



Sponsorship — a Vital Stepping-Stone to Service & Sobriety Service Material from the General Service Office

The 91 delegates to the General Service Conference listened as the question was asked: "How many of you came to service in A.A. with the help of a sponsor?" Essentially, all 91 delegates raised their hands in assent.

Past trustee Al H., of Saskatoon, Saskatchewan, Canada vividly remembers that moment in 1978. "We sponsor as we have been sponsored," he says. "I was taken to my first service meeting barely three months after I became sober and I've been active ever since."

Like so many members, Al early absorbed the miracle of Twelfth-Step work—that sharing the A.A. message with other alcoholics helps to keep us sober. Thanks to alert sponsorship, he then learned how such one-on-one help in the Fellowship can be stretched to include an ever widening range of twelfth-stepping—from becoming active within one's group to serving at the local intergroup or central office, on institutions committees, and finally in "general service." This term embraces the myriad activities within the Conference structure that are carried out by G.S.R.s, area committees, delegates, trustees and the G.S.O. staff. They affect A.A. as a whole and are crucial to our unity and survival.

Al points out that "a lot of A.A.s—not just newcomers, either—don't know enough about A.A. and how it works." He believes that "God smiled on us when he led us into the Fellowship. The hand of A.A. was there for us and if we want it to be there for your kids and mine, I think we need to be active ourselves in service and help the newcomer to do the same. Frankly, I don't even know how to sponsor anyone who doesn't get involved in service. I'm a great admirer of Dr. Bob, who said that if we fail to acquire a spirit of service, we will have missed the greatest gift A.A. has to offer—the ability to give our sobriety away and so keep it."

Al, who travels hundreds of miles to attend service meetings, recalls visiting a new group several years ago with a sponsee. An 18-year-old newcomer had been given the task of slicing pickles; spotting Al, the sponsee quickly took the young woman aside and informed her that she was talking to a trustee. Undaunted, she retorted, "The pickles need slicing." Al sliced.

Missouri delegate Rita J. says she sponsors new people into service early. "I introduce them to the Traditions," she declares, "and take them to G.S.R. and state assembly meetings. A number of them get into service." It's not always easy, Rita admits, "but I just hang in. Of course, when I called for a group conscience meeting not long ago, hardly anyone I sponsored showed up. I couldn't exist without a sense of humor!"

Past trustee David A., of Dallas, Texas, says that "everyone I've sponsored has gone into service. It's not mandatory, I tell the newcomer, but it's more than a suggestion. I also tell them that the Twelve Steps are just one-third of our legacy; there are the Twelve Traditions and Twelve Concepts of World Service. It's a 36-point program." He further suggests that they read the Big Book ("you'll find yourself") and A.A. Comes of Age ("you'll love A.A. so much you won't leave—you'll want to stay and grow").

"I was brought to service by a former delegate who wanted to go to the Bill W. Dinner in 1967," David relates. Bill himself autographed my copy of *As Bill Sees It*; I met people in service and went back and back and back. I was G.S.R., D.C.M., delegate, area chairperson, area *Grapevine* Rep, you name it. I served as alternate in each of these offices, too, before becoming a trustee-at-large, U.S.A. And I'm even more active now than when I started. I attend the state conferences, do meetings on the Traditions and Concepts and, of course, try to get newcomers interested in service whenever I can."

— continued on top of page 2 —

Saturday, April 28th, 7pm

St. Paul Intergroup

SPRING FLING !!

Lutheran Church of the Redeemer
285 Dale Street, just 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

Sponsorship — a Vital Stepping Stone to Service and Sobriety, continued from page 1.

Past trustee Ruth H., Hollis, New York: "When I took the G.S.R. role, my sponsor said, 'You don't want that, it's political.' Nevertheless, I became active on the Southeast New York Conference Committee. The other officers took me under their wing and gave me an appreciation of service. Today, I do the same with those I sponsor—I try to make them aware of A.A. as a whole. Whenever I see members working the Steps and Traditions, I make every effort to interest them in service beyond the group. Service is integral to my recovery; without it, I doubt that I would have stayed sober these past 28 years.

