



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 principles in all our affairs.

A Dose of Reality

(Reprinted from the book *I Am Responsible: The Hand of A.A.*, permission of the A.A. Grapevine, Inc.)

I recently went on a Twelfth Step call with another recovering alcoholic to a woman's home. What I saw and felt there is almost impossible to put into words, but I felt the need to try for those in the Fellowship who may be getting somewhat complacent. After many years of sobriety it's easy to remember, but not always feel, the depth of the pain. This experience flooded my soul with the reality of the disease.

As my friend and I entered the apartment, we were met with the stench of vomit and urine. The woman was covered with filth. She was partially nude, she was malnourished, there was no food in the house, bills were gathering dust. Two bottles of whiskey were at her bedside. With this chaos around her, all this poor woman could ask for, beg for, was another drink.

Amidst this disarray and sickness, on her stark walls was evidence of her past life: hanging in a beautiful frame was a "Mother of the Year" award.

This woman altered my life. Although I didn't reach the depths of despair that she did, it is waiting for me if I drink again.

I thank God for a daily reprieve contingent on my spirituality. Because of this woman, I pray longer, help others more, read A.A. literature with a vengeance, and try to apply the Steps more avidly. I don't know if I helped her, but she will never know how much she helped me.

Jill L.
York, Pennsylvania
September, 1999

St. Paul Intergroup

New Year's Eve Sober Celebration!!

Speaker, Marathon Meetings, and Dance with the Flatfoot Rollers !

7pm December 31, 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 through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

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

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

Last summer I visited the Akron cemetery where Bob and Anne lie. Their simple stone says never a word about Alcoholics Anonymous. This made me so glad I cried. Did this wonderful couple carry personal anonymity too far when they so firmly refused to use the words "Alcoholics Anonymous," even on their own burial stone?

For one, I don't think so. I think that this great and final example of self-effacement will prove of more permanent worth to A.A. than could any spectacular public notoriety or fine mausoleum.

We don't have to go to Akron, Ohio, to see Dr. Bob's memorial. Dr. Bob's real monument is visible throughout the length and breadth of A.A. Let us look again at its true inscription . . . One word only, which we A.A.'s have written. That word is Sacrifice.

Bill W. in the *A.A. Grapevine*, January 1955, reprinted by permission of the A.A. Grapevine, Inc.

Concept Twelve

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 sufficient operating funds, plus an ample reserve, be its prudent financial principle; 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 action 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.

This Concept consists of the General Warranties of the General Service Conference. It is cast in stone; that is, although Bill leaves the door open for alterations and changes in the other Concepts and points out that the rest of the Conference Charter "can be readily amended," the General Warranties — like the Twelve Steps and the Twelve Traditions — be changed only by "written consent of three-quarters of all A.A. groups" in the world!

Reprinted from the pamphlet, *The Twelve Concepts for World Service illustrated*, with permission from A.A. World Services, Inc.

2009 Steering Board

<u>Chair:</u>	Julie M.
<u>Alt. Chair:</u>	John D.
<u>Secretary:</u>	Jeff T.
<u>Treasurer:</u>	Michael K.
<u>Members at Large 2009:</u>	Katie R.
<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 October

Meeting information	190
Inventory/hours	35
12th Step calls	9
Temporary sponsor	27
Speaker request	33
Special events	3
Outside issues	29
Info for professionals	4
Administrative	142
Other	53
Total Calls	525
Daily average	23.9
Visitors	222

