

# The Lifeline



March 2006

24 Hour Phone: 651-227-5502

Volume 41, Issue 3

## A MESSAGE FROM YOUR NEW OFFICE MANAGER, TOM N.

As the new manager of the St. Paul AA Intergroup office, I would like to thank the members and the meetings of Alcoholics Anonymous in St. Paul for my position. Of course, the best thing would be if Melissa were able to continue as manager, but that is not the case. Accepting this unfortunate circumstance of my beginning here, I would like to share with you my best understanding of what my job is, so that we can best work together. Let's start at the beginning, with a quote from the Big Book that is familiar to almost all of us. The first paragraph of Chapter 7 begins,

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

It seems that this holds true not only for Twelve Step calls with newcomers, but with all kinds of service from setting up chairs before a meeting to answering phones at Intergroup and serving on the committees at the various levels of our service structure, as General Service Representative, etc. What are we doing at the various levels of service, as we work intensively together? Tradition Five tells us,

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

Clearly, the first priority for Intergroup is help the new person find A.A. Every day we set up Twelve Step calls, find temporary sponsors to help with the transition from treatment to real-world recovery, locate meetings, and provide the literature that can be an important part of an alcoholic's first contact with A.A. In each of these things, we are also providing service opportunities for A.A. members who are already trying to stay sober. Intergroup is the place where the A.A. groups in an area pitch in together with phones and a website and other things to make it easy for the newcomer to find us. And the more we pitch in together for the newcomer, the more we provide each other with the service opportunities that keep us sober and improve the quality of our sobriety.

"Pain shared is half the pain; joy shared is twice the joy!" I believe my job in all of this is to encourage a positive attitude towards service work in the meetings that support Intergroup, as well as to provide as much service work as possible through the office.

This is in line with what the "Twelve Steps and Twelve Traditions" tells us in Tradition Eight,

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. ... The job [is] not to do Twelfth Step work; it [is] to make Twelfth Step work possible. (p. 166-168)

This is where we need your help. Right now, we have an excellent group of regular volunteers who answer the phones and talk to newcomers. During business hours, we have three shifts in the office: 9am to noon, noon to 2:30pm, and 2:30 to 5:30pm. After the office closes, phone calls are forwarded to our "Night Owl" volunteers. However, throughout the month of February we have had many daytime shifts that are not covered by volunteers. This means that phone calls from newcomers and others are being taken by the paid staff. It's our job to run the office, pay the bills, order literature and do the bookkeeping, but we would much rather that phone calls from newcomers be answered by unpaid volunteers, in keeping with the traditions. We feel that when we take these calls, we are depriving our members of a vital service opportunity. So, please help out if you can, and if you are not able to volunteer at our office, please spread the word and ask others to read this note.

Some years ago, I realized that A.A. is the place where alcoholics come to save our own lives together. In the beginning I was just trying to save my own skin and find a way to deal with my alcoholic soul-sickness that actually worked. Then, I could not see just how special our fellowship is; but now I do, and I deeply appreciate the privilege of serving as the Intergroup office manager.

In gratitude, Tom

### Is your meeting represented at Intergroup?

The March Representatives' meeting will be held March, 21 at 7:30. The March Representative's meeting will be held in the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.

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

email = [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)

Fax = 651-290-0209

Office Hours = Monday, Wednesday, Thursday, Friday – 9 AM to 6 PM

Tuesday – 9 AM to 8 PM

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

**TRADITION THREE**

**THE ONLY REQUIREMENT FOR A.A. MEMBERSHIP IS A DESIRE TO STOP DRINKING.**

“This Tradition is packed with meaning. For A.A. is really saying to every serious drinker, “You are an A.A. member if *you* say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you’ve gone, no matter how grave your emotional complications — even your crimes — we still can’t deny you A.A. We don’t *want* to keep you out. We aren’t a bit afraid you’ll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we’ve had. So you’re an A.A. member the minute you declare yourself.”

“Why did A.A. finally drop all its membership regulations? Why did we leave it to each newcomer to decide for himself whether he was an alcoholic and whether he should join us? Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything?

The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic’s full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery. Who dared to be judge, jury, and executioner of his own sick brother?”

--From pp. 139 & 141, “*Twelve Steps and Twelve Traditions*,” reprinted with permission from AA World Services Inc.

**Step Three Essay**


By Roxi S., Board Member at Large

When I sobered up I was powerless, I ran out of options. I really wanted drinking to work for me. I tried drinking on the weekends, drinking once a month, I tried switching my alcohol beverages, and my main excuse was I WAS TOO YOUNG! After years of trying one last time I walked into the rooms of Alcohol Anonymous July 11, 1997. I threw up my hands, I was defeated and no longer had ideas. A man told me that I could do it, that I could stay sober, and be a good person. I had very little faith, but enough to light my way. I finally admitted powerlessness, and next, I knew I could no longer do it myself, so I let some one else. It’s that old saying “I cant, she/he can, so I will let her/him.” My will was to make drinking work for me and God’s will for me was to have a better life.

