



STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Sounds pretty easy doesn't it. Just admit when I am wrong. Piece of cake! I can do this while standing on my head. I think. At first blush that was my original take on Step Ten. How difficult can this be? Once I took a closer look I realized that this step is more involved. It has layers of depth that I did not understand. They very premise intimates that I can distinguish right from wrong. Can I? I'm not quite as sure now as I was when I first started working on this step.

How can I be sure that I am doing this correctly and to the best of my ability?

In Step Four I took a moral inventory of myself. The very nature of this implies a universal standard. No grey area here. A universal principle stands on its own merit whether I agree with it or not. That's the point. It is a line drawn and the choices that we make fall either on one side or the other. We are either right, or we are wrong. The question then becomes on what basis, or what influences if you will, these decisions. The answer to this will go along way in determining how effectively we are working the Tenth Step.

We each view the world in our own unique

way. As individuals, no one else has the exact same experiences that I have had. Where I was born? How I was raised? What town did I live in? Where did I go to school? Who were my friends? The list goes on from there. Ad infinitum. The total sum of the answers to these questions influence how I view my place in the world and everything in it that surrounds me. I don't think of it in these terms when I make decisions. It however is always there subconsciously guiding me through every twist and turn that life throws at me. It is baked into the cake. I can not remove it. Often times I do not even acknowledge that it exists. The way that I view the world and the people in it has a direct impact on my conception of morality. Huh?

When the blueprints for a new building are drawn up it includes the specifications for the foundation. If the foundation is not on solid footing, the rest of the structure can be compromised. This same principle applies to our own lives. What is the foundation that we are building upon? This where the steps come in. We are going through a process that deconstructs our lives. We tear off the veneer of delusion and confusion that years of addiction helped us to form our current world view. Our moral compass is out of whack. The steps help us to re-align our lives based upon principles that are universal in nature. Once at the bottom, a new foundation can be laid. We come to an understanding of what the root causes are that have influenced our lives. This is the starting point for a new life that puts sobriety and sober living as the foundation of our renewed life.

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 - Friday 9:30 to 5:30, Saturday 10:00 to 2:00 Sunday Closed

Honesty, openness and willingness are the cornerstones of this new beginning. It is like a three legged stool, if you remove one of the legs it will fall over. You need all three. Take time to make sure that you are getting it right. This is not a sprint. It is a marathon. Half measures avail us nothing. Once the cement is poured for a new foundation, it will eventually harden. It is important to remove any impurity. This is the essence behind the Fourth thru Ninth steps. We are tearing out the old foundation to make ready for the new one that we are laying in sobriety.

How successful we are at this point will entirely depend on how willing we are to leave no stone unturned. Everything is on the table. We get out of it what we put into it. Am I willing to go all the way and take an honest look at my life?

If I have worked the first nine steps to the best of my ability the Tenth Step takes on new meaning. My compass has been re-aligned. It is based upon moral and spiritual universals. I have a clearer understanding of what determines my view of what is right and what is wrong. I have a more realistic grasp on reality and how I fit into it. The reason that I can promptly admit is because now I have a true understanding of what is right and what is wrong. Guided by universal principles that align with my conscience, I can navigate through daily life with the assurance that I am on the right path. My foundation is solid. I can handle what ever life throws at me, stand and look it squarely in the eye, and make a clear decision knowing immediately if it is the right or wrong choice. Not a bad way to live is it?

Bernie W.

TRADITION IO

Oops ... Did I Say That?

By: Naomi M. | Terra Haute, Indiana

The day I broke Tradition Ten, I didn't even know it! I had been in AA 13 years and only attending one meeting a week. I had just gotten a sponsor after all these years and hadn't really experienced the true fellowship of AA. It happened at the meeting I always went to but never spoke at. Sitting by my sponsor, I decided to speak, and out of my mouth came the words: "global warming" and "stop pollution." Who could be for global warming and pollution?

No one at the meeting said a word, except one person who made a joke about it. I didn't realize what I had done until the meeting was over. No one chastened me, but I realized I had goofed.

The Traditions are so important because they are the core that keeps AA strong. Many sobriety groups have split up because of different or personal opinions. The Washingtonian Society was a movement among alcoholics before AA began, which started in Baltimore over a century ago, and almost discovered the answer to alcoholism. At first the society was composed entirely of alcoholics trying to help one another. The Washingtonians permitted politicians and reformers, both alcoholics and non-alcoholics, to use the society for their own purposes. Abolition of slavery was a stormy political issue then. Washingtonian speakers publicly and violently took sides on this question. Within a very few years they had completely lost their effectiveness in helping alcoholics.