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, October , 2009

- I. Open with Serenity Prayer and Introductions.
- II. Jean read the Primary Purpose of Intergroup.
- III. Approve last month's minutes – minutes approved.
Note: Julie announced Mary Jo's resignation, Julie's move to Chair and John D. to alternate Chair.
- IV. Treasurer's Report – Michael K. reported that we are ahead of budget for the year.
- V. Office Report -- Tom N.
Tom reported that he attended the Intergroup & Central Office/GSO/Grapevine Seminar in Rochester, NY. Some of the highlights included a new Grapevine Book and the release of the ASL Big Book on DVD. There is currently no abridged version of the Big Book on CD. Members can send requests through their GSR. A.A.W.S. may eventually sell literature online to individuals. This will affect Intergroups' financials someday.
- VI. Website Report - Jonathan
Jonathan reported that the office hours changed on Tuesday from 9am—8pm to 9am—6pm. We currently have 624 meetings and 265 groups. We set new record high for visitors. We now have unlimited traffic per our provider. Please contact the web servant if your group has an AA related event.
- VII. Outreach Program – New Chairman Tim C. outreach@aastpaul.org.
Tim sent a sign up sheet for all the Sundays in the area. Each month he will tackle a new day of the week.
- VIII. Night Owl Report – Patti M.
Patti reported that we had sixteen open shifts and we are down to four. Thanks to those who have stepped up for us in this opportune time. Next orientation: October 31st 10-Noon. Open shifts include:
- | | |
|--|---|
| 5 th Tuesday 5:30PM – 10PM. | 5 th Wednesday 5:30PM – 10PM |
| 1 st Thursday 10PM – 6AM | 2 nd Tuesday 6AM – 9AM |
- IX. Intergroup Events.
Gratitude Night Our speakers will be Edith P (Omaha, NE) and 1 year speaker Jeff R (Midway Club). An ASL interpreter will be provided.
New Year's Eve- Julie M. is planning for an awesome event with a band or DJ and marathon meetings.
- X. Old Business.
By-laws – Jes N. made a motion to approve the new Articles of Incorporation to go into effect January 1, 2010. (Rhonda 2nd). Vote passed unanimously.
Ice Cream Social- Tom S. reported over 100 attendees with some fabulous speakers and great ice cream.
Fall Workshop- Jeff T reported that we had four fabulous speakers with a small turn out.
Founders Day- Michael K. asked for groups who want to sign up to please contact him after the meeting.
- XI. New Business.
Elections- November Elections. Open positions include:
(2) Members At Large (2 year commitment) Alternate Treasurer (2 year commitment)
Secretary (1 year commitment) Alternate Chair (3 year commitment)
Nominations: Charlie for Member at Large.
- XII. Group AA Announcements.
District 15 Fall Sponsorship Event
Como Park Big Book is moving (flyer available)
10/22 Back to Basics 12 year Open Speaker Potluck @ 6PM
Uptown Club New Meetings: MWF @ 10:30; Friday @4:15; Sunday @ 7PM has moved to 6PM
11/9 No Time Like The Present 4th anniversary Potluck @Roseville Lutheran Church.
- XIII. Concept Review (X) – **Jes N.** Volunteer for July, Concept XI: **Michael K.**
- XIV. Mock Rep Report: **Rhonda** Volunteer for November report: **Patti M.**
- XV. Close with the Responsibility Statement.

Attendance:

Donald B - Main Idea	Mark O - Como BB	Jonathan-Web Servant	Bob Z - Amigos III	Lisa L - Board at Large
John D - Board At-large	Libby K - P.O.P.	Tom N - Office Mgr	Steven K - Rosemount	Tom S - Advisor
Mark K - Board at large	Dan W - Firing Line	Barb H - Highlnd Sq 11	Charlie - No Time Like	Julie M - Chair
Diane E - Treas Advisor	Tom C - Shorvw 12x12	Michael K - Treasurer	Jes N - Uptown	Rhonda - Basic Text
James B - BTB Fri Night	Joe B - OMD	Jeff Th - Secretary		
Dave N - Hole in the Donut	Jennifer - Back to Basics Brnsvill	Joe S - Happy Joyous Free	Patti - Nightowl Coord	Jeanne - St. Paul Speaker Sunday
Katie R - Board at Large	Laura G - Summit Women's	Ryan B - Students of Life	Mary W - Fireside Women's	Tim C - Defogged Men's

<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">SEPTEMBER CONTRIBUTIONS</p> <p>Number of Group Contributors: 39 Total Group Contributions: \$3236 Number of Faithful Fivers: 17 Total from Faithful Fivers: \$231</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"><i>“Thanks!” to the groups that contributed in October!</i></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">Thanks to all the terrific volunteers who helped in the Office during August!</p> <p>Adam, Amy, Andy, Ben, Bruce, Carl, Chris, Darcy, David B, Dave W, Diane, Don, Doug, Emily E, Frank D, Jack, Jan, Jen, Johnny, Julia, Justin M, Kat, Kevin, Lynn, Mary, Matt, Nicole, Nick, Patti, Peter, Randy, Ratta, Richard, Rick, Robyn, Shelly, Simmons, Steve, & Tierney Y. </p> <p>Thanks to all the Night Owl volunteers and groups as well!</p>	<p>Basic Text Women’s Group Day by Day - Coon Rapids Dakota Alano As Bill Group Dakota Alano Friday 6pm Wednesday A.M. Roosters Day by Dei Downtown Alano Groups Fireside Women’s Group The Firing Line Forest Lake 156 Groups Fourth Dimension Happy, Joyous & Free Hastings Rivertown BB Highland Park Groups Hugo Club Groups Lake Elmo Thurs Night Maplewood Groups Midway Club Groups North Dale Group OMD Rosemount Groups Roseville Wednesday Night St. Anthony Park Monday St. Luke Sat Men’s Group St. Paul Park Group St. Thomas Becket Group Stillwater Morning Groups Stillwater Rivertown Sun Group Stillwater Sunday Stillwater Wed Step Group Third Edition Third Edition, Northfield Vadnais Heights Groups White Bear Lake Group White Bear Women’s AM Group Women’s Daily Reflections Woodbury Primary Purpose</p>
<p align="center">The Lifeline: Purpose Statement</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 ninth month, September).</p>		

UPCOMING A.A. EVENTS!!