Past trustee George D., Tiburon, California: "When I first came to A.A. I slipped a lot. After I finally stopped drinking, my sponsor and other old timers told me I was the kind of drunk who had to be active to stay sober. I took them at their word and have continued to do so for 26 years. Service is a part of me."

For the first 11 years, George remembers, "I was active in every aspect of service except general service, perceiving it to be full of basic service club types. My closest A.A. friend was active in general service and I just figured it was an eccentricity—otherwise he was a nice, cosmopolitan guy. Finally, he dragged me along with him and I eventually became a delegate in 1975. In a discussion with the late Bob H., who was retiring at the time as G.S.O. manager, I questioned my motives in doing service work—was it love of A.A. or a need for recognition and approval? Bob then quoted what Bernard Smith, a nonalcoholic trustee and former chairperson of the General Service Board, once said about Bill W.: 'Never in history have so many great things been accomplished by a man with such doubtful motives.' With Bob's help I realized that if I waited to be 'pure' before getting anything done, I'd wait a lifetime."

George believes that general service may not be for everyone. "Instead of pushing people into it," he suggests, "I think we should lead them by example. We need to treat each other in service with the same sensitivity we bring to recovery."

Past trustee Dick D., Springfield, Massachusetts: "My late sponsor got me to intergroup and area institutions when I was still fairly new to A.A. He did the same with another Springfielder, Margaret C., who also is a past trustee. Then I sponsored a couple of A.A.s who later became delegates, and they've sponsored just as actively in turn. We have a living chain of service activity in this area.

Dick encourages people he sponsors to participate in service work, but notes that "much depends on the individuals, their family problems and other factors." Importantly, he notes, "I don't just send them to service meetings at the beginning, I take them myself."

He feels that the young people coming into A.A. today are motivated to get into service work. "Many have come to our program before hitting the bottom of the barrel. They're dedicated and grateful enough to pass it on."

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The Twelve Concepts: Concept IV

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

. . . there is a spiritual reason for the "Right of Participation." All of us desire to belong. In A.A., no members are "second class." The "Right of Participation" therefore reinforces Tradition Two, that no member is placed in "ultimate authority" over another. WE perform our service tasks better "when we are sure we belong — when our 'participation' assures us we are truly the 'trusted servants' described in Tradition Two."

-Reprinted from the pamphlet, The Twelve Concepts for World Service illustrated, by permission of AA World Services, Inc.

2007 Steering Board

<u>Chair:</u>	Jeff T.
<u>Alt. Chair:</u>	Tom S.
<u>Secretary:</u>	Lesli D.
<u>Treasurer:</u>	Mary Jo N.
<u>Members at Large 2007:</u>	Alfred K. and Roxi S.
<u>Members at Large 2008:</u>	Jason V.
<u>Advisor to the Board:</u>	Marty M.
<u>Office Manager:</u>	Tom N.

Office Calls in February

Meeting information	203
Inventory hours	27
12th step calls	11
Temporary sponsor	13
Speaker request	10
Special events	1
Outside issues	26
Info for Professionals	6
Administrative	31
Other	34
Total Calls	362
Daily average	18.1
Visitors	116

