



STEP 12

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs."

In the Big Book Appendix at pages 567-68, Bill W. tells us that spirituality is essential to recovery but that we don't need to experience a sudden and spectacular upheaval – a "blinding light" event. It was lucky for me that he added this explanation because it was a journey for me to find my higher power and understand the importance of spirituality.

In and out of sobriety as well as of A.A. for a couple of years, I didn't have any idea what to do to stay in recovery. I heard in a meeting that you can and should at any time work any step beginning with a 1 (Steps 1, 10, 11, or 12). Step 12 tells us to carry the message of A.A. to other alcoholics. I began to understand that my mindset needed to be on how to help others and not be hung up on my own selfish concerns. Dr. Bob and Bill W. had figured this out 90 years ago and the result was the beginning of Alcoholics Anonymous.

I was expelled from a sober house for drinking. Luckily, I was accepted into a new one and the manager there told me to get down to

the Intergroup Office and volunteer to do service by answering the phone. He said I could be useful to others by finding them meetings and otherwise being of help. This was the beginning of a new life.

Getting started on service changed everything. I had a lot to learn about spirituality, but Step 12 says all we need is "an awakening." I did not get it for a while, but service woke me up to thinking about being useful, in a sense to looking outward rather than inward.

I started simply enough by stacking chairs, greeting, making coffee, attending my group's business meeting, accepting other jobs within the group and even speaking at an open meeting (as scary as that was the first time). One thing leads to another and the awesome feeling of being useful to others led me to become a General Service Rep (GSR) and then an Intergroup Rep. These experiences took up some of my time, but nowhere near as much time as it took to stay drunk.

One more quote from the Big Book, "Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful." P. 102

Most AA groups have a literature table where AA pamphlets are given away. How many

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.

of us stop and check out what is on the table? Also, there are many pamphlets at the St. Paul intergroup office that are free or low cost. Here are a few:

- A. Carrying the Message Behind These Walls (prisone). F-108
- B. Information Program. Area 36 Treatment Committee.
- C. Bridging the GAP – Between treatment and A.A. P-49
- D. Information on A.A. – F-2
- E. Is A.A. for You? (Twelve Questions)
- F. Young People in A.A. (Outreach) P-4
- G. Behind the Walls: A Message of Hope (Prisons) P-9
- H. A.A. In Treatment Settings - P-27
- I. Is There a Problem Drinker in the Workplace? (Employers/Co-Workers) P-51
- J. Questions & Answers on Sponsorship “Pay it forward” P-15
- K. A Message to Corrections Professionals – P20
- L. Speaking at Non-A.A. Meetings (Outreach) P-40
- M. In Cooperation with the Professional Community
- N. Serving Alcoholics with Special Needs- F-107
- O. How A.A. members Cooperate with Professionals – P-29
- P. If You Are a Professional - P-46
- Q. Access to A.A. (overcoming barriers) P-83
- R. Faith Leaders Ask About Alcoholics Anonymous – P-25
- S. A.A. At a Glance – F-1

Lest we forget, in addition to rent and coffee, our dollars in the hat go to supporting A.A. outreach and the important work of the Intergroup:

T. Self-Support: Where Money & Spirituality Mix – F-3

U. St. Paul & Suburban Area Intergroup – Contribution Guide

Lastly, consider signing up for Night Owl and sending your sponsees to the intergroup office to answer the phones. That sure worked wonders for me.

One of my favorite meetings has a focus on service. In addition to sponsoring newcomers, we go to detox facilities, treatment centers, jails and prisons. We also send a GSR to our A.A. District and a Rep to the intergroup meetings. Some of our members have served at the Area 36 level as well. These commitments to service let us pay back those who helped us get sober by helping the next person. And it is great to feel useful to our fellow alcoholics.

Anonymous, St. Paul, MN

TRADITION 12

After a meeting takes a wrong turn, a member has a few thoughts about “principles before personalities”

Last week I watched, or rather heard, an assassination take place. Nobody died. It wasn’t that kind of assassination. It was a character assassination and it took place in an AA meeting room last Monday night.

Somebody, I honestly don’t know who, was sharing about a person, a fellow member of AA, who the speaker apparently didn’t like. He described the man so clearly that there couldn’t be any doubt about who he was assassinating. And during his share, after he said, “The guy acts like a (expletive),” someone else hollered “He is a (expletive).” There was laughter all around, and the original speaker continued his complaint about the victim.

I learned early on that the phrase “principles before personalities” wasn’t just a theory, not just words for a bumper sticker or a piece of graffiti. Principles before personalities, I learned, was a basic tenet of meeting behavior and, in a much larger sense, of ethical behavior in life.

I also was taught the phrase, “What you see here, what you hear here, when you leave here, let it stay here.” This was more than a slogan, it was a rule, designed to remind us that these rooms are safe places where privacy and anonymity are vital. For some of us, the rooms may be the first or only safe and anonymous places we’ve ever known.

It concerned me that I wasn’t able to find the courage to speak up as the assassination occurred. My first reaction was to just forget it and stop attending that particular meeting. But then I remembered another lesson I learned early on, which says that I can’t let anyone else’s behavior run me off from a meeting. This meeting

in particular is a gigantic source of AA recovery to me, despite the behavior I saw there.

I hope to God that nobody ever feels like dragging their criticisms of me into a meeting, with so clear a description that nobody could mistake who was being talked about. I’m pretty much the only guy with eyeglasses and big tattoos who doesn’t have a crew cut in the community and I’m frequently guilty of over-speaking rather than sharing. I know that I’m liable to be disliked. And if whoever I offend doesn’t have the character to talk directly to me about my behavior in private, face-to-face, I hope he won’t share his dislike of me with a room full of people who are important to me. Life’s tough enough without having to watch out for snipers.

