



STEP TWO: Came to believe that a power greater than ourselves could restore us to sanity.

Cold Sober

(Reprinted from *Spiritual Awakenings* by permission of the A.A. Grapevine, Inc.)

For fifteen years, almost every time I work or think about our Second Step, considering the Power greater than ourselves, I am reminded of a large refrigerator in a ward at a Minnesota state hospital. It's not really idol worship, but it is a way for me to gratefully recall who I am and how amazing it is that I'm sober today by the grace of God. The Second Step is for me the Step of expecting good things and expecting them not from me but from a Power greater than myself.

I was sober just a couple of weeks in a sanitarium for alcoholic priests. After fighting tooth and nail against going into treatment, my head began to clear and I started to listen. The proposed stay in the sanitarium was three months, and like everything else in life, I thought I could speed things up if I went to as many meetings as they would allow. I signed up to be taken out to a meeting at the nearby state hospital. I was picked up by a man whom I've never seen before or since, but he reminded me of the traveling salesman in "The Music Man" or maybe a character out of *Main Street* by Sinclair Lewis.

He was giving the talk at the hospital meeting and was telling everyone about the Power greater than ourselves. He told everyone that the Power could be anything, even this refrigerator he was standing next to. And then he said: "Isn't that right, Father?"

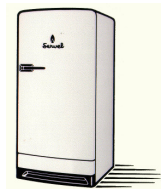
It was many years ago, but I can still feel the anger rip through my insides. Here I was sitting quietly; nobody knew I was a priest. Here comes this traveling salesman pointing me out, me with my advanced theological degrees, asking me to say that a refrigerator could be used as a Power greater than myself to restore me to sanity. Oh, how mad I was as I gamely smiled at this man I now considered a complete idiot. But something all of a sudden hit me.

I looked at this smiling speaker. He had the keys to his own car. He wasn't three hundred miles from where he lived. No one had to sign him out of an institution to travel a few miles to another institution. I'd better listen, something inside me said. All my great knowledge about God, my retreats, years of prayer, my consultations with psychiatric experts and wonderful spiritual directors--none of it had gotten me sober and kept me sober. I better listen to this guy and to these other people.

And so I try to, one day at a time. I know now that once I accepted that First Step, there was hope in the Second Step. And the Power was not me nor mine.

I have confidence now that it is the God who loves me and all of us. But every once in a while when I get messed up and feel these surges of anger and superiority, I think of a big refrigerator in Rochester, Minnesota and say: St. Kenmore, or St. Frigidaire, or whatever you were, pray for me. . .help me to listen and do what these people are telling me to do. Amen.

Dan M.,
Chicago, Illinois
February, 1991



St. Paul Intergroup of Alcoholics Anonymous®

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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 Two

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

A.A. is a spiritual movement, and so the “ultimate authority” is the spiritual concept of the “group conscience.” It’s voice is heard when a well-informed group gathers to arrive at a decision. The result rests on more than arithmetic, a “yes” and “no” count. Minority ideas get thoughtful attention. . . .

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Concept Two

When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby the Conference — excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter — the actual voice and the effective conscience for our whole Society.

In order to get effective action, the groups must delegate the actual operational authority to chosen service representatives who are fully empowered to speak and act for them. The group conscience of A.A. could not be heard unless a properly chosen Conference were fully trusted to speak for it respecting most matters of world service. Hence the principle of amply delegated authority and responsibility to “trusted servants” must be implicit from the top to the bottom of our active structure of service. This is the clear implication of A.A.’s Tradition Two.

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



Victor E., reprinted from the February, 1995 issue of the *A.A. Grapevine*, by permission.

2010 Steering Board

<u>Chair:</u>	Julie M.
<u>Alt. Chair:</u>	John D.
<u>Secretary:</u>	Don N.
<u>Treasurer:</u>	Michael K.
<u>Members at Large 2009:</u>	Katie R. & Julie K.
<u>Members at Large 2010:</u>	Jess N. & Charlie S.
<u>Advisor to the Board:</u>	Tom S.
<u>Office Manager:</u>	Tom N.