I had also broken another tradition—Tradition Five, which says that AA has but "one primary purpose"—to carry its message to the alcoholic who still suffers. I definitely do not want to be the reason that upsets a member to become agitated and go out in the drinking world again. Sobriety is too important.

PRESENTED BY
MNYPAA XIII & ST. PAUL INTERGROUP



HALLOWEEN PARTY

A HAUNTINGLY GOOD TIME

OCTOBER 31ST

6 PM FELLOWSHIP
7PM MEETING
8:30-10:30PM DANCE

AT THE RECOVERY CHURCH 253 STATE
STREET ST. PAUL

St. Paul Intergroup Outreach Committee

Together We Can Help

- Help keep meetings up to date!
- Let people know about Intergroup!

Volunteer!

**Truly Make a Difference in
the Life of an Alcoholic!**



Scan the QR
Code

The Hand of AA Always to be There...

33 Wentworth Ave E
West St Paul, MN 55118
Suite 355

(651) 227-5502
outreach@aastpaul.org



No Time Like The Present

19th Anniversary

You're invited! Please bring a dish to pass, and join our celebration with an open potluck dinner and speaker.



Date: **Monday,
October 27th**

Dinner at **5:30 pm**

Speaker, **Ryan M
at 6:30**

Location: Roseville Lutheran Church
1215 Roselawn Ave W, Roseville, MN 55113

Office News

Hello Everyone!

It's a October again in Minnesota, my personal favorite time of the year. Sweater weather, warm drinks, and my birthday.

The office spending is down 5% from last year as of right now and this has taken some thoughtful spending to achieve.

Our sales and contributions are still down and it seems to be a common trend between other intergroups and AA world services. We could always use a little extra support. Either with contributions or with service work.

We have a new Outreach Chair and her name is Macy. She is doing a wonderful job setting up group outreach. If you're interested or have any questions about group outreach, feel free to email her at : Outreach@aastpaul.org.

There are other ways to do outreach for St. Paul Intergroup too. We will need liaisons in the near future to bring updates and group support to our surrounding districts, area 36, or even to MNYPAA. If you have any interest in this, please feel free to reach out to the office.

St. Paul intergroup is always looking for more ideas for how to better support our groups and members in the St. Paul and surrounding area.

St. Paul intergroup is also happy to help in setting up and putting on workshops. We have a space available for the groups and members to host such things.

Thank you all for your continued support of the AA community.

Jacob F. - Office Manager
manager@aastpaul.org
651-227-5502

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**

St. Paul
Intergroup

Board Elections

November 18, 2025 @ 7:30pm

Open Officer Positions

- Alt Board Chair (3 year term)
- Alt Treasurer (3 year term)
- Secretary (1 year term)

All officer positions require 3 years of continuous sobriety

2 Member at Large positions open (2 year term)

Member at large positions require 2 years of continuous sobriety

The Board members meet every third Tuesday of the month at 6:15pm before the 7:30 rep meeting.

33 Wentworth Ave E, West St. Paul MN 55118

For questions call (651) 227-5502
or email manager@aastpaul.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



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. & Ethan

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

M·N·Y·P·A·A X·1·1·1

MINNESOTA CONFERENCE OF YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

PRE-REG: \$10

HOTEL: \$109/NIGHT



A HOST OF FRIENDS



HOTEL

MINNEAPOLIS, MN
JULY 3-5, 2026

MINNEAPOLIS MARRIOTT WEST



PRE-REG

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, Frank, Mike, Matt, Macy, Sue

Thanks to your all and thanks to our many Night Owl volunteers as well.

Hoot Hoot!

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

Thank You So Very Much!



Meeting
Info Calls

52



Speakers
Calls

8



12th Step
Calls

11



Total
Calls
122

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

- 25 A.A. Groups contributed - \$3,997.23
- Faithful Fivers contributed - \$537.82
- Total Contributions - \$5,336.69

Forest Lake Alano
Wednesday Night Men's 12 x 12
Cannon Falls Group
Mahtomedi Happy Hour 12 & 12
Como Park BB
Third Tradition Northfield
St. Joes Monday Night - Stillwater
Pocketing Our Pride
Woodbury Primary Purpose
Thursday Night Big Book - Nfld
Hugo Group
OMD

Midway Club
Stepsisters of Northfield Group
Builders Big Book
Steps to Freedom
New Beginnings - Newport MN
Maplewood Groups
Saturday Morning Womens Group
Grovers Thursday Night
Nuevo Amanecer
Pages of Wisdom
Macalester Group AA
Old Timers

Burnsville - Primary Purpose
Shoreview 12 x 12
The Point Is

St. Paul & Suburban Area Intergroup
33 Wentworth Ave E
Suite 355
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Change Service Requested

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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