

The Lifeline



December, 2006

24 Hour Phone: 651-227-5502

Volume 41, Issue 12

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

For a long time, all I really heard when someone would recite the 12th step is the part about working with other alcoholics. Basically, I equated practicing this step with becoming a sponsor. I've come to learn that there is much, much more to this step, and I learned it by paying more attention to exactly how it's worded. Here are some of the things that stand out for me now:

"Having had" – I like the implicit assumption that if you've worked the first 11 steps, then you've had a spiritual awakening, period. I think Bill W., being the salesman he was, probably wanted to put the word "guarantee" in there somewhere.

"spiritual awakening as the result" – The bad news: You only get one thing from working the steps: a spiritual awakening. The good news: the spiritual awakening opens the door to a universe of happiness.

"we tried" – The word "tried" could have been left out and the step would still make sense, but I believe its inclusion carries an important messages for us alcoholics: we are responsible for the effort; our Higher Power is responsible for the outcome. We lead the pigeon to water; we can't make him drink.

"this message" – I always thought that the step read "carry the message," which I thought included all kinds of things: giving newcomers a copy of the Big Book, explaining the 12 steps, working the phones at Intergroup, etc. etc. And all these things are certainly important. But as written, what we're supposed to carry is "this" message, the message that we've had a spiritual awakening as the result of working the steps.

Incidentally, a recurring question from newcomers is: When am I ready to be a sponsor? I've heard a wide range of answers, like "If you're one more day sober than the new guy," or "As long as you're one Step ahead of your pigeon" or, often, some sobriety time qualification like "you've got to have a year of sobriety." It's said that the Big Book doesn't have an answer because it never mentions "sponsorship" by name. It occurs to me, however, that the wording of the Twelfth Step might provide guidance. When did the first 100 carry this message to other alcoholics? After they'd had a spiritual awakening as the result of working the steps. Of course, they would get through the steps in their first thirty days of sobriety; so waiting until then didn't hold them back much.

(continued on page 2)

St. Paul AA New Year's Eve Celebration!

December 31st, 2006

Lutheran Church of the Redeemer

285 N. Dale St. (Dale & Iglehart)

From Dale, turn right 1 1/2 blocks south of I-94



St. Paul Intergroup of Alcoholics Anonymous®

Web Site: www.aastpaul.org

E-mail: 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

Is your meeting represented at Intergroup?

The December Representatives' meeting will be held December 19, 7:30 pm,
at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.

“Step 12” continued from page 1

“practice these principles” – This part didn't make sense to me at first, since I always thought principles were things to believe in, not do. Then I came to understand that AA was a practical program of action, not beliefs, that our *daily* reprieve meant that our actions had to be taken on an *daily* basis, and that we “practice” them because we acknowledge that the best any human can do is “progress, not perfection.”

“all our affairs” – I definitely started out in sobriety wanting to work the program cafeteria-style: yes, I'll have some Humility and Courage, but “maybe later” on the Honesty. It took awhile for me to understand that not only would half-measures avail me nothing, but three-quarters measures didn't do much better. “All our affairs,” I came to believe, is the flip side of “go to any length.”

So now when someone reads the twelfth step, this is what I hear:

HAVING HAD a **SPIRITUAL** awakening as **THE** result of these steps, we **TRIED** to carry **THIS** message to other alcoholics and **PRACTICE** these principles in **ALL** our affairs.

By Michael K, Defogged Men's Group

Tradition Twelve: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

. . . anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.

— *Twelve Steps and Twelve Traditions*, p. 187, reprinted with permission from AA World Services Inc.

2006 Steering Board

<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. and Roxi S.
<u>Members at Large 2005:</u>	Tom S. and Patty M.
<u>Advisor to the Board:</u>	Renee B.
<u>Office Manager:</u>	Tom N.

Office Calls in October*

Meeting information	225
Inventory hours	23
12th step calls	16
Temporary sponsor	21
Speaker request	24
Special events	3
Outside issues	33
Administrative	63
Other	103
Total Calls	510
Daily average	23.2
Visitors	95

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

ST PAUL AA INTERGROUP: Minutes from October 17, 2006 Representatives' Meeting

The meeting was called to order at 7:30. The primary purpose of Intergroup was read.

In attendance:

Eric H.— Board Secretary	Lisa L. — No Time Like the Pres.	Lesli D. — Como Park BB
Jeff T.— Alt. Chair	Diane E. — Profound Alteration	Barb D. — WBL—St. John's
Mary Jo N. — Treasurer	David A. — Rosemount groups	Mark K. — Uptown Club
Roxi S. — Member at large	Judith F. — Macalester-Plymouth	John F. — Shoreview 12&12
Marty M. — Board Chair	Pam E. — Wed Noon Woodbury	John D. — Amigo's III
Tom S. — Member at large	Brandon F. — Happy Hour Men's	Judy H. — Uptown Th 4C
Patti M. — Member at large	Jeff H. — Basic Text-NW Alano	Ed M. — Main Idea
John K — Third Edition	Melanie C. — Como Park BB	Greg M. — OMD
Tom N. — Office manager		

The September minutes were approved pending the deletion of a paragraph on non-conference literature.

