

# The Lifeline



February 2006

24 Hour Phone: 651-227-5502

Volume 41, Issue 2

## A MESSAGE FROM THE RECENT PAST-PRESIDENT OF OUR INTERGROUP BOARD, RENEE B.

Dear AA Members:

I would like to take this opportunity to thank you for your continued support of St. Paul Intergroup in 2005!

Intergroup relies on AA members like you to provide the services that help the still-suffering alcoholic. These services include maintaining a meeting directory, a list of temporary sponsors, a website, a list of people willing to do twelve-step work, a list of speakers, literature sales and most importantly a phone that is answered twenty-four hours a day and seven days each week. To accomplish all of these and many more services, St. Paul Intergroup relies on your donations, purchases and time.

During 2005, literature sales have declined. This is a trend that I feel is a responsibility of the Intergroup Board to point out to the AA community as a whole. The 2005 Intergroup Board was able to offset the deficit by cutting expenses, the biggest of which was the elimination of the answering service. This and other reductions helped to keep Intergroup "in the black" for the year. However, this has created an even greater need for the contribution of your time. Volunteers now answer the phone twenty-four hours a day and seven days a week, both during office hours and after hours. So far, the AA community has stepped up to the challenge: Along with the Night Owl coordinator, we have made sure the phones have not gone unanswered. Still, volunteers are always needed to make sure that whenever "anyone, anywhere reaches out for help," the AA hand is always there.

St. Paul Intergroup also follows the AA General Service Organization's lead in trying to keep book prices as low as possible. Here are some of the book prices:

<i>Alcoholics Anonymous</i> (Big Book) hard-cover	\$7.50	<i>Daily Reflections</i>	\$7.75
<i>Alcoholics Anonymous</i> (Big Book) soft-cover	\$7.10	St. Paul Meeting Directory	\$1.50
<i>Twelve Steps &amp; Twelve Traditions</i> , hard-cover	\$6.85	Bronze Medallions	\$2.50
<i>Twelve Steps &amp; Twelve Traditions</i> , soft-cover	\$6.55		

There is a wide variety of AA literature available at the office; please stop in any time during business hours and our wonderful staff will be happy to help you find what you are looking for - and, your parking stub will be validated for free parking! Thank you for your continued support.

Yours in Love and Service,

Renee B.

### Is your meeting represented at Intergroup?

**AA is a "we" program, and the Intergroup Representative position provides a way for your group to connect with other groups and AA as a whole; also, it provides a service opportunity that can lead to more service options for your group.**

The Intergroup Representatives' Meeting is held on the third Tuesday of each month at 7:30 pm. The location is the Lutheran Church of the Redeemer at 285 North Dale Street (Dale St and Iglehart Ave.).

Web Site = [www.aastpaul.org](http://www.aastpaul.org)

E-mail = [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)

Fax = 651-290-0209

Office Hours = Monday, Wednesday, Thursday, Friday — 9 AM to 1 PM and 2 PM to 5:30 PM

Tuesday = 9 AM to 1 PM and 2 PM to 8 PM

1600 University Avenue W. Suite 407 St. Paul MN 55104

**Step Two:** "Came to believe in a Power greater than ourselves to restore us to sanity."

## What's it going to be, fear or faith?

By Mark M.

When I went to my first meeting in January of 1986, I saw the twelve steps on the wall. Right away I noticed the second step. As I read the words in step two, I found myself in two dilemmas. One, I wasn't keen about the term, "...power greater than ourselves..." which I thought was a religious reference. Plus, I couldn't make the connection with being restored to sanity. I wasn't insane; maybe you people were, but not me. Despite old timers taking me aside and explaining the difference between religion and spirituality, I was not letting go of my old ideas. The result was nil. That attitude kept in and out of AA for six years.

Then one night, two weeks sober, sitting in a Big Book meeting, I finally surrendered. I got a sponsor, Doug M., and began my journey into the steps. I was powerless, my life was definitely unmanageable, and I lacked faith as well. I had to have a spiritual experience to finally understand and accept step two.

I was pursuing a bachelor's degree at the University of Minnesota, running on self-centered fear and caffeine, when I had an assignment due, and the clock was ticking. I walked to class that day, terrified about not getting the assignment done and failing at school. My "committee" held an emergency meeting and decided I should just drop out, right then and there, and not tell anybody. Throw the backpack in a trash barrel and walk away. I knew how to quit school; I had done that two other times when I was drinking.

