

# The Lifeline



June, 2006

24 Hour Phone: 651-227-5502

Volume 41, Issue 6

## ST. PAUL INTERGROUP OPEN HOUSE 2006



**Come join us in sharing the message of Alcoholics Anonymous and some pretty mean BBQ. Meet the staff, learn about the function of Intergroup, and most of all have a little fun. Hope to see you there!**

**Saturday June 24th, 2006—11:00am—3:00pm**

On the top level of the parking garage at Spruce Tree Centre, St. Paul Intergroup  
1600 University Ave., #407 St. Paul, MN 55104- (651) 227-5502

### **Step Six: Were entirely ready to have God remove all these defects of character.**

My home group has always been the Roe Center Group, located in Mission, Kansas - a suburb of Kansas City. But there is another group with which I have extremely close ties - having attended meetings there every Monday Night for the past 22 years. That group is the Riverside Group of Alcoholics Anonymous and those meetings are held at the Federal Penitentiary in Leavenworth, Kansas.

At a recent meeting we were discussing the Sixth Step and one of the members happened to open up his paper-bound 12 and 12 and there, inside the front cover, a previous inmate had written, in pencil, the following. I hope it may help you as I am sure it helped him. Enjoy.

My character defects were hidden behind all those hurts and injustices I'd saved up through the years and which I regularly brought out and relived with all the original emotion. Not only that, I accumulated any and every new hurt real or imagined. In fact I took a kind of perverse pleasure from feeling sad and self-pitying. I was giving power to people who were long gone. Then I realized that these people gave me my favorite excuses for why I did what I did or couldn't do what I should have been doing. I used them to justify my actions and blamed them for my failures. Every time something went wrong in my life or I failed to live up to some responsibility, I took out the list of abuses I'd suffered and used it as an excuse. I became very adept at hiding my guilt behind these real or imagined hurts. I was a classic victim.

The problem with blaming my frustrations and failures on what others did to me is that it kept me small. I stayed a little boy trapped in a man's body-- a self-centered, selfish little boy who expected people to live up to his fantasies of them and got hurt when they didn't cater to every want and whim.

Although I had made a Third Step decision, I couldn't really turn my life and will over to my Higher Power because it didn't belong to me. Unknowingly, over the years, I'd turned my will over to all those people whom I felt had injured me in some way.

Fortunately, I reached a point where I was choking on all this garbage. With the help of my Higher Power and the AA program, I chose to grow up. It was about time! I opened up that imaginary closet in my mind where I kept these well-nurtured hurts and tossed them into my past where they belonged.

Into this newly cleaned-out space, I started storing my goals and the hopes and dreams of what I wanted to achieve in life. Now instead of looking backward into the dreariness of my past, I'm looking forward to a bright future because I've finally taken responsibility for my life.

Roger H.  
Mission, Kansas  
Just Pass It On website

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 6 PM; Tuesday: 9 AM to 8 PM

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

## Tradition Six:

**An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.**

"It occurred to us that we could take what we had into the factories and cause laborers and capitalist to love each other. Our uncompromising honesty might soon clean up politics. With one arm around the shoulder of religion and the other around the shoulder of medicine, we'd resolve their differences. Having learned to live so happily, we'd show everybody else how. Why, we thought, our Society of Alcoholics Anonymous might prove to be the spearhead of a new spiritual advance! We might transform the world.

"Yes, we of A.A. did dream those dreams. How natural that was, since most alcoholics are bankrupt idealists. Nearly every one of us had wished to do great good, perform great deeds, and embody great ideals. We are all perfectionists who, failing perfection, have gone to the other extreme and settled for the bottle and the blackout."

--from "Twelve Steps and Twelve Traditions," p. 156,  
*Reprinted with permission from AA World Services Inc.*

### Message from the Office Manager:

Thanks to everyone who pitched in for the Spring Fling, and to everyone who attended! We had two great speakers, rocking music, and more goodies and treats than we knew what to do with. I counted at least four kinds of cookies, and five varieties of chips! AA member came from as far away as Chaska to celebrate Unity, Recovery and Service!

With the sun shining and temperatures rising as Spring settles in, we have seen a little bit of a drop-off of volunteers in the office. Our regular volunteers range in length of sobriety from days to decades. If you're between jobs, retired, new in sobriety, or rejuvenating you program, answering phones in the office is a great service opportunity. You represent AA to the outside world, and often you are the first AA the newcomer meets. If you have a sponsee who is ready to learn more about service, the orientation is very service-oriented, and gets the volunteer to think about AA beyond the home group. You can volunteer as an individual, or with your group!