Treasurer's Report: All contributions for September were well above budget. We received a \$3,210 donation from Gopher State Roundup. September Contributions (Group, Faithful Fivers, and Special) \$7,539 – 62.1% of Income. September Sales 4,603 – 37.9% of Income also were above budget. Group contributions \$3,779 – 549 meetings listed on website (41 Groups Contributed for September, and 137 for 2006. Expenses were greater than budget due to Accounting fees, Upgrade of copier, Building Liability Insurance, and Payroll is up due to turn over of staff. Conferences expense is for Hotel and Seminar fees for Office Manager to attend Intergroup Managers conference in Ohio. Manager did not attend last year so budget was not set up.

The Office Report: Tom delivered the office report for September. Tom visited Akron, OH where he attended the annual seminar for Intergroup office managers. He felt this need for office manager 'self care' to be very important. He learned a lot of alternate methods of fundraising there. As always, there are a plethora of service opportunities available at the office.

Website Report: Jonathan was not available to present the September website report.

Outreach: Alfred was not available to present the September Outreach report.

Night Owl Report: Dianne presented the September night owl report. We have three shifts open now. Dianne will be promoted to Night Owl Coordinator at the end of the year and will need a new assistant. Night Owl holds an orientation for new operators on the third Saturday of every month in the Intergroup office.

Vote on Non Conference Literature Tonight was the final vote on whether or not to include non-conference literature in the office. It took five ballots to decide, with few changes on each round. The final vote was that we would not be incorporating materials and literature that are not approved by the general service conference. We would like to thank the groups of Saint Paul for their interest and involvement in this debate. It's the groups we serve who make it possible for us to run Intergroup.

Upcoming Events:

Gratitude Night – Jeff T Saturday November 18, 7:30 PM—A male speaker with one year is still needed

New Years' Eve – Marty M. December 31—We are looking for a DJ for the event.

November Elections – Nominations for positions on the Intergroup board will be taken at the main body meeting in October as well as November.

Old Business:

New Business:

Judy H presented concept X

Eric H volunteered to present concept XI in November

Mary J presented the October 17 mock rep report

Melanie volunteered to present the November mock rep 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

BE A NIGHT OWL !!

Night Owls are often the first AA contact for the newcomer! A Night Owl shift is a once-a-month commitment to answer Intergroup phones after hours. 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. **If you can help, call Matt at the office or go to our website: www.aastpaul.org**

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 Office during October!

A.J., Adam, Andy B., Bob, Brian F., Brigham M., Cara, Charisma, Donald, Ed M., Eliot, Heather, Jack R., Jack T., Jim H., Julie, Karri C., Larry T., Lisa, Lynette, Melissa, Mike A., Patrick, Paul W., Sandra, Steve, Val, Wayne

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



INTERGROUP INCOME FOR OCTOBER

Number Group Contributions: 39
Total Group Contributions: \$5,571.36
Number of Faithful Fivers: 19
Total from Faithful Fivers: \$350.41

“Thanks!” to the groups that contributed in October:

- Apple Valley Big Book
- Basic Text Women's Group
- Bremer Big Book
- Burnsville Eagan Savage Groups
- Como Area 12 x 12
- Como Park Big Book
- Defogged Men's Group
- Eagan Tap Tues BB
- Eagan Tuesday Nighters
- Fairview Riverside Group
- Fellowship Group
- Four Seasons Group
- Fourth Dimension
- Fresh Air Group
- Highland Park Groups
- Island Lake Group
- Mahtomedi Groups
- Maplewood Groups
- Merriam Park Groups
- Midway Groups
- North Dale Groups
- Outright Mental Defectives
- Red Wing Groups
- Rivertown Big Book Group
- Roseville Centennial Group
- Shoreview 12&12 Group
- Shoreview Big Book Plus
- St. Croix Valley Groups
- Students of Life
- Summit Hill Group
- Third Tradition Group
- Thurs. Night Lake Elmo Group
- Uptown Groups
- Valley Step Group

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, 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 XII

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote, and, whenever possible, by substantial unanimity; that no Conference ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

Therefore we expect that our Conferences will always try to act in the spirit of mutual respect and love — one member for another. In turn, this sign signifies that mutual trust should prevail; that no action ought to be taken in anger, haste, or recklessness; that care will be observed to respect and protect all minorities; that no action should ever be personally punitive; that whenever possible, important actions will be taken in substantial unanimity; and that our Conference will ever be prudently on guard against tyrannies, great or small, whether these be found in the majority or in the minority.

The sum of these several attitudes and practices is, in our view, the very essence of democracy — in action and spirit.

Freedom under God to grow in His likeness and image will ever be the quest of the Alcoholics Anonymous. May our General Service Conference be always seen as a chief symbol of this cherished liberty.

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

New from the AA Grapevine — Emotional Sobriety: The Final Frontier

The following excerpt from Bill W's 1958 essay is the introduction to this new book.

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA — the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance — urges quite appropriate to age seventeen — prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living — well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally.

How shall our unconscious from which so many of our fears, compulsions and phony aspirations still stream — be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" — becomes our main task. . . .

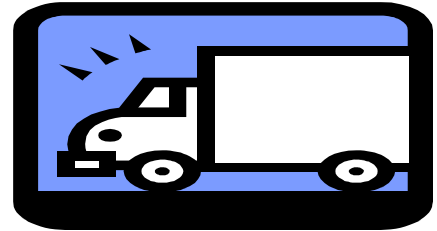
— Reprinted with permission from AA Grapevine Inc.

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

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*. You may also contribute annually, quarterly, etc.

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