Today in my life this is a step that I seem to have to come back to more than once. I am like they describe in the Big Book - the actor who wants to run the show. Constantly trying to manipulate things into the way I want them to be and when I don’t get my way I turn resentful. My sponsor had me read this step in the twelve and twelve three times after my fifth step and the few thing that jumped out at me was that God can relive me of the obsession; whatever that obsession may be for the day. Also, while I was reading it I was thinking “Great - it’s going to give me directions on how to do this.” I was hoping that the directions would be really easy and tell me to do ten jumping jacks, or run around the room five times, after all it did say this is an action step. But it didn’t say any of that, it said to pray for the willingness, be of service and work the remaining steps.

*Continued on page 5*

<b><u>2006 Steering Board</u></b>		<b><u>Office Calls</u></b>	
<b><u>Chair:</u></b>	<b>Marty M.</b>	Meeting Info.	169
<b><u>Alt. Chair:</u></b>	<b>Jeff T.</b>	Inventory/Hours	16
<b><u>Secretary:</u></b>	<b>Eric H.</b>	12th Step Calls	8
<b><u>Treasurer:</u></b>	<b>Mary Jo N.</b>	Temporary Sponsors	7
<b><u>Member at Large 2006:</u></b>	<b>Alfred K.</b>	Speaker Requests	6
<b><u>Members at Large 2005:</u></b>	<b>Tom S. &amp; Starr M.</b>	Special Events	2
<b><u>Advisor to the Board:</u></b>	<b>Renee B.</b>	Outside Issues	18
<b><u>Office Manager:</u></b>	<b>Tom N.</b>	Administrative	25
		Other	37
		<b>Total Calls</b>	<b>370</b>
		Visitors	82
		<i>*Call tally is for the calls taken during office hours only and does not include calls taken during Night Owl shifts.*</i>	

<u>Recovery</u>	<u>Unity</u>	<u>Service</u>
<p>2006 West Central Regional Alcoholics Anonymous Service Conference “Sponsorship, Service, and Self-Support in a Changing World” MARCH 3, 4, &amp; 5 2006 Double Tree Park Place Hotel 1500 Park Place Blvd Minneapolis MN 55416  For more information please e-mail to <a href="mailto:delegate@area36.org">delegate@area36.org</a></p>		<p><b>12th Step Opportunity</b> Women’s Workhouse AA meeting 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>
<p>Gratitude Night Saturday April 1, 2006 Minneapolis Convention Center 1301 2nd Ave S, Minneapolis Tickets: &amp;10.00 Available through the Intergroup office 952-922-0880</p>	<p>BIG OLE ROUNDUP “Can’t Do It Alone...” March 17, 18, &amp; 19 2006 Alexandria, MN The Heart of the Lakes Area Information: 320-762-8546</p>	<p>Thanks to all the <i>terrific</i> volunteers who helped in Intergroup during January: Andy B., Andy D., Ben, Brigitte, Chris S., Christen, Frank D., Christine F., David, David L., Eliot, Gil, Jerry, John C., Julie, Julie C., Mike S., Brad, Roxi S., &amp; Deryl. Thanks to all the groups and individuals who took the Night Owl Shifts as well.</p> 
<p>A.A. WOMEN TO WOMEN “A Day of Sharing” Saturday April 8, 2006 9:00am—2:45pm The Pass It on Club 6229 W Forest Home Ave Milwaukee, WI 53220 414-541-6923</p>	<p>“Paul Bunyan Roundup” Match 10, 11, &amp; 12 2006 Grand View Lodge, Nisswa MN For more information please contact Richard @ 218-828-6491</p> <hr/> <p>Luck of the Irish Roundup March 17-19, 2006 Westside High School 87th &amp; Pacific Omaha, NE</p>	

### CONCEPT III

To insure effective leadership, we should endow each element of AA — the conference, the General Service Board and its service corporations, staffs, committees, and executives — with a traditional “Right of Decision.”

- Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?
- Do we trust our trusted servants—GSR, DCM, area delegate, the Conference itself?

--From pamphlet F-91, the “Concepts Checklist,” reprinted with permission from AA World Services Inc.

**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  
January 2006**

Total Group Contributions  
\$3837.80  
Number of Groups  
Contributing  
35  
Total from Faithful Fivers  
\$248.00  
Number of Faithful Fivers  
Contributing  
14

**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](http://www.district26-area36.org)

**BE A NIGHT OWL !!**

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 Katie at the office or go to our website at [www.aastpaul.org](http://www.aastpaul.org) if you can help.** There are still open shifts in March.