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

St. Paul AA Intergroup Representatives Meeting Minutes, February 20, 2007

- I. The meeting was called to order at 7:30 (see attendees below). The Primary Purpose of Intergroup was read.
- II. January 16, 2007 minutes were approved.
- III. **Treasurer's Report** – January Contributions (Group, Faithful Fivers, and Special) \$4,642 – 46.3% of Income. Contributions were greater than budgeted. Thanks to All. January Sales \$5,381 – 53.7% of Income were substantially above the budgeted amount. Thanks to all for purchasing your literature from Intergroup, it is another way of supporting Intergroup. Group contributions \$3,562 – 546 meetings listed on website (39 Groups Contributed in January)
There will be a \$5,700 transfer made to the Prudent Reserve giving us about a 4 1/2 month reserve. Payroll expenses as well as payroll service expenses were slightly higher than budgeted due to year end activities. (Inventory and filing and reports).
- IV. **Office Report** -- Tom N. a) Grapevine will reprint a Lifeline May 2001 article (Tips for Making 12-Step Calls); b) Office has new display cases and more literature; c) Office needs more Volunteers for dayshifts in the Office—please call if interested! d) Gopher State volunteer forms will be in the Lifeline for the next 2 months.
- V. **Website Report** - Jonathan presented his report; website activity is up; Night Owl password has been changed—contact a Board member for the new one; our new web hosting is \$10/month (vs. \$25/mo). Please send flyers of upcoming events to webservant@aastpaul.org so they can be posted on the site (on the "Events Page" under Unity). Meeting Directory on-line is up-to-date.
- VI. **Outreach Program** – Alfred is continuing ongoing visits to the (over 560) area AA meetings to spread the word about Intergroup; Has packets available to any volunteers who'd like to help. Is working with Jonathan and Tom to update the Meeting Directory.
- VII. **Night Owl Report** – Diane. A NightOwl Committee meeting is to be held on 2/26 – they are looking for new members; anyone interested should contact nightowl@aastpaul.org. There are 4 open shifts for Night Owls—please contact Matt at the office. Some NightOwls may have outdated directories—if so, volunteers are encouraged to get up-to-date Meeting Directories available on the website – Jonathan will add a 'link' to print this.
- VIII. **Upcoming Events.**
- Spring Traditions Workshop. (Tradition 2). Sat., March 17th 10am-Noon. Mary Jo will check on ALS interpreter.
- Spring Fling. Sat., April 28th – look for flyers on-line by mid-March.
- IX. **Old Business**
- a. Bylaw Committee – Marty M. In progress; volunteers/questions can be directed to advisor@aastpaul.org
- X. **New Business.** It was proposed that the Lifeline be emailed to current 'Faithful Fiver' subscribers in order to save on postage costs. Tom N. will check into that.
- XI. **Group Announcements or Concerns.** Discussion on various 'new' meeting needs: 'deaf' daytime meetings in Mpls; Chinese meetings; Sponsorship workshop needs; Group Inventory information; ANY 2nd language meeting information. Members are encouraged to email new meeting info to the office in order to get the info out on our website.
- XII. **Concept Review (II)** -- Kurt N. was ill; Tom N. presented Concept II. Dave A. volunteered for Concept III.
- XIII. **Mock Rep Report.** Thanks to John C. for 2/20 report. Kim T. volunteered for March.
- XIV. Closed with the Responsibility Statement and Lord's Prayer. (just before the 'bat' flew into the room)

Groups & Officers in Attendance:

Roxi S.- Board	Greg M.- OMD	Jon C. - 3 rd Edition	Kim T.- AmigosIII / Stlwtr
Jim N.-12x12, Mahtomedi	Cookie J.-Mac/Plymouth	Val L-BacktoBasics, Brnsvl	Pat C.- Fireside Women's
Jodie Z.-Fireside Women's	Alex B – Rosemount BB	David A.-Rosemount AA	Ken D.- SOS Oakdale
Bruce B – Club84 IGH	Tom L – Hzlwd / Shorerw	Richard U – Midway Club	John C – West End
Jonathan – Webservant	Diane E – NightOwl Profound Alterations	Kristin Y – Basic Text	Brandon F – Men's Happy Hour
Barb D – St.John's, WBL	Matt Z – Roseville Wed AA	Sondra E – Maplewood	Alfred K – Board
Mary Jo N – Board	Marty M – Board	Jeff T – Board	Lesli D – Board
Tom N – IG Office/Board	Peter J – House of Hope		

Step Four: Specific Instructions from the "Big Book"

Newcomers are often confused by the Big Book section on Step Four (pages 64 - 71). The instructions on what to actually do when working the step are mixed in with examples of what our new attitudes might look like. To make Step Four a little more clear, we have collected the specific instructions and printed them all together. This selection is not intended to suggest that a solid Fourth Step can be done without studying the complete Fourth Step section of the Big Book. Probably the best way to do Step Four is to find a sponsor who has worked the steps, and follow their instructions.

