



## STEP 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

### **How do we find forgiveness when it seems nearly impossible? One member reaches out for help**

What happens when I don't owe an amend because I haven't wronged the other person? They were the one who wronged me. How do I forgive?

In AA, when I get hurt I can talk to my sponsor and my sober sisters to feel better. They know me and direct me accordingly. I will usually write about it and then talk about it some more, and then pray. I take actions so my character defects don't act out. I can take things too far and then my side of the street gets muddy. I hate having to make amends because I couldn't keep my mouth shut.

I've learned to do the work first, pause, pray and do the Steps, so when I approach someone to make an amend, I'm coming from a spiritual place. It can be exhausting.

Not long ago, I had a very tricky situation come up in AA. I was at my home group, and I looked up to see the man who had raped me in the last days of my drinking. He was a newcomer. I was stunned. I immediately went over to a woman and asked her to be my safe person. We went to a safe place, and I told her what had happened.

God was working in my life, because she told me the very same thing had happened to her. She had the experience, strength and hope that I needed right then. What are the odds of that happening? I didn't know this woman all that well and I don't know why I made her my safe person other than there must have been a power greater than myself guiding me. After talking to her, I gathered some of my sober sisters and we went over to one of their homes nearby. I was not alone.

The next few days, I prayed a lot. I talked to my sponsor and we came up with a solution that felt safe, but ultimately she said it was my decision. I'm not going to get into what happened or why this was the best course of action. You will just have to believe me when I say this was a solution that was signed off on by more than just me.

I finally decided that he needed AA and that I could afford him the same chance at sobriety I had. He could also have anonymity. I allowed him to have

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

# TRADITION 8

my home group. I go to a lot of meetings, so dropping this one right now and embracing a different meeting as my home group was something I could do. It was a hard pill to swallow. I felt like he had taken so much from me already. But AA had been there for me at my bottom, and something in me said AA needed to be there for him now. I walked away. I neither accepted nor rejected him. I just allowed him to find his path without me in it.

Forgiveness is hard. It's the ultimate in letting go. Walking away without a word to him was one of the most spiritual things I feel I've ever done. I forgave him and I didn't do anything that involved him. The power of that altered everything in me. I don't think about him anymore. He no longer comes up on Fourth Steps. I don't owe him an amend; I don't need him to make amends to me. That's between him and his sponsor and his Higher Power. I have given all I have to give.

The Ninth Step is about making things right. I don't need him to make things right. I made them right. Forgiveness has been the medicine my heart needed to move toward health, happiness and love. I now get the opportunity to use this experience to help other women let go, forgive and live their lives sober, happy, joyous and free. AA gave me...me.

By: Valerie T. | San Diego, Calif.

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

Oh, no! What will these AAs make him do? What does he owe? This newcomer's first encounter with the Traditions was a pleasant surprise

At my very first AA meeting, two large vinyl posters were hanging on the wall. The Twelve Steps were on one poster and the Twelve Traditions were on another.

With a suspicion-filled mind, I read the words on them. What I gathered from the Traditions was that it sounded like no one in particular was in charge, and the only goal was to help. I figured this was like most organizations; its ideals were posted on the walls. I sat in meetings a long time waiting to spot who actually was going to presume they could boss me around and what they would claim I owed.

Turns out I was wrong. As a dear AA friend likes to share at meetings, "When it comes to carrying AA's message, we do it for fun and for free."

My suspicion, which today I consider a fermented form of fear, has never played out. Here and there, AAs might act bossy, but not one is the boss of another. We are each left to our own path of recovery. We are each subject to our own devices, our own consciences.

And we owe nothing. Matters of money, time and talents are also left to each member to

decide whether or not, and how much to contribute. Each member is their own boss and chooses if and how to contribute to AA's collective effort to carry the AA message to alcoholics who still suffer. This approach is best.

There's a line in the Tradition Eight essay from our book *Twelve Steps and Twelve Traditions* which says, "Alcoholics simply will not listen to a paid Twelfth-Stepper." I identify. This principle of "non-professionalism" when it comes to carrying AA's message saved me from my fearful, suspicion-driven mind. As I sat reading those Traditions on the poster that day, I decided that if someone attempted to boss me, I wasn't coming to another meeting. I would take my alcohol-soaked resentments home and not come back!

Thankfully no one bossed me. Rather, many helped, and the Steps provided a path to freedom from alcohol and the resentments that I have continued to enjoy for more than 20 years now.

Another influence, more subtle but as great in importance, also stemmed from Tradition Eight as I look back. The first meeting I attended included about six or seven regulars. I took quick measure of them, as I had to spot who the boss really was among them. The suspicion in my keen alcoholic mind was dulled and ultimately outdone by openness. Not one of the six or seven took on being "the boss" and not one of them was getting paid. The real kicker though, what kicked down my suspicion and made room for some open-mindedness, was the fact that they were there in our meeting every week just to be helpful—and they were having fun.

