



Step Eight:

Made a list of all persons we had harmed and became willing to make amends to them all.

Willingness resides at the heart of our program. Our “foundation of complete willingness” (“Bill’s Story” p. 12) paves the way for our surrender to a new way of life, as we renew our embrace of a power greater than ourselves. Willingness prepares our release from the “bondage of self” (Third Step Prayer), and it scaffolds our courage as we risk a study of the exact nature of our humanity, in the pattern of our defects and virtues.

Moreover, willingness shines a light on our progress in subsequent steps. “Were entirely ready...” in Step Six describes a posture of willingness born of acceptance and serenity. And our prayer in Step Seven is no small gesture of willingness. This prayer is founded in the belief that a Higher Power can and will do what we absolutely cannot do on our own: cleanse our conscience of past wrongs.

Our willingness in Step Eight is a fresh new phase – another room in the home whose foundation is complete willingness. Based on the premise that making direct amends in Step Nine calls for a special act of courage, many A.A. members cultivate their willingness in Step Eight as an opportunity to rehearse – to “do a get-ready” – for the humble and forthright act of making direct amends later on.

Our willingness in Step Eight offers the chance to begin stitching together all the steps in a coherent pattern. A list of “all persons we had harmed” is catalogued, for many recovering alcoholics, in the pages of our Fourth Step inventories. The act of naming and analyzing our past behavior in Step Five is a vocal warm-up (to borrow a choir metaphor) for making direct amends in Step Nine. Our willingness to be receptive and humble in Steps Six and Seven provides a deepening of healthy self-love: a foundation for putting *ourselves* onto the amends list, in case our own names belong there.

“Baby steps” fill the farcical self-help world of Bill Murray in *What About Bob?*, but the all-important preparatory step of assembling our willingness to make amends isn’t a farce for recovering alcoholics. By listing all the persons we had harmed and affirming our willingness to make amends – with a sponsor’s support, with the Big Book at hand, and with God as our guide – we renew our commitment to sobriety “with all the earnestness at our command.”

Thanks to Phil B., Defogged Men’s Group, Intergroup volunteer!

Notice of Motion to Revise St. Paul Intergroup Bylaws

August 22nd 9am — Seminar to Review Proposed Bylaws (all welcome)
September 15th 7:30 PM — Group Representatives vote on Bylaws Approval

Both meetings will be held at
Lutheran Church of the Redeemer
285 N. Dale St., St. Paul, 55103

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

Tradition Eight

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

WHAT KINDS OF A.A. EXPERIENCE CAN BE HELPFUL IN THE ALCOHOLISM FIELD?

(An Excerpt from the A.A. Guidelines: For Member Employed in the Alcoholism Field.)

1. Several years of good, uninterrupted A.A. sobriety would be important in tackling any paid alcoholism job, or enrolling in an alcoholism training program. Five years was mentioned most frequently, but a couple of people suggested three.
2. Some A.A.s have held positions as "trusted servants" in A.A., and at the same time worked for alcoholism agencies. The General Service Conference has affirmed that an A.A. employed in the alcoholism field could be eligible for service within the Fellowship provided he or she has the necessary A.A. qualifications.
3. Understanding of A.A. Traditions and how they developed out of experience is "absolutely indispensable" for A.A.s employed in the alcoholism field. "To deepen my understanding, I read the books *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, and *A.A. Comes of Age* over and over," one man wrote.
4. For information about education, prevention or alcoholism in general, you may wish to contact the following agencies:

National Council on Alcoholism and Drug Dependence (NCADD)
22 Exchange Place, Suite 2902
New York, NY 10005-3201
www.ncadd.org

National Institute on Alcohol Abuse and Alcoholism (NIAAA)
5635 Fishers Lane, MSC 9304
Bethesda, MD 20892-9304
www.niaaa.nih.gov

5. Some have found it helpful to have a sponsor who does not work in the alcoholism field.

Concept Eight

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities. (short form)

"This arrangement is in line with the modern corporate business practice. The General Service Board is in effect a holding company, charged with the custodial oversight of its wholly-owned and separately incorporated subsidiaries [A.A. World Services, Inc. and A.A. Grapevine, Inc.], of which each has, for operating purposes, a separate management. We have demonstrated to our satisfaction that this corporate basis of operation is superior to any other."