St. Paul AA Intergroup
New Year's Eve Sober Celebration!
 December 31st, 7pm
**Speaker, Marathon Meetings, and
 Dance with the Flattfoot Rollers !!**
 Lutheran Church of the Redeemer
 285 N Dale St., St. Paul, 55103

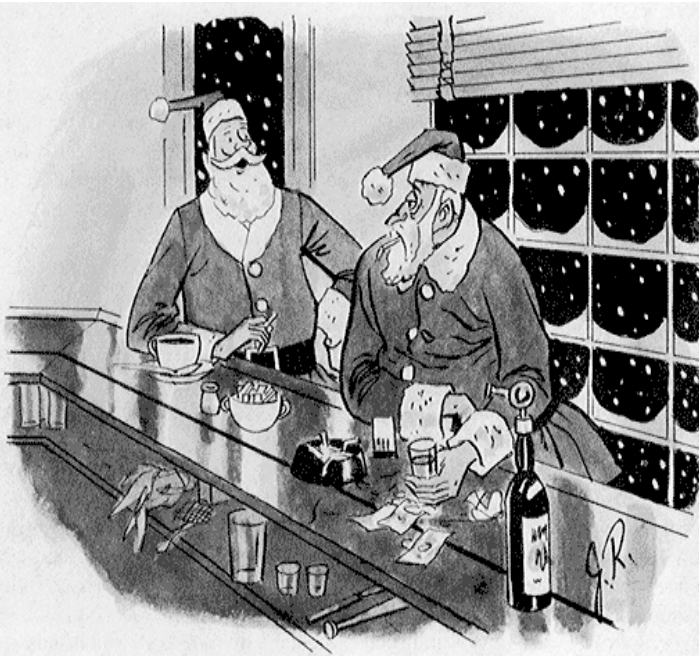
Wild Rice Round-up
 Shooting Star Hotel & Event Center
 Mahnomens, MN
 January 15, 16 & 17.

Southern Minnesota Area 36
Recovery, Unity and Service Conference
 January 22 — 24
 Fairmount MN, Holiday Inn
www.area36.org

Trudging the Road to Happy Destiny
2010 Men's Retreat
 January 29 — 31
 Horseshoe Bay Resort - Walker, MN
www.trhdretreat.org

**46th International
 Women's Conference**
 Orlando, Florida, February 11 - 14,
www.internationalwomensconference.org

Embers in the Fire
 Women's A.A. Retreat
 March 5 - 7, Park Rapids, MN
 email: nancy216@q.com



"Then I drank my way out of Macy's and Gimbels. Next season, I was Santa in some 14th Street place; then down to the Bowery. I was saying Ho-Ho-Ho in some Mission when I found AA. Now I'm on my way up again."

Reprinted from the A.A. Grapevine, December 1961, with permission.

Dear Bill W,

Since I got sober, I have found that my spiritual path leads me more towards meditation and chanting, and away from the religion shared by most of the people in my A.A. groups. I'm starting to feel a little different, like maybe I don't fit in anymore. Maybe the Twelve Steps are more for mainstream American religions?

— An Anonymous Drunk

A minister in Thailand wrote, "We took A.A.'s Twelve Steps to the largest Buddhist monastery in this province, and the head priest said, 'Why, these Steps are fine! For us as Buddhists, it might be slightly more acceptable if you had inserted the word 'good' in your Steps instead of 'God.' Nevertheless, you say that it is God as you understand Him, and that must certainly include the good. Yes, A.A.'s Twelve Steps will surely be accepted by the Buddhists around here.'"

From *As Bill Sees It*, p. 223, reprinted by permission of A.A. World Services, Inc.

Is your meeting represented at Intergroup?

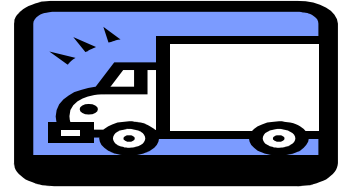
The December Representatives' meeting will be held Tuesday, the 15th, 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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) _____