**Thank you, to all of the groups that contributed in the month of January:**

- 11 West Bernard AA**
- Basic Text AA**
- Burnsville Eagan Savage Tues. BB**
- Como Area 12 x 12**
- Como Park Big Book Study**
- Cottage Grove AA**
- Dakota Alano Thursday 11:45 AM**
- Day By Dei; Eastside AA**
- Eastside Squad 6**
- Fellowship AA**
- Fireside Women's Groups**
- Highland Park AA**
- Lake Elmo AA**
- Live & Let Live AA**
- Meeting of the Waters**
- Midway AA**
- Mon. AM Apple Valley Women's AA**
- No Time Like the Present**
- North Branch Community Groups**
- Red Wing AA**
- Ridge Runners II AA Group**
- Rivertown Big Book AA**
- Roseville Wednesday Night AA**
- Seniors AA**
- Shoreview Big Book Plus**
- Spiritual Traditions Group**
- St. Paul Open Speakers Mtg.**
- St. Stephen's Tuesday AA**
- Third Tradition Group**
- Uptown AA**
- WBL Redeemer AA**
- White Bear Lake Area AA**
- White Bear Women's Wed. AM AA**
- Woodbury Wed. Noon Step Study**

**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 January 17, 2006 St Paul AA Intergroup Representatives' Meeting

The meeting was called to order at 7:30.

The primary purpose of Intergroup was read.

In attendance: Jonathan L, Tom N, Jeff S, Greg M, Tom L, Jeff H, Noah N, Libby P, Mike L, Carla V, Jon C, Mary J, Jim L, Lisa L, Diane E, Kristin Y, Julie M, Tom S, Jeff T, Marty M, Mary Jo, Renee B, Roxi S, Eric H.

The December minutes were approved following a change in syntax in the Web Site Report.

**Treasurer's Report:** Jeff T presented the treasurer's report. The December 2005 budget left us behind expectations in contributions, especially from groups. Sales broke even. The open position in our office saved money on salaries, but more was spent on insurance and equipment rental than was budgeted. Still in the black, December saw us almost \$800 below expectations.

A brief recap of 2005's expenditures showed that while Intergroup's income was lower than expected, careful spending still allowed us to come out several thousand dollars ahead for the year.

**The Office Report:** Tom, our new office manager, presented the office report. He's caught up on many of the loose ends caused by Melissa's absence. Medallions and literature are in stock and the office boasts a healthy number of volunteers at this point.

**Website Report:** Jonathan presented the website report. December saw heavier use of the site, with 50 more visitors per day than usual. The meetings of service entities were given their own page and Night Owl section has been cleaned up. The PDF meeting list will not be reinstated due to infrequent use. The office has a new computer and the fate of the old one is still being decided.

**Outreach:** District 8 is beginning a joint outreach program with Intergroup in order to educate more AA's about our functions and services.

### Upcoming Events:

- **New Years** went well though there were questions about charging admission when the DJ is free.
- **Women's Conference:** Intergroup has been invited to sell literature at the conference and we are still looking for volunteers.
- **Night Owl Workshop:** Scheduled for Saturday, January 21, the workshop will train volunteers how to best answer the phones for Intergroup. With many shifts open, we hope word spreads of this simple service opportunity.
- **Tradition Workshop and Spring Fling** were both mentioned briefly, though no new information is available.

### New Business:

**An ASL Interpreter** could cost Intergroup over \$1000 per year. We are looking for a volunteer to interpret for deaf Intergroup representatives.

**Minneapolis Gratitude Night (4/1/2006)**

Mary presented concept one.

A member volunteered to present concept two in February.

John presented the January mock reps report.

A member volunteered to present the February mock reps report.

Closed with the Responsibility Statement and the Lord's Prayer.

## Step Three Essay, continued from page 2

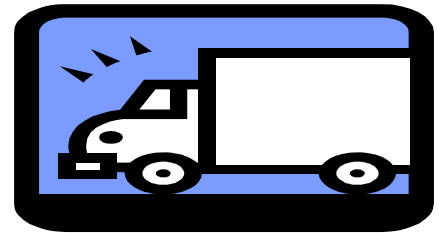
This step is a step that I will have to work every second, every minute, and every day. If you are like me you want results NOW!!! But that's not always the case. Faith in 24 hours is a hard thing to get. Its time, its working steps, praying, service, and unity. The last thing I want to say comes from page 63 in the Big Book, "We had a new employer. Being all powerful, He provided what we needed, if we kept close to him and performed his work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of his presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn."

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

Change Service Requested

Non-Profit  
Organization  
U.S. Postage  
Paid  
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 Address \_\_\_\_\_

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

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

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