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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 June

Meeting information	205
Inventory/hours	29
12th Step calls	8
Temporary sponsor	39
Speaker request	24
Special events	4
Outside issues	36
Info for professionals	8
Administrative	134
Other	88
Total Calls	572
Daily average	26
Visitors	208


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

St. Paul A.A. Intergroup Representatives' Meeting Minutes, June, 2009

- I. Open with Serenity Prayer and Introductions
- II. Angela read the Primary Purpose of Intergroup.
- III. Approve last month's minutes – minutes approved.
- IV. Treasurer's Report – Michael K reported that contributions were up and extended kudos to the groups that have answered the call. Sales percentages are up but contributions are still down below projections. It was pointed out that sales to groups are contributions to Intergroup. It was also noted that literature prices are increasing at the end of Summer 2009.
- V. Office Report – Tom N.
Tom introduced the new parking protocol: Visitors to the office should bring their parking ramp tickets with them to the office for validation. The new Saturday office hours will be from 9am to 1pm. There is a new *Grapevine* book available for purchase called *Voices of Long Term Sobriety*. AAWS Big Book prices will be going up \$2 while Living Sober will increase \$.50. The question was raised, "should literature money pay for Intergroup services or should that come from contributions?"
- VI. Website Report - Jonathan reported that the credit from web host is now correctly applied to our account. He's working on web apps to make the web page self-supporting. In May, our web site saw 45k total page views with 20k visitors. 17k of those were meeting directory searches. Flyers and special events can be posted with enough notice to Jonathan. Bill and Tom can also be contacted with any questions. Jonathan reported there are now 218 groups and 618 meetings in St. Paul.
- VII. Outreach Program – Jeff C – no report
- VIII. Night Owl Report – Patti M – no report
- IX. Intergroup Events.
TGIS – (wrap-up)
Open House – coming up June 20th but we still need a group to tear down afterwards.
Ice Cream Social - Sept 19th still needs a couple of speakers with 25 years of sobriety or more. It will be held at the Church of the Redeemer (Intergroup Board meeting location).
Fall Workshop – Oct 17
Gratitude Night – Nov 21
Regarding Gopher State, Jess (Uptown) asked whether Intergroup might host a hospitality suite. Lisa shared how MPLS hosts theirs and Jonathan thought there is a several year waiting list.
- X. Old Business.
By-laws – John shared that a rough draft is done and he was hopeful to get Board approval to bring the By-laws to the Rep's meeting for discussion in the next few months. John, Tom, Marty and Tom N. have been working diligently. There will be a couple of By-law specific Board meetings to try and expedite getting the By-laws into the hands of the Intergroup reps who then will take them back to their respective meetings and bring feedback back to the Rep's meeting for further discussion.
- XI. New Business. Joe, a GSR, brought up Pink Can contributions and division of proceeds as there is an unequal division between MPLS and St. Paul, with MPLS getting a higher percentage of the proceeds. Intergroup mentioned to Joe that as it is an Area 36 effort, that decision should be made by the Area.
- XII. Group AA Announcements. Volunteers of America need a meeting at Dale and Larpenteur.
- XIII. Concept Review (VI) – **Charlie** Volunteer for July, Concept VI: **Jennifer S.**
- XIV. Mock Rep Report: **Jeff Th** Volunteer for July report: **Charlie**
- XV. Close with the Responsibility Statement.

Attendance:

Jeff Th The Firing Squad	Joe S Happy Joyous & Free	Mark K Member at Large	Mollie S Basic Text - Tuesdays
Ryan B Students of Life	Dan W The Firing Line	Lisa L Member at Large	James L 3rd Tradition
John F Highland Sat 9am	Steven Kern Rosemount	Diane E Advisor to the Treasurer	Angela S Midway
Jes N Uptown	Mark O Como Park BB	Mary Jo N Board Chair	Charlie S No Time Like the Present
Mike H St. Joes 8pm Mon	Michael K Treasurer	Tom N Office Mgr	Jonathan Web Servant
Deb M Great Tidings	Tom S Advisor to the Board	Tom C Shoreview 12 x 12	Jane B Basic Text
	John D Member at Large	Donald B Main Idea	James B Back to Basics Mahtomedi

