend and I looked up from our lunches, slightly amused by the spectacle. Suddenly from an adjoining table, a beautiful young woman, dressed fashionably in a business suit, stood, kicked off her high heels and vaulted over the curbside barrier. She held out both hands to halt the traffic. She turned to the paralyzed lady and helped her perform a series of turns that got her headed out of trouble. With the lady on her way, the woman turned, waved the traffic on, vaulted back over the barrier and resumed eating her salad.

To this day, I envy that young woman. I want what she has. I want that instinct to stand up and help. I want that “inspiration, an intuitive thought or a decision” that’s promised in our Big Book. I want my service to others to be so instinctive that I can respond like that woman did when the opportunity comes.

The Big Book says that our purpose in doing this work is to “fit ourselves to be of maximum service to God and the people about us.” Practicing the Seventh Step the way I was taught may someday bring me to her admirable level.

TRADITION 7

“EVERY A.A. GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.”

Here’s a little background. I’m 46 years old with 26 years of sobriety. I got sober in August of 1993, right before my 20th birthday.

When I came into AA, I was a hot mess, to say the least. I was prone to depression and anxiety, fresh off of booze and pain killers, and I had thoughts of suicide. But I was unaware of any of this. If you asked me how I was doing at the time—and all the old geezers used to love asking me that—I’d say, “I’m OK. I just need a job and some money. Other than that, I’m OK.” The scary thing is that I believed every word of it.

As far as I understood my situation at the time, the need for money and a job was all that was really wrong with me. I grew up in a blue-collar neighborhood where making sure you had money in your pocket and the bills paid were the beginning, middle and end of most all concerns.

I knew absolutely nothing about alcoholism, or even reality. I spent years deep in my head rewriting my own narrative every five minutes depending on how I felt at the time. The Big Book says that the alcoholic “...cannot after a time differentiate the true from the false.” Yup, if I’ve learned anything these past 26 years, it’s that I’m only as honest as I can be, depending on where I am spiritually at that time.

As warped as I was when I came in, claiming that my only problem was that I was broke and needed a job was in fact the truth. I was telling the truth as I understood it. I can see the insanity of my situation now, but I couldn’t see it then.

So what changed? Well, what changed was several years of working the Steps and eventually getting involved with service, particularly outside the group level. And this meant learning about the Traditions.

A friend of mine early on used to say to me, “You don’t know what you don’t know.” I think of this a lot when it comes to the Seventh Tradition.

I had the great privilege of serving as treasurer of the New York Intergroup several years back. This was right after the 2008 financial crisis and everyone was worried about money.

When I came into my position, the prudent reserve was significantly lower and group contributions were a bit wonky. The financial crisis certainly had a hand in this, but the issues around contributions existed before that. A large percentage of AA groups do not contribute financially to the AA service structure. For example, there were more than 1,100 AA groups and meetings in New York City at the time of my commitment. Of those, approximately 46 percent contributed financially. I discovered things that not only affected our area, but AA around the country.

My home group was in that 46 percent and it was also heavily involved with service. With this in mind, I was initially irritated to discover such a large number of groups don't contribute funds to Intergroup, GSO and other services. But I later discovered that the members in the groups who chose not to contribute often didn't even know that they should. In fact, I learned that many groups in our area had no idea there was an Intergroup or an AA World Services, let alone that these entities serve them and are supported largely by group contributions. My friend's statement came to mind: "You don't know what you don't know."

So we began to put a lot of effort into informing AA groups in our area about our Seventh Tradition. We spoke at assemblies and other functions about Intergroup's financial status, what Intergroup did, where the money goes and how groups could help by contributing leftover funds after their expenses.

We knew that some groups don't contribute simply because they can't. They struggle just to stay afloat, but do great service for alcoholics who attend their meetings. Our efforts were not directed toward those who could not contribute, but to those who weren't aware that the service structure needed their help.

What we discovered was that once groups became aware of the service structure and the importance of contributing, they enthusiastically got on board. This didn't solve all of the contribution issues, but it certainly helped.

Another recovery program talks a lot about "vagueness" around money and how it can cause a lot of fear and confusion in one's personal finances. Despite my blue-collar mindset (always working and making sure money is coming in), I had a lot of

vagueness around money. I never really knew what my own personal financial situation was. I took care of what was right in front of me. I didn't pay much attention to the bigger picture. This caused me to have a warped perception of my financial situation and, therefore, a lot of fear.

Once I began to learn more and "take inventory" of my behavior around money, I was empowered and less fearful. As they say, when we know better, we do better. This same principle applies to AA as a whole. Why are we so afraid to talk about money in AA? We take personal inventories and group inventories, so why not financial inventories?

"We need you more than we need your money," is often said as the basket goes around a meeting. I think we do AA a disservice with this statement. We need you and your money, and I would encourage all of us to explain why. It may also be helpful to suggest, as we did in the Seventh Tradition cards we printed for groups, that people contribute \$2 (or more) if they can. We are not making demands on people, but asking those who are able to contribute to make a reasonable contribution.

Our Seventh Tradition states, "Every A.A. group ought to be fully self-supporting, declining outside contributions." When I put a dollar or two (or more) in the basket, it's not because AA is some money-grubbing cult. It's the program that saved my life and I get to do my small part in helping keep this program going. It's not a financial burden placed on me, but rather an act of self-esteem.

SAINT PAUL INTERGROUP
ICE CREAM SOCIAL
AND LONG TIMERS
RECOGNITION

Fun
For
Family
&
Friends



Melissa D.