"Thanks" from Tom!

### 2006 Steering Board

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

### Office Calls

Meeting Information	143
Inventory/Hours	13
12th Step Calls	18
Temporary Sponsors	9
Speaker Requests	11
Special Events	3
Outside Issues	23
Administrative	32
Other	42
<b>Total Calls</b>	<b>294</b>
<b>Daily average</b>	<b>14.7</b>
Visitors	32

*\*Call tally is for calls taken during office hours only and does not include calls taken during Night Owl shifts.\**

## **Minutes from April 18, 2006 St Paul AA Intergroup Main Body Meeting**

The meeting was called to order at 7:30.

The primary purpose of Intergroup was read.

**In attendance:** Eric H, Roxi S, Tom N, Jeff J, Jen L, Jim L, Tom S, John B, Marty M, Mary Jo, Judith, Greg M, Mike L, Diane E, Julie M, Jon C, Kay G, Paul, Michael K, John F, Jonathan L, Bonnie R, Mary J.

The March minutes were approved following a correction.

**Treasurer's Report:** Mary Jo presented the treasurer's report for March. Group contributions were down but the overall income was good, better than expected and better than the previous March. Employee salaries were up owing to three pay periods in the month of March.

**The Office Report:** Tom delivered the office report for March. The office has been slower with sunnier weather and hasn't been receiving as many visitors. Tom's developing a sense of balance for what he needs to keep in the office i.e. which items sell often, which move slower. The AA Women's Conference gave St. Paul Intergroup a generous donation which refilled our prudent reserve. One meeting in our region is having a problem with a religious meeting which overlaps their service commitment at a correctional facility. Lastly, our old office manager, Melissa, paid a visit and is looking well.

**Website Report:** Jonathan presented the March website report. The number of visitors was down to a normal level compared to the large number of hits so far this year. Jonathan is still working on a "Maintenance Page" so that our site can be maintained by non-internet programmers. He has also posted many event flyers on the site.

**Outreach:** Tom S presented the Outreach report. Outreach is focusing on business meetings and steering committees to get across his message. He and Alfred have visited over 20 meetings and have scheduled visits with 50 more. Only 400 left to go! Needless to say, the two of them could use some help.

**Night Owl Report:** Dianne presented the night owl report. She has managed to fill every open shift and announced even has people on a waiting list.

### **Upcoming Events:**

**Spring Fling** – May 13 Mary Jo is ready to go in every respect.

**Open House** – One Saturday in June. Roxi will chair.

**Old Timers' Recognition & Ice Cream Social** – Sept 16 2 PM, to be chaired by Tom S.

**Fall Workshop** – Date TBA. Renee to chair.

**Gratitude Night** – Nov 18, chaired by Jeff T, a male speaker is needed this year.

**New Years' Eve** – Dec 31, Marty to chair.

### **Old Business:**

### **New Business:**

### **Group Announcements**

**Mary** announced that Back to Basics in Burnsville is taking a women's group to Joe & Charlie's BB Study in Chicago

**Jeri** asked where a group should look for a service commitment. We have a tentative list in the office. District also has a treatment coordinator who helps set up such things.

**Julie** announced the last chance to get a Gopher state hospitality suite before they're all gone.

Roxi S presented Concept IV.

Michael K volunteered to present Concept V in May.

Eric H presented the April 18 mock reps report.

Jon C volunteered to present the May mock reps report.

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

## 7th Tradition Suggestions For Groups

“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 information below 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% General Service Office

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

### 10% Southern MN Area 36

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 FOR APRIL

Total Group Contributions:  
\$2705.22

Number Groups Contributing: 30

Number of Faithful Fivers: 11

Total from Faithful Fivers: \$360.00

#### District Meetings

##### **District 8 (Ramsey Co.)**

Fairview Community Center  
1910 Co. Rd B, Rm 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

#### **Thanks to all the terrific volunteers who helped in the Intergroup Office during April!**

Anne M., Christen, Dawne, Derrick, Eliot, Frank D., Gil, Greg S., Jack R., Jerry B., Jim, John C., Kelly S., Kris, Kristine, Matt, Mike, Roxi, Tom S., Val



Thanks to all the Night Owl volunteers and groups as well.