Office Calls in December

Meeting information	224
Inventory/hours	31
12th Step calls	8
Temporary sponsor	19
Speaker request	14
Special events	17
Outside issues	32
Info for professionals	3
Administrative	156
Other	71
Total Calls	575
Daily average	26.1
Visitors	234

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, December 15, 2009

- I. Open with Serenity Prayer and Introductions.
- II. Kristin read the Primary Purpose of Intergroup.
- III. Approve last month's minutes – minutes approved.
- IV. Treasurer's Report – Michael K. (Absent), Julie M. reported that everything is well financially. Contributions are steady and sales are good. Expenses are down. We are on track with budget. Please report any questions and concerns to Michael K. at Treasurer@aastpaul.org.
- V. Office Report -- Tom N. reports the office is equipped for A.A. meetings for the deaf by ASL on the computer. We now have the Big Book and the 12 & 12 available in ASL on DVD. Tips for the Holidays from the A.A. Grapevine is available. Please mention to your groups the opportunity for a Grapevine representative as a service commitment.
- VI. Website Report - Jonathan (Absent) Julie M. referred to the "Web Servant Report" which states that we have 628 regular meetings supported by 267 groups. There is a question on the table as to how the St. Paul area is broken down (area vs zip code). Intergroup Management Application is still in the works.
- VII. Outreach Program – Tim (Absent) No report.
- VIII. Night Owl Report – Patti M.

Patti reported that we have all shifts filled. Orientation to be held at the Intergroup Office on 1/16/2010 from 10AM to noon. Please inform the Webmaster of changes to your meetings. Please inform the office of holiday schedules etc. Night Owl Volunteers are needed for the committee.
- IX. Intergroup Events.

New Year's Eve- Julie reported that Cori B. will be our speaker. There is going to be a band (The Flat Foot Rollers). The Marathon meetings will go according to a new schedule:
 9:00 (steps 1-3) Victims of Delusion 10:30 (steps 8-9) West End
 9:45 (steps 4-7) Basic Text 11:15 (steps 10-12) Cover to Cover

2010 Events and dates to be announced at the January meeting.
- X. Old Business.

Elections- resulted in the following 2010 Board Members:
 Alternate Chair- John D. Member at Large- Julie K.
 Advisor to the Board – Tom S. Member at Large- Jes N.
 Alternate Treasurer- Mark S. Member at Large- Charlie S.
 Secretary- Don N.

Gratitude Night- John D reported that the speaker was awesome. One year speaker will be 10 minutes next year. Seating worked very well.
- XI. New Business.
- XII. Group AA Announcements.

Men's Retreat January 29-31st (see Michael K.).
 Fireside Women's- 12/25/09 Potluck (6:30) and Open Speaker (7:30) at Lutheran Church of the Redeemer.
 Como Park BB meeting has moved to Presbyterian Church East of Lexington on Larpenteur.
- XIII. Concept Review (XII) – **Jes N./Jeff Th.** Volunteer for Concept I: **Chris.**
- XIV. Mock Rep Report: **Dan.** Volunteer for November report: **Rhonda.**
- XV. Close with the Responsibility Statement.

Attendance:

Donald B - Main Idea	Mark O - Como BB	Julie K - Board Elect	Bob Z - Amigos III	Angela S - Midway
John D - Board At-large	Libby K - P.O.P.	Bruce P - Uptown	Steven K - Rosemount	Tom S - Advisor
Mark K - Board at large	Dan W - Firing Line	Barb H - HighInd Sq 11	Charlie - No Time Like	Julie M - Chair
Diane E - Treas Advisor	Chris S - West End	Frank N - 3rd Edition	Jes N - Uptown	Rhonda - Basic Text
James B - BTB Fri Night	Joe B - OMD	Jeff Th - Secretary	Don N - Cover to Cover	Jill J - Mendota
Dave N - Hole in the Donut	Jennifer - Back to Basics Brnsvill	Shelly S - Great Tidings	Patti - New Brighton Back to Basics	Kristen Y - St. Paul Speaker Meeting
Katie R - Board at Large	Craig B - Happy Hour 12 & 12	Joe S - Happy Joyous Free	Sandy K - Fireside Women's	Elaine M / Diana T - Summit Hill

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 suggestions 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 December!

Alex, Analisa, Andy, Ben, Carl, Chris, Crissy, Danielle, Dave, Detra, Emily, Jack, Jeff, Jesse, Johnny, Jon, Julia, Julie, Kevin, Maureen, Nick, Pete, Ratta, Rick, Simmons, Sonya, Steve, Susan, Taylor, Tierney, Todd.

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



DECEMBER CONTRIBUTIONS

Number of Group Contributors: 37
Total Group Contributions: \$4536
Number of Faithful Fivers: 18
Total from Faithful Fivers: \$324

"Thanks!" to the groups that contributed in December!