Tony L.

Emily S.

SATURDAY, JULY 26TH

3 to 5 pm

THE RECOVERY CHURCH

253 STATE STREET SOUTH

SAINT PAUL, MN 55107

Three Long Timer Speakers

Concepts

Our little home group, South Golden Beach, just north of Byron Bay here in Australia, has been studying the Concepts once a month. Some of us had a growing need to further understand our service structure and be well-educated in our literature to enable us to perform our primary purpose.

Older members had encouraged our district to embrace this idea, and the general conscience of our district was keen to do this. We are a young district and are supported by our northern neighbors, the Gold Coast District. An older member generously donated a Concepts banner and a load of literature to our district to encourage us to start a meeting.

My home group members were a little overwhelmed by the idea of having a Concepts meeting. We are a Daily Reflections meeting and we meet at 9 a.m. Saturday mornings. We have a good mix of newcomers in early sobriety and members with time, usually ranging from 15 to 30 in attendance. Some thought, This is a great meeting, why change it?

As a group, it was decided we would start our monthly Concepts meeting with the Daily Reflections reading, followed by shares relating to that. Then halfway through the hour, after reading “How It Works,” we’d have a guest speaker share on a Concept.

So far, it’s been wonderful. Each speaker has shared their experience on a Concept, which helps give a fabulous overall view of our service structure and how it works. It’s been a huge success, an opportunity for all of us to learn and grow.

Many members have been surprised at how they are already implementing the Concepts, both in their service work and in their daily lives. The meeting has also helped bring the Steps, Traditions and Concepts together for us. We now get to see the bigger picture of how AA works as we learn more about our upside-down triangle.

By: Kerry R. | Pottsville

Office News

The office is currently down in contributions and sales. Many of our long timers say that this is a common occurrence with St. Paul Intergroup and that we always pull through at the end of the year. Currently our Sales and Contributions are down around \$10,000 from last year. We are currently operating in the negative. If this trend continues we will finish the year in the red.

We have done our best to reduce costs, on average, month to month we are down on spending for 5% from last year. We are also currently going to sign a new printer rental for a much more affordable price which will reduce costs even further. Part of this reduction in sales and contributions is that we alternate sales at gopher state between Minneapolis intergroup and St. Paul intergroup which is very helpful on years when we do have the opportunity.

At our recent board meeting we asked the groups with attending reps to float the idea to their groups about passing an extra basket or coming by to pick up some literature for the new comer at our office.

We are also working on getting more committees and activities set up. So please stay tuned for that.

If you or any of your groups have any suggestions on how to better serve the St. Paul and Sub-urban area, please feel free to reach out.

HOOTS! May 2025

Thanks to all the faithful Night Owl volunteers who helped to answer the phones this past month – Great Job! We currently have only one open shift:

1st Saturday 9am-2pm Starting in July. If you are interested in this shift, please send an e-mail at nightowl@aastpaul.org

We would also like to hear from you if:

Your group has a new Nightowl coordinator - we need their name, email, and phone number

You want to be added to the nightowl volunteer waiting list

You have a night owl story that you want to share

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

BURGER NIGHT

Every Saturday
5:00 pm - 7:00 pm

Speaker at 7:30 pm

*2nd Saturday - Pin night
& raffle*

**DOWNTOWN ALANO
SOCIETY OF ST. PAUL**
520 Robert Street
Saint Paul, MN 55106



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



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: Don 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

THE 65TH ICYPAA

INTERNATIONAL CONFERENCE OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

M I N N E A P O L I S

WELCOMES YOU TO:

**A NEW AND
WONDERFUL
WORLD**

PRE-REGISTER



**AUGUST 28TH-31ST, 2025
HILTON MINNEAPOLIS**

HOTEL ROOMS



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

Lynn E.

And Thanks to our many Night Owl volunteers as well.

Frank D.

Hoot Hoot!

Mike

Matt

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 - \$2,215.51
- Faithful Fivers contributed - \$535.00
- Total Contributions - \$4,479.02

Forest Lake Alano
 Hope Church - Monday AA
 Tuesday Household of Faith
 New Brighton BB
 Saturday Morning Serenity Group
 No Time Like the Present
 Wednesday Night Men's 12 x 12
 St. Paul Sun Night Speaker Meeting
 Saturday Morning Womens Group
 The Point Is

Thank You So Very Much!



Meeting
Info Calls

47



Speakers
Calls

10



12th Step
Calls

6



Total
Calls
126

St. Paul & Suburban Area Intergroup
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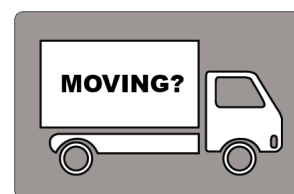
Change Service Requested

Non-Profit
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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 *Terrific Tennes* (\$10.00/month), *Fantastic Fifteneers* (\$15.00/month), or *Thoughtful Thirtiers* (\$30.00).

1. Contact Information:

Name: _____
Address: _____
City: _____ State: _____ ZIP: _____
Phone: _____
Email: _____

2. Amount & Frequency:

Amount \$ _____
Frequency: (check one)
☐ Monthly ☐ Quarterly ☐ Bi-Annually ☐ Annually
Start on: _____/_____/_____
☐ Terrific Tenner (\$10.00/month)
☐ Fantastic Fifteneer (\$15.00/month)
☐ Thoughtful Thirtiers (\$30.00/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