I wasn't having much fun in those days. Being afraid and resentful of everyone and everything is serious stuff. Also, I wasn't interested in doing anything without getting paid, even though I was a lousy employee and hardly employed.

When it came to AA's message being carried, non-professionalism was in effect at that first AA meeting I attended—no bosses and no one getting paid. There's more to Tradition Eight, including the whole bit about service centers and employment and support of AA members' Twelfth Step efforts. But this article is short, so I hope you review for yourself, in full, the Tradition Eight essay in the "Twelve and Twelve."

Tradition Eight, and all Twelve Traditions on the one poster, were all in effect and a part of the AA group I was so fortunate to find. I am grateful because I know today that those Traditions fostered the group's environment of love and tolerance as well as singleness of purpose. All of which were essential so I would stick around long enough to experience the amazing gifts along the path described on that other poster, the one with the Twelve Steps.

By: Steve S. | Bloomfield, N.J.

# 4th STEP WORKSHOP

6 **Tuesdays** beginning:

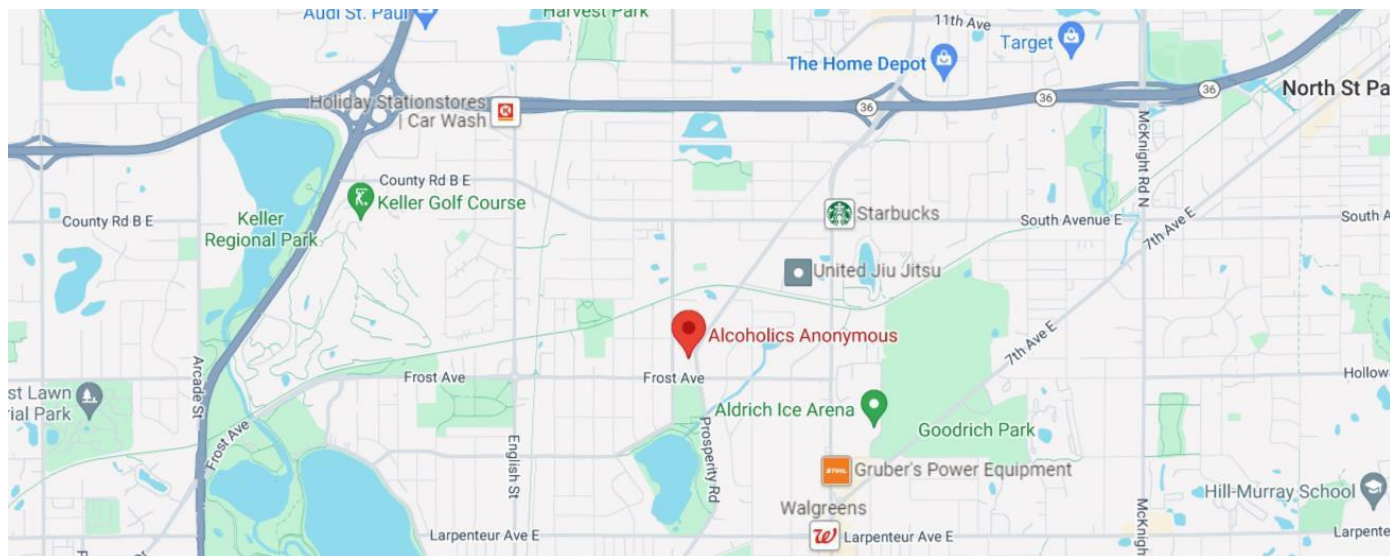
***September 16th, 2025***

**7:30 PM – 9:00 PM**

**Maplewood Alano**

**1955 Prosperity Road, Maplewood, MN 55109**

**Space is Limited, Please Register!**



*To register, please email or call:*

**[maplewood4thstep@GMAIL.com](mailto:maplewood4thstep@GMAIL.com)**

*Have Questions or Need Help? Call*

**Andy 651-491-1401 or Rachel 651-214-3431**

# Plain Language Big Book

I'm very excited about a new book, the Plain Language Big Book – A Tool for Reading Alcoholics Anonymous. First, let me clarify; this is AA Conference-approved literature. It is not the new Fifth Edition. It is not a replacement for the Big Book.

It's an adaptation of our Big Book. It's a way to put the core content of the Big Book into clear and understandable form. It isn't 'dumbed down' but instead is straightforward and easier to grasp. It covers only the first 181 pages to include our co-founder's story, 'Dr. Bob's Nightmare.'

Some people find the language of the Big Book old-fashioned. It was, after all, written in 1939. Bill W. had a great vocabulary and didn't like using the same word twice. Many of his historical references go back to his time during the First World War. The Plain Language Big Book uses modern language and explains that history. I personally find Bill's writing at times remarkably lyrical while at other times sort of a hard slog. While I wasn't alive in 1939 (stop looking at my grey hair!) I often read fiction from that time so the language in the Big Book at first reading was familiar and comforting. Not every person that seeks sobriety has that exact experience.

