



STEP FOUR:

Made a searching and fearless moral inventory of ourselves.

An old timer once told me at a meeting, "If you don't do a fourth, you'll drink a fifth." My own initial fourth step took two months, as I avoided the difficult task of the first serious self-examination in my early sobriety. The first tools I needed were honesty, openness, and willingness: "the essentials of recovery."

As it is always important before starting any task (step), I wondered, what is the purpose of this moral inventory? The goal of the inventory is to clear away all blocks (character defects) that could interfere with the decision to turn our will and lives over to the care of God as we understood him that is made in step three. To delay this step means yet another day filled with guilt, shame, remorse, restlessness, irritability, and discontent. The aforementioned feelings interfere with the ability to have a "vital spiritual experience" and/or maintain a truly spiritual condition.

More specifically, what are the primary fourth step goals? Identify character defects, identify positive character traits (very important), and discover instincts run wild. However the one goal that resonated the most with me was to reveal the resentments and understand that alcoholics cannot expect serenity and peace when filled with bitterness and anger.

Some of my resentments were on the top of my mind and others boiled below the surface. However, I could not possibly appreciate the degree to which they controlled my thoughts and actions. I was instructed to look primarily at the social, security, and sex instincts and while they are a necessity to human life, these instincts "often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives...When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is."

I then compiled a complete list of my fears: some of them rational - spiders (I don't care what anyone says - they're terrifying) and some irrational - abandonment by my close family and friends. Then I gathered my sexual conduct list.

What emerged from my lists were patterns which began to give me a clear sense of my character defects. I also identified my flawed thinking processes, assisted by feedback from my peers, addiction counselor, and therapy groups.

Aided by the initial principles of honesty, openness, and willingness, I completed a thorough fourth step which set me up for my fifth step. My complete searching and fearless moral inventory was one of the great steps (pun intended) towards my continued sobriety, and I am so grateful to the founders of this program for setting forth these twelve steps to help me gain my freedom from addiction.

Thanks to Travis V., office volunteer, for this contribution!

St. Paul Intergroup Dinner, Dance & Speaker Meeting!! SATURDAY, APRIL 25TH, 5:30PM

Lutheran Church of the Redeemer, 285 Dale St.
Just one block south of I-94, turn right on Iglehart.



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

The Twelve Traditions: Tradition Four

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

(Below is the "Long Form" of the Tradition, as found in the Big Book and *Twelve Steps and Twelve Traditions*.)

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own group conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

"When A.A.'s Traditions were first published, in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group they have no other affiliation."

This meant, of course, that we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom, we found it necessary to post only two storm signals: 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."

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The Twelve Concepts: Concept Four

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 another good reason for 'participation,' and this one has to do with our spiritual needs. All of us deeply desire to *belong*. We want an A.A. relation of brotherly partnership. It is our shining ideal that the 'spiritual corporation' of A.A. should never include any members who are regarded as 'second class.' Deep down, I think this is what we have been struggling to achieve in our world service structure. Here is perhaps the principal reason why we should continue to ensure 'participation' at every important level. Just as there are no second-class A.A.'s, neither should there be any second-class world service workers, either."

Bill W., quoted with permission of A.A. World Services, Inc. from *Twelve Concepts for World Service*.

2009 Steering Board

<u>Chair:</u>	Mary Jo N.
<u>Alt. Chair:</u>	Julie M.
<u>Secretary:</u>	Jeff T.
<u>Treasurer:</u>	Michael K.
<u>Members at Large 2009:</u>	John D. & Jeff C.
<u>Members at Large 2008:</u>	Lisa L. & Mark K.
<u>Advisor to the Board:</u>	Tom S.
<u>Office Manager:</u>	Tom N.