The Big Book passages are divided into four sections: The four-column resentment list, a listing of fears, the inventory of sex conduct, and a summary. A few headings have been added for the sake of clarity. These are set off in **bold**.

Therefore, we started upon a personal inventory. *This was Step Four.*

First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

I. RESENTMENT: THE FOUR COLUMNS

We went back through our lives. Nothing counted but thoroughness and honesty.

Column A (I'm resentful at):

Resentment is the "number one" offender. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry.

Column B (The Cause):

We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened.

Column C (Affects my):

On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?

We were usually as definite as this example: **(abbreviated)**

We turned back to the list, for it held the key to the future.

I'm resentful at	The Cause	Affects my	My faults
Mr. Brown	Attention to my wife	Sex relations (fear)	
Mrs. Jones	She snubbed me	Self-esteem (fear)	
My employer	Threatens to fire me	Security (fear)	
My wife	Wants house in her name	Pride—Security (fear)	

This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Column D (my faults):

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight.

STEP FOUR, CONTINUED

II. REVIEW OF FEARS

Notice that the word "fear" is bracketed alongside the difficulties with Mr. Brown, Mrs. Jones, the employer, and the wife.

We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. Wasn't it because self-reliance failed us?

We never apologize for God. Instead we let Him demonstrate, through us, what He can do.

We ask Him to remove our fear and direct our attention to what He would have us be.

At once, we commence to outgrow fear.

III. REVIEW OF SEX CONDUCT

A. List of Relationships.

Now about sex... We reviewed our own conduct over the years past.

Where had we been selfish, dishonest, or inconsiderate?

Whom had we hurt?

Did we unjustifiably arouse jealousy, suspicion or bitterness?

Where were we at fault, what should we have done instead?

We got this all down on paper and looked at it.

B. Test for Selfishness.

We subjected each relation to this test—was it selfish or not?

We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.

C. Ideal for Sexual Conduct.

In this way we tried to shape a sane and sound ideal for our future sex life.

We asked God to mold our ideals and help us to live up to them.

Whatever our ideal turns out to be, we must be willing to grow toward it.

We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter.

The right answer will come, if we want it.

Counsel with persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice.

To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.

D. Trouble in Sex Conduct.

If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache.

IV. SUMMARY

If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.