<p align="center">7th Tradition Suggestions for Groups</p> <p>“Every group ought to be fully self-supporting, declining outside contributions.”</p> <p>The Conference-approved pamphlet: “Self-Support: Where Money and Spirituality mix” offers the following suggestions for the distribution of group funds after group expenses have been paid.</p>	<p align="center">BE A NIGHT OWL !!</p> <p>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</p>	<p align="center">JUNE CONTRIBUTIONS</p> <p>Number of Group Contributors: 37 Total Group Contributions: \$4408 Number of Faithful Fivers: 18 Total from Faithful Fivers: \$286</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 align="center"><u>District Meetings</u></p> <p>District 8 (Ramsey Co.) Fairview Community Center 1910 Co. Rd B, Rm 203, Roseville 3rd Wed., 7:30 PM</p> <p>District 15 (Wash. Co.) Christ Lutheran Church 11194 N. 36th St., Lake Elmo 4th Mon., 7:00 PM</p> <p>District 19 (Dakota Co.) Rosemount Community Center 13885 South Robert Trail 2nd Wed., 7:00 PM</p> <p>District 26 (SE Ramsey Co.) 1099 Payne Ave. St. Paul 2nd Fri., 6:00 PM www.district26-area36.org</p>	<p align="center">“Thanks!” to the groups that <u>contributed in June:</u></p> <p>Basic Text AA Basic Text Women's Group Cliffhangers I Thurs. PM Como Park Big Book Study Cottage Grove Groups Dakota Alano Thursday AM Dakota Alano Thursday PM Day by Day - Coon Rapids Downtown AA Eagan Burnsville Savage Tues. BB Fireside Women's BB Forest Lake Alano Happy Joyous & Free AA Highland Park AA Island Lake AA Just for Today Women's Group Lakeville Mon. Hope Group Main Idea AA Mendota St. Peters Sat. 9 AM Midway AA New Brighton Squad 14 Red Wing AA Ridge Runners II AA River Rats Rivertown BB (Hastings) Rosemount AA St. Anthony Park BB St. Luke Sat. Men's AA St. Stephen's Tuesday Group Sunday Night Speakers Meeting The Firing Line Group Third Tradition Northfield Twin Cities Roundup Uptown AA Valley Creek Monday AA West End AA White Bear Lake Redeemer AA</p>
<p>10% <u>District Committee</u></p> <p>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 align="center"><u>The Lifeline: Purpose Statement</u></p> <p><i>The Lifeline</i> 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 thirteenth day of the ninth month, September).</p>	<p align="center">Thanks to all the terrific volunteers who helped in the office during June!</p> <p>Adrian, Andy, Carol C T, Celeste, Chris S, Connie E, Dave W, Dayna K, Diane A, Donald B, Emily E, Frank D, Ionia, Jack R, Jan B, Jeff R, Joe M, Justine B, Kristin Y, Leila, Lou Ann, Matt, Matt G, Max S, Mia, Mike, Mike A, Mike N, Nate R, Neil L, Nick S, Peter G, Raquel, Ratta C, Rick B, Sam, Scott G, Susan, Susan D, Taylor R, Tierney, Tony, Val, Vergil, and Victoria.</p> <p>Thanks to all the Night Owl volunteers and groups as well!</p> 	

UPCOMING A.A. EVENTS!!

Minneapolis Intergroup
SUMMER OPEN HOUSE !
 Saturday, August 1, 9am to 1pm
 7204 W 27th St., St. Louis Park
 www.aaminneapolis.org

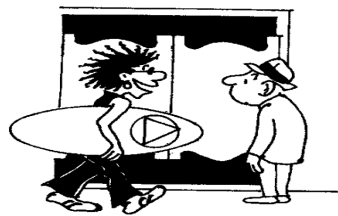
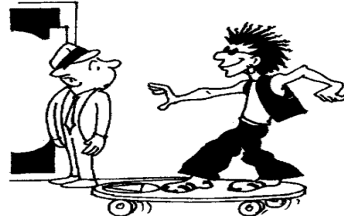
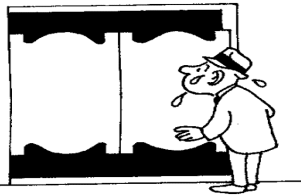
Summer Wild Rice Round-Up
August 21 — 23
 Sandhill Bible Camp (south of Fosston, MN)
 Info: Fred (218) 935-5007

2218 Minneapolis Alano Society
2009 Old-Timers' Reunion
 Saturday, August 29, 1pm—6pm
 2218 First Avenue, Minneapolis

West Central Regional Forum
 w/ the A.A. General Service Board
 St. Cloud, MN — Holiday Inn
September 11, 12 & 13

64th Annual Duluth Round-up
 Duluth Entertainment and Convention Center
September 11, 12 & 13
 www.duluthroundup.org

19th Annual
Heartland Round-up
 Park Rapids, MN — Northern Pines Assembly Ground
September 11, 12 & 13



Oliver Slipp



"I did? . . . I did? . . . I did? . . . I did? . . ."

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Dear Bill W,

I am a member of A.A, and a bartender. Am I breaking the Eighth Tradition by putting my special knowledge of alcoholism to use at work?

— An Anonymous Drunk

Though bartending, for obvious reasons, is not a specially recommended occupation, I have never heard anyone point out that these few members are professionalizing A.A. on account of their very special knowledge of barrooms!

A.A. Tradition – How It Developed by Bill W., p.28, reprinted by permission of A.A. Worlds Service, Inc.

Is your meeting represented at Intergroup?

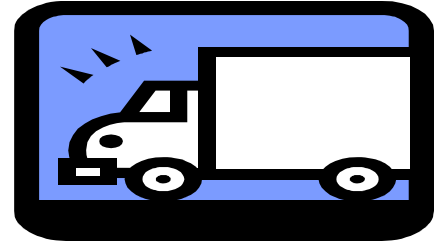
The August Representatives' meeting will be held Tuesday, August 18, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 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 \$5.00 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., Ste. 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) _____