Office Calls in February

Meeting information	245
Inventory/hours	25
12th step calls	19
Temporary sponsor	32
Speaker request	20
Special events	2
Outside issues	34
Info For Professionals	2
Administrative	125
Other	92
Total Calls	596
Daily average	29.8
Visitors	134

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, 2009

- I. Open with Serenity Prayer and Introductions 19:30.
- II. Read the Primary Purpose of Intergroup: Sandy from Fireside Women's Group.
- III. Approve last month's minutes. Approved.
- IV. Treasurer's Report: Michael K – Bottom line, we are ok.
38% drop in group donations in Jan 09.
Discussed our low 3 month prudent reserve vs. national average of 6 months for Intergroup offices across the country.
Brought up as a consideration to hand out an abbreviated version of the Financial report, but that report is always available online.
- V. Office Report -- Tom N.
 - 1. Tom N. brought the large print literature for perusal
 - 2. Gopher State Roundup is on Memorial Day Weekend
 - a. is looking for volunteers (either signup sheet and can sign up on the website as well
 - b. Sign-ups for rooms
 - 3. Pen Pals/Temporary Sponsors for Correction Facilities persons.
- VI. Website Report - Jonathan
New traffic record in Jan 09.
615 meetings in St. Paul Area.
Web site was broken by a "spambot"
Outage on website for 25 or 26 hours (provider gave us a free month).
No progress on splitting up neighborhoods for website.
If you want something posted, submit it to the website ASAP.
- VII. Outreach Program – Jeff C (not present).
- VIII. Night Owl Report – Patti M
New coordinator for committee is Leslie B
There are 6 helpers for Patti: Leslie, Cathy, Diane, Katie, Tom Swanson, Tommy Z.
Next night owl Orientation is Saturday February 28th, 10 – 12pm.
One shift open: 6am – 9am shift on the third Tues (early bird).
- IX. Intergroup Events.
Now looking for groups to commit for set up and break down of Intergroup events. Please contact Intergroup or Lisa L for group volunteer info.
Set up for this upcoming event is at 9am and breakdown is around 12:30 pm.
Ideally, at least 6 people would make it fun for all.
- X. Old Business.
Bylaws Revision: Introduction of John D. as the new head of the Bylaws Committee. John spoke and is moving forward with attorney interviews regarding bringing this to a productive close.
- XI. New Business: none.
- XII. Group Announcements or Concerns: none.
- XIII. Concept Review (I) for February – **Charlie**.
Volunteer for March, Concept III: _____
- XIV. Mock Rep Report: **Angela**.
a. Volunteer for March report: _____
- XV. Close with the Responsibility Statement and Lord's Prayer.

Attendance:

Angela S - Midway	Charlie S—NTLP	Dave N—Hole in the Donut	Jennifer-Back to Basics	Jes N—Uptown
Joe S—Happy, Joyous etc	Mark—Como Park BB	Steve S—West End	Russ G—Main Idea	Steve K—
David A—Rosemount Fri 8p	James B—Mahtomedi B2B	Sandy K—Fireside Women's	Mollie S—Basic Text	Jenny S—Basic Text
Mary Jo—Board Chair	Michael K—Treasurer	Patti M—Night Owl Co-ord.	Tom N—Office manager	Tom S—Board Advisor
Lisa L—Board at-large	Jonathan-web servant	John D—Board at-large	Diane E—Treas Advisor	Jeff T—Secretary

**7th Tradition
Suggestions for Groups**

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

The Conference-approved pamphlet: “Self-Support: Where Money and Spirituality mix” offers the following suggestion for the distribution of group funds “after group expenses” have been paid.

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 A.A. 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 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 February!

Andy, Brian, Brian K., Brian O., Chip, Chris S, Crysil, Dan S, David P., Emily, Frank D., Gary G., Graham G., Gregg, Jack R., Jaclyn B., Jeremy B., Jeff, Jeff R., Jill H., Joe M., John, John M., Jan, Karen, Laura, Maria, Maya R., Mike, Mike F., Nate R., Patrick, Paul T, Pete, Rick B., Ryan, Samir, Scott S., Steve C, Susan D., Tammy S., Tierney, Tom, Tommy, Travis, Vergil.