Today, I have 29 years of sobriety, which places me just a bit above a beginner in that meeting, which has so much long-term sobriety. Those of us who’ve been in the rooms for a long time have a responsibility to guard against the kind of character assassination we witnessed last Monday. We owe it to the newcomers to let them know what kind of behavior is unacceptable.

What I witnessed there makes a lie out of virtually all the precepts that make AA the miracle it is. There are amends to be made, both to the person whose life was criticized in a meeting, and to the members who had to hear this man’s personality and recovery trampled on.

It’s definitely not up to me to make sure that those amends are made, but this note is, I hope, my way of apologizing for not having spoken up when the killing occurred.

St. Paul Intergroup Outreach Committee

Together We Can Help

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



Volunteer!



Scan the QR
Code

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

The Hand of AA Always to be There...

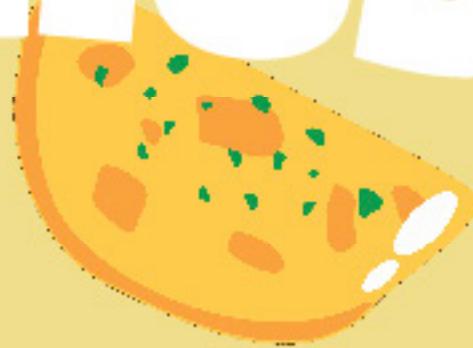
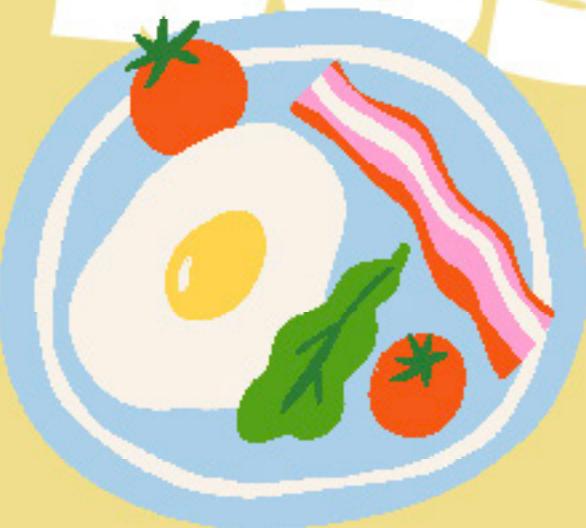
33 Wentworth Ave E
West St Paul, MN 55118
Suite 355

(651) 227-5502
outreach@aastpaul.org



St. Paul
Intergroup

brunch with your buddies



St. Paul Intergroup's
New Years Day Brunch
& Fellowship

Enjoy Breakfast, Coffee
and a speaker



Held at the United
Methodist Recovery Church

651-227-5502 | 253 State St. St. Paul, MN 55107

Office News

Hello Everyone!

Our sales and contributions are down severely. Our numbers are looking rough and it has been a steady downward trend all year. Sometimes this is common but the trend downward has increased which is not common. We could really use some extra help and ideas on how St. Paul Intergroup can do better.

We have space available and would be happy to host workshops and meetings if members are interested. Please reach out to the office manager.

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, we could use more participation, 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 AL-
CHOLICS IN CORRECTIONS FACILITIES IN
SOUTHERN MINNESOTA.

MAIL CONTRIBUTIONS TO:

PINK CAN PLAN
PO BOX 41633
PLYMOUTH MN 55441-0633

ST. PAUL INTERGROUP BOARD AND REPS MEETING

EVERY 3RD TUESDAY OF THE MONTH
AT 7:30 PM

All are welcome but we especially
love to see group representatives!
Meet is located in the same building
as the Intergroup office.

33 Wentworth Ave E, West St. Paul
MN 55118
2nd Floor conference room

CONTACT DETAILS:

manager@aastpaul.org

651 - 227 - 5502

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

How It Works

4th Step Workshop

Where: *St Paul Intergroup
33 Wentworth Ave
St Paul, MN 55118
(2nd floor Right room conference room)*

When: *Saturday Jan 10 (part 1) &
Saturday Jan 17 (part 2)*

Time: *10: AM to 3 PM
(will break for lunch 12:00 to 12:45)*

Bring: *Big Book, paper, pencils or pens & a
friend or two. Everyone and all 12-step
programs welcome!*

*For sign-up and more information call
St Paul Intergroup 651-227-5502
Christopher B 651-707-5551*

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!



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

- 25 A.A. Groups contributed - \$7,746.20
- Faithful Fivers contributed - \$ 3,764.80
- Total Contributions - \$13,482.16
-

Forest Lake Alano
Wednesday Night Men's 12 x 12
Hastings Club
Woodbury Serenity Sisters
Cottage Grove AA
No Time Like the Present
Women's Basic Text
11th Step Consious Contact
Hugo Group
Pocketing Our Pride - Mpls
Summit Hill
North Dale Group

Most Important Thing Group
Valley Creek Monday
Ridge Runners III Sun 830AM
WBL Thurs Bloom Ave
Roseville Wed Night
Gratitude In Action - Linwood
Saturday Morning Womens Group
Highland Park Groups
Hole in the Doughnut Group
Apple Valley Monday AM Women's Mtg.
A Baffled Lot
Mendota St. Peter's Sat 9AM

Women's Basic Text
Hope Church - Monday AA
Thursday Night Big Book - Nfld
Pages of Wisdom
Safe Haven Too

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

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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 Tanners (\$10.00/month), Fantastic Fifteeners (\$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 Tanner (\$10.00/month)
 Fantastic Fifteenner (\$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