#### **12th Step Opportunity**

Women’s Workhouse AA meeting  
Volunteers of America  
Dale and Larpentuer, St. Paul  
Saturday, 11:00 AM, Tuesday 4 - 5 PM  
You’ll need a background check (paid for).  
Women only, please.

### “Thanks!” to all of the groups that contributed in April:

Amigo's III  
Apple Valley Friday Night AA  
Back To Basics Big Book Study  
Burnsville Eagan Savage Tues. BB  
Cliffhangers III  
Como Area 12 x 12  
Como Park Big Book Study  
Eastside AA  
Eastside Squad 6  
Fellowship AA  
Forest Lake Men's Tues  
Friday Night Women's AA  
Highland Park AA  
International Women's Conference  
Lake Elmo AA, Maplewood AA  
Mendota 10:30 AA  
Midway Groups, North Dale AA  
Outright Mental Defectives  
Red Wing AA  
Roseville Wednesday Night AA  
Sat AM Women's group  
Spiritual Traditions Group  
St. Anthony Park AA  
Third Tradition Group  
Unity Service Recovery  
Eagan AA, Uptown AA  
Vadnais Heights Tuesday Night AA  
White Bear Lake Area AA

### **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 needed materials. **If you can help, please call Katie at the office or you can go to our website at [www.aastpaul.org](http://www.aastpaul.org) .**

### ***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.

## The Twelve Concepts: Concept VI

**“On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.”**

Why should our Trustees be given this very wide latitude of judgment and action? The answer is that we A.A.'s are holding them mainly responsible for all our service activities.” “They are the active guardians of our Twelve Traditions.”

*--Reprinted from Twelve Concepts for World Service with permission from AA World Services Inc.*

## UPCOMING EVENTS!!

<p><b>““Life Will Mean Something At Last” 14th Annual Erie Area AA Women’s Retreat</b></p> <p style="text-align: center;">June 2, 3, 4, 2006 Camp Findley Findley Lake, New York More Information: Kathy B. (814) 899-6497 Sallie H. (814) 899-0614</p>	<p><b>Sponsorship, Service &amp; Self Support: In a Changing World</b></p> <p style="text-align: center;">Saturday, June 10, 2006 12:30 pm—4:30 pm Union Congregational Church 3700 Alabama Ave South St. Louis Park, MN 55416 Sponsored by Mpls Intergroup: 952-922-0880</p>
<p><b>Experience the Serenity 16th Annual Heartland Round-Up</b></p> <p style="text-align: center;">September 8,9,10, 2006</p> <p style="text-align: center;">Northern Pines Assembly Grounds Fishhook Lake—Park Rapids, MN More Information: 218-573-3620</p>	<p><b>6<sup>th</sup> Annual Midwest Motorcycle AA Convention</b></p> <p style="text-align: center;">June 23, 24, 25, 2006 Emerald Acres Campground Pearl City, IL Pre-Registration: \$30.00 before June 6th More Information: Jodi S. (815) 703-6071 Tom S. (815) 623-5329</p>
<p><b>Maiden Rock Campout</b></p> <p style="text-align: center;">June 16, 17, 18, 2006 Maiden Rock Camp Grounds More Information: Dennis C. (715) 594-3146 Jon E. (715)594-3717</p>	<p><b>“A new freedom and a new happiness” 31st Annual Atlanta Round Up</b></p> <p style="text-align: center;">July 20, 21, 22, 23, 2006 Atlanta, GA 30328 More Information: 770-395-3900</p>

## Akron Founders’ Day

**71st Anniversary of Alcoholics Anonymous at the Birthplace of AA**

June 9, 10, 11 2006

University of Akron, Akron Ohio 44325

[www.akronAA.org](http://www.akronAA.org)

## Is your meeting represented at Intergroup?

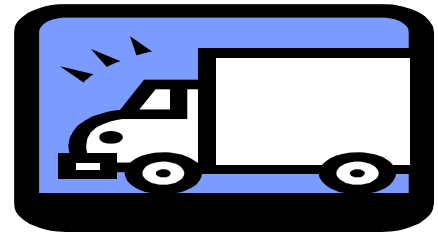
The May Representatives’ meeting will be held May 16 at 7:30 pm,  
at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.

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

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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

Faithful Fivers contribute five dollars to St. Paul Intergroup each month to enable us to continue to carry the life-saving message of AA. 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