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



FEBRUARY CONTRIBUTIONS

Number of Group Contributors: 40
Total Group Contributions: \$3473
Number of Faithful Fivers: 11
Total from Faithful Fivers: \$220

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

- Basic Text Women's Group
- City Center Group
- Cliffhangers I
- Complete Defeat
- Dakota Alano Thursday PM
- Dakota Alano Wed. Roosters
- Day by Day
- Firing Line
- Forest Lake 12 & 12
- Freedom from Bondage
- Fri. 12 & 12 By The Book
- Great Tidings
- Grovers Group
- Happy Joyous & Free
- Highland Park Groups
- Hole in the Donut Group
- Hope and Unity Group
- Hugo Groups
- Mendota Sat. 10:30 AA
- Midway Groups
- Monday Night Hope Group
- North Dale Group
- Pages of Wisdom BB
- Primary Purpose - Burnsville
- Ridge Runners II
- Rivertown Big Book
- Rosemount Group
- Roseville Centennial Group
- Shoreview 12&12 AA
- Sisters of Serenity
- St. Joseph/Houlton Group
- St. Lucas Group
- St. Paul Park Groups
- Third Tradition Northfield
- Uptown Groups
- Valley Creek Monday Group
- Valley Creek Thurs Night Group
- White Bear Groups
- White Bear Lake Redeemer Group
- Woodbury Wed. Noon Step Study

The Lifeline: Purpose Statement

The Lifeline is the 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.) 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 content that might violate A.A.'s Traditions, etc. The deadline is the 13th of the preceding month (i.e., submit a Tenth Step essay by the ninth month, September).

UPCOMING A.A. EVENTS!!

Greater Minneapolis Intergroup Gratitude Night

Saturday, April 4, 6:30pm
Minneapolis Convention Center

The Fifteenth Annual Sunlight of the Spirit Weekend

Holiday Inn - Fairmont, Minnesota

April 17 - 19

St. Paul Intergroup Spring Dinner Meeting and Dance

Saturday, April 25
Lutheran Church of the Redeemer
285 N. Dale St., St. Paul

Southern MN Service Area 36 Area Committee Meetings

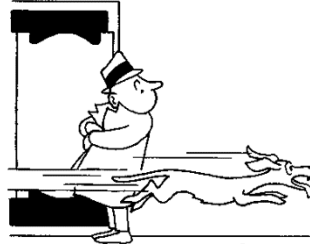
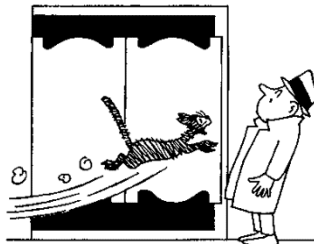
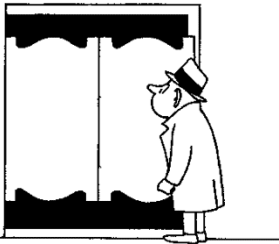
Mankato Best Western Hotel
Saturday May 16, 9:30am - 5pm

Thirty-sixth Annual Gopher State Roundup

Sheraton Bloomington
Memorial Day Weekend
May 22—24

St. Paul AA Intergroup Open House

Saturday, June 20th
Come for barbeque, fellowship and fun!



Cartoon reprinted with permission of the A.A. Grapevine, Inc. March, 1973.

Dear Bill W,

Why can't we have A.A. meetings that focus on a specific higher power, or maybe meetings for people who see politics the way I do? It would be easier if we didn't have to tip-toe around other people's issues.

— An Anonymous Drunk

"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.' . . . Sobriety (has) to be the sole objective."

Twelve Steps and Twelve Traditions, p. 147, reprinted by permission of A.A. World Services, Inc.

Is your meeting represented at Intergroup?

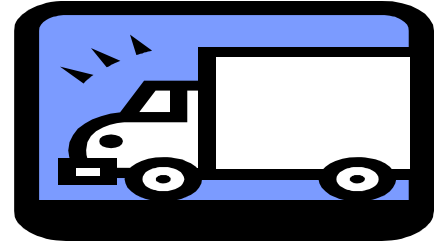
The April Representatives' meeting will be held April 21th, 7:30 pm,
at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.
The church is located just south of I-94; from Dale turn west on Iglehart to park.

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

Change Service Requested

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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

I would like to receive the *Lifeline* every month by email, not postal mail. My email address is:

(please print clearly) _____