Then something happened.

I stood on the Washington Avenue Bridge, confused, panicking, and out of ideas. I remembered what the guys at my home group were talking about when they saw me at meetings. Whenever I brought up a situation that made me powerless or insane, they always asked me if I "prayed about it." At the time of my sobriety, I wasn't interested in that topic; I wanted to talk about sports or women, anything but spiritual principles. I finally became willing to try this "prayer thing." I walked over to the side of the bridge and said to the God of my understanding at the time, "I can't do this alone."

Some prayer, huh?

I went to class in a state of neurosis. The professor walked in and addressed us from the lectern. The first statement was, "I've decided to give you two more weeks on that assignment." I was shocked. I looked up at the ceiling, and acknowledged my fellow AA members. They were right. I had my first miraculous result and spiritual experience of turning my will and my life over to a higher power.

I was convinced. I raced home to tell Doug what happened that day, and he agreed knowingly, saying, "Oh yeah, it happens to all of us, it was just your turn today." Since that moment, I have come to believe in that power, which is the grace of God. I realized I was living my life on self-will and willpower. As the Big Book says in chapter four, WE AGNOSTICS, "*Our ideas did not work. But the God idea did.*"


When it comes to taking the second step, the Big Book asks us one question: "*Do you now believe, or are willing to believe in a power greater than yourself?*" If we can answer yes, we are on our way. This power we are looking for is right inside us. We just need to tap into it via faith, and then get out of the way.

When the power steps in and takes care of me, I compare it to having a curb seat on a parade route. When I get fearful, I turn it over, wait patiently and watch the miraculous outcome right in front of me, and the best part is I'm not involved in the result.

My sanity is restored again.

<b>2006 Steering Board</b>	
<u>Chair:</u>	Marty M.
<u>Alt. Chair:</u>	Jeff T.
<u>Secretary:</u>	Eric H.
<u>Treasurer:</u>	Mary Jo N.
<u>Members at Large 2006:</u>	Alfred K.
<u>Members at Large 2005:</u>	Tom S. and Starr M.
<u>Advisor to the Board:</u>	Renee B.
<u>Office Manager:</u>	Tom N.

<b>Office Calls</b>	
Meeting Info.	165
Inventory/Hours	21
12th Step Calls	8
Temporary Sponsors	17
Speaker Requests	9
Special Events	2
Outside Issues	29
Administrative	39
Other	33
<b>Total Calls</b>	<b>323</b>
<b>Daily average</b>	<b>10.4</b>
Visitors	80
<i>*Call tally is for the calls taken during office hours only and does not include calls taken during Night Owl shifts.*</i>	

<b><u>Recovery</u></b>	<b><u>Unity</u></b>	<b><u>Service</u></b>
<p>Thanks to all the <i>terrific</i> volunteers who helped in the Central Office during December! Frank D., Patti S., Roger, Christen, Barb, Adam D., Andy B., Jack R., Eliot K., Emily, Chris S., Tom S., Jerry B., David L., Karen W., Roxi, Jess and Gil.</p>  <p>Thanks to all the groups and individuals who took the Night Owl Shifts as well.</p>	<p style="text-align: center;"><b>12th Step Opportunity</b></p> <p style="text-align: center;">Women's Workhouse AA meeting at Volunteers of America Dale and Larpentuer, St. Paul Saturday, 11:00 AM, Tuesday 4 - 5 PM You will need a background check (paid for). Women only, please.</p> <hr/> <p style="text-align: center;"><b>AA In Motion</b></p> <p style="text-align: center;">Are you unable to attend AA due to illness, disability, etc.? We will bring a meeting to you! Call Dennis W. @ 651-451-0470</p>	
<p>23rd Annual <b>Gratitude Night</b> Saturday, April 1, 2006, 6pm Minneapolis Convention Center Tickets: \$10</p> <p>6pm Social Hour 7pm Speakers 9pm Dance</p> <p>More info: 952-922-0880</p>	<p style="text-align: center;"><b>International AA Women's Conference</b></p> <p style="text-align: center;">February 9-12, 2006</p> <p style="text-align: center;">Minneapolis-St. Paul Minneapolis Marriot</p> <p style="text-align: center;">more info: <a href="http://www.iaawc.org">www.iaawc.org</a></p>	<p style="text-align: center;"><b>St. Paul Intergroup Night Owl Workshop</b></p> <p style="text-align: center;">Saturday, Jan. 21st 10am to noon</p> <p style="text-align: center;">Lutheran Church of the Redeemer On Dale, South of I-94</p> <p style="text-align: center;">More info 651-227-5502</p> <p><b>More Event Announcements:</b></p> <p style="text-align: center;">27th Annual Winter Rap-Up March 17-19, Virginia MN More info: 1(800)744-4699</p> <p style="text-align: center;"><i>New Meeting:</i> <b>No Time Like the Present</b> Format: Step &amp; Traditon Mon 6pm, 2561 Victoria St. N. Roseville MN 55113</p>