**Bayport Saturday Serenity
Burnsville Primary Purpose
Como Park Big Book
Day by Day Coon Rapids
Cottage Grove Groups
Friends of Bill W.
Dakota Alano Monday 6pm
Dakota Alano Sunday 8pm
Dakota Alano Wed Roosters
Dakota Alano Wed Women's
The Firing Line
Forest Lake 156 Club
Highland Park Groups
Highway 96er's Group
Island Lake Group
Little Canada Happy Hour
Mahtomedi Tuesday Step
Maplewood Groups
Midway Club Grups
New Brighton Alano Squad 14
North Branch Thursday Night
North Dale Group
Outright Mental Defectives
Ridge Runners III
Rosemount Groups
St. Stephen's Tuesday Group
Stepsisters of Northfield
Stillwater Morning Groups
Third Tradition of Northfield
Uptown Groups
Valley Creek Monday Group
White Bear Lake Group**



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!!

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

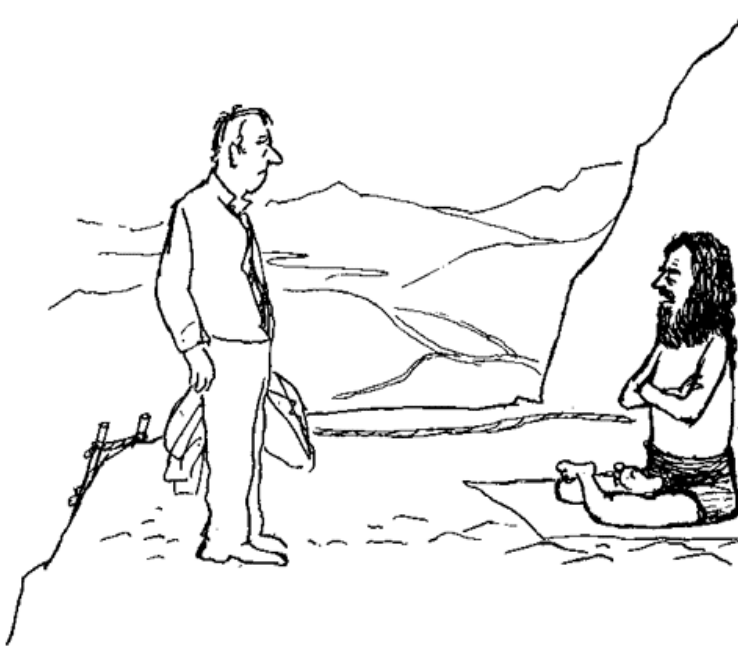
Embers in the Fire
Women's A.A. Retreat
March 5 - 7, Park Rapids, MN
email: nancy216@q.com

31st Annual Winter Rap-Up
March 19 to 21
Virginia, MN
Coates Plaza Hotel, 502 Chestnut Street.

Minneapolis Gratitude Night
Saturday, March 20, 6:30pm
Minneapolis Convention Center
www.aaminneapolis.org

Aim for Aimes Roundup
March 26 — 28
Quality Inn, Aimes, Iowa
www.aimforaimes.org

**Alcoholics Anonymous
2010 International Convention**
July 1 — 4, San Antonio, Texas
www.aa.org



"Don't drink and go to meetings."

(Reprinted from the A.A. Grapevine with permission.)

Dear Bill W,

I just woke up in the psych ward after a relapse and a botched suicide attempt. I remember starting to drink, but not much after that. I'm thinking of trying to get to a meeting, but I don't ever want to face my home group again. I feel like such a loser — this isn't my first slip since I came to A.A. Maybe A.A. is better off without me?

— An Anonymous Drunk

"About this slip business — I would not be too discouraged. I think you are suffering a great deal from a needless guilt. For some reason or other, the Lord has laid out tougher paths for some of us, and I guess you are treading one of them. God is not asking us to be successful. He is only asking that we try to be. So I would not stay away from A.A. through any feeling of discouragement or shame. It's just the place you should be.

From *As Bill Sees It: The A.A. Way of Life*, p. 11,
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Is your meeting represented at Intergroup?

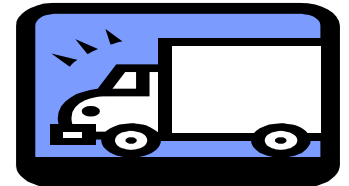
The February Representatives' meeting will be held Tuesday the 16th at 7:30 pm,
at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.
The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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) _____