The Plain Language Big Book has some additional features that can be helpful – a glossary of terms, notes in the margins to further explain an idea or term, paragraph headings so you can find something specific. There are pages where the original Big Book text is shown next to the Plain Language version so comparisons can be made. While the Steps written in How It Works are exactly the same as Alcoholics Anonymous, that side-by-side format is used for the Steps

and Traditions listed in the back of the book. Again, not to replace the Steps or Traditions but to flesh out their meaning.

Here in the Metro area, we're lucky to have so many meetings that use the Big Book and 12 X 12. We have sponsorship, we have phone lists so we can reach out to other members of the Fellowship if we have questions.

So why is the Plain Language Big Book needed? It's said that reading comprehension has gone down over the years. The average reading level in the US is at the 8th grade. The ability to understand and process written text can be hard so the Big Book might be less than inviting. Some are alone. Some are in a jail cell. Some were handed a Big Book but get no further explanation. We want everyone who seeks sobriety to have the same advantages the rest of us enjoy. Many people continue to seek a path to recovery and spiritual awakening no matter what their obstacles are, but a little bit of help isn't a bad thing!

When our membership sees a need for a new pamphlet or book, it's discussed through the District and Area literature committees, and on to the Advisory Committee of AA. In 2021 the 71st General Service Conference advised this book be developed. Progress reports and samples were reviewed at the 72nd and 73rd Conference. The final draft was reviewed and approved at the 74th GSC in 2024. Individual members and groups see a need and assign committees to caring out their requests.

The Plain Language Big Book is a tool, just an aid to understanding. This adaptation covers the same message as the Big Book, just with clearer text and some smart features to help that along. Pick up a copy for yourself or a friend. Introduce it at a meeting so others are aware of it. Maybe it inspires you to re-read your original Big Book! And as always, Easy Does It!

Nancy R.

Mendota and Highland AA



# 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.

Currently St. Paul Intergroup is in a large need of help with group outreach. We are in desperate need of willing AA members to volunteer time to go to different AA meetings and Groups in the St. Paul and suburban area to make contact and let them know about St. Paul Intergroup and the services that we provide.

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 Suburban 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 a couple of open shifts:

Find the open shifts on our website at [www.aastpaul.org](http://www.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

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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**

# **“Dinner and a Speaker”**

**Saturday August 9th, 2025**



**Sloppy Joes  
Beans & Slaw  
+ Something Sweet !**

Join us at Twin Lake Alano Club for an evening of Food, Fellowship and Recovery

Where: Twin Lake Alano  
4938 Brooklyn Blvd.  
Brooklyn Center, Mn. 55429

Dinner: 6:00 pm – 7:30 pm

Cost: Free Will Offering

**7:30 pm AA Speaker  
April L. “On the Rocks”**

***ALL PROCEEDS TO BENEFIT TWIN LAKES ALANO CLUB***



# DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)  
3rd Wed., 7:00 PM  
Email: [dist8@area36.org](mailto: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](mailto: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](mailto:dist19@area36.org)



## LOOKING FOR A SERVICE OPPORTUNITY?

*Become a St. Paul Intergroup Night Owl*

If you are interested - Contact:  
[Nightowl@aastpaul.org](mailto: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 65<sup>TH</sup> 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     | Sue  |
| Volunteers | Thanks to your all!  |
| 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 |
| Macy       | Contact the office!!   |

*Thank You So Very Much!*



Meeting  
Info Calls

67



Speakers  
Calls

13



12th Step  
Calls

9



Total  
Calls  
132

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

- 25 A.A. Groups contributed - \$12,099.33
- Faithful Fivers contributed - \$1,284.90
- Total Contributions - \$15,695.86

Forest Lake Alano  
Hope Church - Monday AA  
Elements Group  
Wednesday Night Men's 12 x 12  
Downtown Alano Squad 50  
4th Step Workshop  
Sak's Daily Reflections Men's Thursday a.m.  
River Rats  
Una Luz en el Camino  
Cottage Grove AA  
Hugo Group  
Sisters of Serenity  
Rivertown Big Book - Hastings  
Midway Club  
Women's Basic Text

Roseville Wed Night  
OMD  
No Time Like the Present  
A Baffled Lot  
Steps by the Lake  
North Dale Group  
Saturday Morning Womens Group  
Third Tradition Northfield  
Maplewood Groups  
Eagan Tuesday Nighters  
Una Luz en el Camino  
Summit Hill  
Bright Promises AA  
New Brighton Alano  
Stillwater Rivertown BB Group Sun PM

Saturday Morning AA - Lindstrom  
Most Important Thing Group--Sunday, Roseville  
11 W. Bernard Group  
Mendota 1030 AA Group  
Complete Defeat Group  
We Care Groups  
Valley Creek Thurs Night

St. Paul & Suburban Area Intergroup  
33 Wentworth Ave E  
Suite 355  
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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 *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**