**Tradition Two:**

For our group purpose there is but one ultimate authority - a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; the do not govern.

Questions from the AA Grapevine *Traditions Checklist*

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

**7th Tradition: "Every A.A. group ought to be fully self-supporting, declining outside contributions."**

**4th Tradition**

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

**7th Tradition**

"Every group ought to be fully self-supporting, declining outside contributions."

Your group can make an informed decision regarding contributions with information from A.A. World Services. The above information is a suggestion taken from the pamphlet: "Self-Support: Where money and spirituality mix."

**50% St. Paul Intergroup**

Spruce Tree Center  
1600 University Ave. #407  
St. Paul, MN 55104

**30 % G S O**

P.O. Box 459  
Grand Central Station  
New York, NY 10163

**10% Southern MN**

Area Assembly  
P.O. Box 2812  
Mpls., MN 55402



**10% District Committee**

Ramsey County:  
District 8, P.O. Box 2267  
St. Paul, MN 55102  
Dakota County:  
District 19, P.O. Box 1466  
Burnsville, MN 55337  
Washington County:  
District 15, P.O. Box 181  
Lake Elmo, MN 55042  
SE Ramsey County:  
District 26, P.O. Box 75980  
St. Paul, MN 55175

**Intergroup Income  
December**

Total Group Contributions  
\$3201.57  
Number of Groups  
Contributing:  
36  
Total from Faithful Fivers  
\$1430.00  
Number of Faithful Fivers  
Contributing  
20

**District Meetings**

**District 8 (Ramsey Co.)**

Fairview Community Center  
1910 Cty. B, Room 203  
Roseville  
3rd Wed., 7:30 PM

**District 15 (Wash. Co.)**

Christ Lutheran Church  
11194 N. 36th St., Lake Elmo  
4th Mon., 7:00 PM

**District 19 (Dakota Co.)**

Rosemount Community Center  
13885 South Robert Trail  
2nd Wed., 7:00 PM

**District 26 (SE Ramsey Co.)**

1099 Payne Ave. St. Paul  
2nd Fri., 6:00 PM  
www.district26-area36.org

A Night Owl shift is a once-a-month commitment to answer phones during the hours that Intergroup is closed. Some shifts can be done in the office; all can be done from home. The commitment can be filled by an individual or a group. Taking on a Night Owl commitment means that when still suffering alcoholics call AA for help, they find another alcoholic at the other end of the line. When you or your group sign up to take a shift, you are trained in how to respond to calls and given all of the materials that are needed. **Please call the office or go to our website at [www.aastpaul.org](http://www.aastpaul.org) if you can help. There are still a few open shifts in June.**

Thank you, to all of the groups that contributed in the month of December: 11th Step Meditation Meeting; Amigo's III; Basic Text AA; Book of Hope AA; Christ Lutheran Church AA; City Center AA; Como Park Big Book Study; Daily Reflections; Eastside AA; Eastside Squad 6; Fireside Women's Groups; Happy Hour AA; Highland Park AA; Maplewood AA; Midway AA; North Dale AA; North End - Great Reality AA; North Hamline AA; Nurses AA; Observing Recovery Victoriously AA; Primary Purpose; Ridge Runners II AA Group; Shalom AA; Shoreview 12&12 AA; Sisters of Serenity; Spiritual Traditions Group; Summit Hill AA; Third Edition AA; Tuesday Nighters; Uptown AA; Valley Step AA; Weekend Jumpstart II; West End AA; Women's 12 by 12 Study Group; Women's Big Book; Woodbury I Am Responsible

Contributing money is only one way that a group can serve St. Paul Intergroup. Contributing time also helps to keep our doors open. The Intergroup Office could not function without support from the groups it serves. Without volunteers to do the life-saving Twelfth Step work that comes to the office, the hand of AA might not be there when someone reaches out for it. Taking a Night Owl shift as a group contributes in both ways. It means that someone calling AA for help speaks with an AA member instead of an answering service. It also helps the office financially; any shift taken by a group or individual is a shift that the office doesn't have to pay an answering service to do on our behalf. To check open Night Owl shifts, please see the calendar found on page 5. Please contact the office to take on a shift.