<p>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.”</p> <p>50% <u>St. Paul Intergroup</u> Spruce Tree Center 1600 University Ave. #407 St. Paul, MN 55104</p> <p>30% <u>General Service Office</u> P.O. Box 459 Grand Central Station New York, NY 10163</p> <p>10% <u>Southern MN Area 36</u> Area Assembly P.O. Box 2812 Mpls., MN 55402</p> <p>10% <u>District Committee</u> Ramsey County: District 8, P.O. Box 2267 St. Paul, MN 55102</p> <p>Dakota County: District 19, P.O. Box 1466 Burnsville, MN 55337</p> <p>Washington County: District 15, P.O. Box 181 Lake Elmo, MN 55042</p> <p>SE Ramsey County: District 26, P.O. Box 75980 St. Paul, MN 55175</p>	<p>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</p> <p><u>District Meetings</u></p> <p>District 8 (Ramsey Co.) Fairview Community Center 1910 Co. Rd B, Rm 203 Roseville <u>3rd Wed., 7:30 PM</u></p> <p>District 15 (Wash. Co.) Christ Lutheran Church 11194 N. 36th St., Lake Elmo <u>4th Mon., 7:00 PM</u></p> <p>District 19 (Dakota Co.) Rosemount Community Center 13885 South Robert Trail <u>2nd Wed., 7:00 PM</u></p> <p>District 26 (SE Ramsey Co.) 1099 Payne Ave. St. Paul 2nd Fri., 6:00 PM www.district26-area36.org</p> <p>Thanks to all the terrific volunteers who helped in the Office during February!</p> <p>A.J., Andy B., Ann, Bob, Brad T., Brian M., Donald, Frank D., Gil, Jack R., Jennifer, Karen, Kristen C., Larry T., Lynette, Mike D., Todd, Val.</p> <p>Thanks to all the Night Owl volunteers and groups as well!</p> 	<p>INTERGROUP INCOME FOR FEBRUARY Number Group Contributions: 31 Total Group Contributions: \$2552.45 Number of Faithful Fivers: 12 Total from Faithful Fivers: \$150.00 Special Contributions: \$147.82</p> <p>“Thanks!” to the groups that contributed in February:</p> <p>12 And 12 By The Book As Bill W. Sees It City Center AA Complete Defeat AA Dakota Alano Thursday 11:45 AM Day By Dei East Side Squad 6 Forest Lake AA Groups Forest Lake Men's Tues Highland Park AA Hour of Power Hugo AA Line by Line Mahtomedi Tues. AA Maplewood AA Marine Tues. Step Group North Branch Community Groups North Dale AA Red Wing AA Ridge Runners I AA Roseville AA Roseville Centennial AA Seniors AA Shoreview 12&12 AA Shoreview Big Book Plus Sisters of Serenity St. Anthony Park AA Uptown AA White Bear Groups White Bear Women's Wed. AM AA Women's Daily Reflections</p>
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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.

ST. PAUL AA INTERGROUP UPCOMING EVENTS!!

<p style="text-align: center;">24th Annual Minneapolis AA Gratitude Night Saturday April 14, 2007 6:00 Social Hour 7:00 Program & Speakers 9:30 Dance—DJ Minneapolis Convention Center</p>	<p style="text-align: center;">Saturday, April 28th St. Paul Intergroup Spring Fling Speaker - 7PM, Dance 8:30PM Lutheran Church of the Redeemer 285 Dale Street, just south of I-94</p>
<p style="text-align: center;">Delegates' Workshop Saturday, April 14th St. James Hotel Red Wing, MN 55066 <i>Break-Out Sessions 9:30am - 11:30am</i> <i>Delegate's Discussion Time 1:00pm - 4:00pm</i></p>	<p style="text-align: center;">56th Annual General Service Conference April 22-28 New York, New York</p>
<p style="text-align: center;">Area 36 Committee Meetings Saturday, May 5th Best Western Mankato, MN <i>Standing Committees Meet 9:30am - 11:30am</i> <i>Area Committee Meeting 1:00pm - 5:00pm</i></p>	<p style="text-align: center;">Gopher State Round-Up XXXIV May 25, 26, 27, 2007 Sheraton Bloomington Hotel Bloomington, Minnesota www.gopherstateroundup.org</p>

TRADITION FOUR:

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

. . . A group ought not do anything which would greatly injure A.A. as a whole, nor ought it affiliate itself with anything or anybody else. There would be real danger should we commence to call some groups "wet," others "dry," still others "Republican" or "Communist," and yet others "Catholic" or "Protestant." The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.

- from p. 147, *Twelve Steps and Twelve Traditions*, reprinted with permission from AA World Services Inc.

Is your meeting represented at Intergroup?

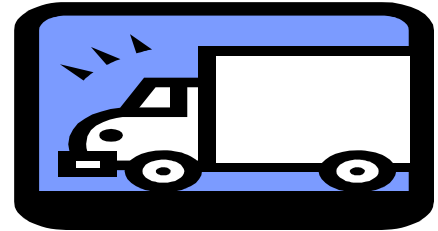
The April Representatives' meeting will be held April 17, 7:30 pm,
at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.
The church is located just south of I-94; from Dale turn west on Iglehart to park.

St. Paul Area 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 our life-saving message. 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