**The Lifeline: Purpose Statement**

The Lifeline is a monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for 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 Intergroup. (Exception: Quotations from A.A. books or pamphlets are reprinted with permission from A.A. World Services, Inc.; The A.A. Preamble is reprinted with permission of A.A. Grapevine, Inc.) We welcome articles of opinion or descriptions of personal experience (no poetry, please), which should be sent to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #407, St. Paul MN 55104. Materials or articles cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length and contents that may violate A.A.'s Traditions, etc. The deadline is the 2nd of the preceding month. Thank you.

## Minutes from St. Paul AA Intergroup December 20, 2005 Main Body Meeting

The meeting was called to order at 7:30 p.m. and opened with the Serenity Prayer.

The November Minutes were approved.

**Treasurer's Report**-Marty gave the Treasurer's Report. Group Contributions are up and Faithful Fivers are up thanks to Gratitude Night. Intergroup will be in the black for the year!

**The Office Report**- Renee gave the Office Report. With the Office Manager gone volunteers are greatly needed. Intergroup is currently hiring a new Office Manager, a job description is available. The Lifeline needs submissions on Step, Tradition and Concept Three.

**Upcoming Event: New Years**- This event will be held on December 31<sup>st</sup> at the Lutheran Church of the Redeemer. There will be a speaker, marathon meetings and a dance.

**Website**-Jonathan presented the Web Site Report. Jonathan's searchable meeting directory has had a number of great responses and acts as a functioning public resource through which one can search meetings by location and as well as by preferences. Due to its success, the PDF version of the directory will be removed. Jonathan is still looking for someone with good computer knowledge to assist him.

**Outreach Program:** Volunteers are needed to help complete a group outreach. Our goal is to visit every meeting in the directory in 2006 and tell them about St. Paul Intergroup. If you are interested please contact Marty at outreach@aastpaul.org.

**Night Owl** – Volunteers are needed to assist in answering the phones for Night Owl. If any individuals are interested or if a group is interested in committing to a night please fill out volunteer info online or in the office. A workshop is answer questions about night owl and had out new packets will be held January 21<sup>st</sup> form 10:00am-12:00pm. The Co-coordinator Night Owl position is now open and will be decided at the next committee meeting. If anyone has questions please contact Julie at nightowl@aastpaul.org

### New Business-

Literature Sales at the AAI Women's Conference- Volunteers are needed to help with the sale of literature at the Women's Conference.

### Group Announcement or Concerns:

All Group Events will be posted online @aastpaul.org

Patty presented Concept Eleven

Eric presented Concept Twelve

Mary volunteered to present on the concept in January

Kristin presented the December Mock Reps Report

John Volunteered to do the January Mock Reps Report

Closed with the Responsibility Statement and the Lords Prayer

## CONCEPT II

**When, in 1955, the AA groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference - excepting for any change in the Twelve traditions or tin Article 12 of the Conference Charter - the actual voice and the effective conscience for our whole Society.**

*--Reprinted with permission from AA World Services Inc.*

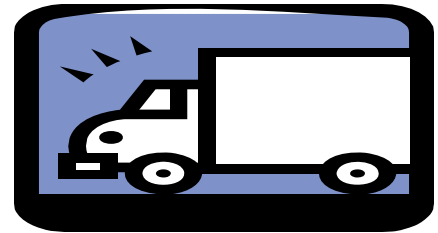


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W., Suite #407  
St. Paul, MN 55104

Change Service Requested

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St. Paul, MN  
Permit No. 7451

Please let us know if your address changes one month ahead of time. 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 Faithful Fiver Form**

Contribute five dollars to St. Paul Intergroup every month so we can continue to carry our life-saving message of hope. Your contribution entitles you to a one-year subscription to the Lifeline.

Name \_\_\_\_\_

Street, City, State, Zip \_\_\_\_\_

**Please send this form and a check to:**

St. Paul Intergroup - 1600 University Avenue W. #407 St. Paul MN 55104