



STEP SIX: Were entirely ready to have God remove all these defects of character.

All of them? As Bill W. points out in the chapter on Step Six in the "Twelve and Twelve," "Some people, of course, may conclude that they are indeed ready to have all these defects taken from them. But even these people, if they construct a list of still milder defects, will be obliged to admit that they prefer to hang on to some of them."

Several years ago I had a vivid personal example of what he was talking about. At that time I had a sponsor to whom I was devoted, one reason for which, possibly, was that she and I shared some of the same characteristics or, as some would say, defects. One of them was a quick temper. Restraint of tongue and pen didn't come easily to either of us.

One day, after a brisk altercation on the phone, she hung up on me. Indignation swelled up inside me. That was absolutely no way for a sponsor of many years' sobriety to behave! Indignation was followed by a delicious sense of grievance, of having been profoundly wronged.

For the next twenty-four hours I fed and watered that delightful sense of victimhood. I would not, of course, have admitted for one moment to myself or anyone else how much I was enjoying it, or my discovery that being a victim was not far removed from (in the words of the Prince of Denmark) a consummation devoutly to be wished. In my own mind I replayed the incident on the phone over and over, brushing aside my recollection of what I might have said or done to bring on my sponsor's action. And each time her hanging up on me grew more heinous. I was innocent, and in a case like this, innocence is power.

The next afternoon, after being out of my apartment for several hours, I called my answering service to pick up messages. The young woman at the other end of the phone said, "Jean called to say she's sorry and would you please call her."

You would think, wouldn't you, that now, with my sense of grievance fully vindicated, I would be filled with joy and forgiveness? You would be wrong. My first feeling, and I remember it well, was dismay, followed quickly by a flattening sense of letdown.

I worried at that letdown for a full day before some glimmering of its real cause dawned on me: I knew that when I would call Jean she'd repeat her apology and I would have to forgive her. And by forgiving her, I would yield up the sense of power, of self-justification, that I had enjoyed so much.

It took me another several hours to define what my choice was: I could have my grievance or I could have my friend. Not both. I had to choose. And I saw further that choice is one of the fruits of sobriety that by putting down the bottle I now had, not only about this, but about other aspects of my life and other defects of character. It was the first time I understood a defect for what it was: something out of which I derived pleasure or power and was therefore not entirely willing to give up. Obviously, in this particular example, by relinquishing the pleasure I would get something better--the restoration of friendship.

But sometimes the sense of gratification, of power that a grievance can bring is hard to yield up. I once heard a well-known doctor, one of the first to recognize what AA could do, say: "Self-pity is followed by isolation is followed by a drink."

And I began, especially after the incident involving my sponsor, to understand why when I first came into Alcoholics Anonymous, the most frequent warnings from some of the old-timers were against self-pity. All those sensations I'd been wallowing in with such enjoyment--of being aggrieved, of being wronged, of (for once!) being in the right, of being victimized--added up to the heady brew of self-pity. And I then comprehended fully why self-pity, leading to isolation (and wasn't I isolating myself from my sponsor?), was presented by that doctor and the old-timers as such a formidable enemy of sobriety.

P.S. I called Jean and we made up and the incident passed. But I still think about it a lot.

— Isabelle H., New York, New York

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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

The Twelve Traditions

Tradition Six: An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise; lest problems of money, property and prestige divert us from our primary purpose.

The St. Paul Alcoholics Anonymous Intergroup and its volunteers are available on a 24/7 basis to help an alcoholic who needs that “hand of AA always to be there...” But A.A. and Intergroup can't be all things to all people in all imaginable types of crisis. We are prepared to find the next available meeting for the caller, or to find an A.A. member who will meet with them or talk by phone at any hour — the traditional “Twelfth Step call.” However, we cannot help callers with housing, employment, legal trouble, or referrals to treatment or sober housing. We don't get too involved in discussions of drug abuse and addiction. We can't even advise people on whether or not to get medical help for alcohol detox. They need medical advise, and we don't have a physician on call at Intergroup!

A.A. learned long ago that if we hope to be here for the alcoholic of next year or the next decade, we need to keep our focus on meetings, sponsorship and the Twelve Steps. Volunteers at Intergroup learn that we offer just these things: A.A. meeting and event information, Twelve Step calls, A.A. and Grapevine literature... and maybe a few medallions! When asked for help with housing, employment, treatment, intervention and the like, we give out an information and referral number (“First Call for Help”); this enables us to assist callers in finding those resources, but protects us from endorsing anything other than Alcoholics Anonymous.

— Vance R., office volunteer, and Tom N., office manager.

The Twelve Concepts

Concept Six: On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

We have seen that the “final responsibility and ultimate authority” for A.A.'s service activities rest with the A.A. groups (Concept I), but to carry out this responsibility they must delegate to the Conference (Concept II). The Conference, in turn, must delegate administrative authority to the General Service Board of Trustees. Again, it is helpful if you are familiar with both the Conference Charter and the Bylaws of the General Service Board to understand this relationship and the freedom of action that the trustees must have.

The trustees have the legal and practical responsibility for the operation of A.A. World Services, Inc. (which embraces A.A. publishing as well as the General Service Office) and of the A.A. Grapevine, Inc. These entities have a combined cash flow of many millions of dollars annually. The trustees are also responsible for carrying the A.A. message to other countries around the world. They are A.A.'s “bankers,” overseeing the financial operations and investing A.A.'s substantial Reserve Fund.

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

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>Alt. Treasurer</u>	Mark S.
<u>Members at Large 2010:</u>	Katie R. & Julie K.
<u>Members at Large 2011:</u>	Jess N. & Charlie S.
<u>Advisor to the Board:</u>	Tom S.
<u>Office Manager:</u>	Tom N.

Office Calls in April

Meeting information	226
Inventory/hours	48
12th Step calls	22
Temporary sponsor	27
Speaker request	28
Special events	7
Outside issues	44
Info for professionals	7
Administrative	217
Other	76
Total Calls	702
Daily average	31.9
Visitors	175

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

St. Paul Area Intergroup Representatives' Meeting Minutes, April 16, 2010

- I. Open with Serenity Prayer and Introductions; Rhonda read the Primary Purpose of Intergroup.
- II. Last month's Minutes approved.
- III. Treasurer's Report – Michael K. resumed his position as Treasurer with Mark S. as Alternate. The budget is healthy; the written report is available; questions can be sent to treasurer@aastpaul.org.
- IV. The Office Report – Tom N. Reported everything in the office is great.
- V. Website Report – Jonathan. Directions using metro transit will be added to the website; groups are encouraged to inform him or the office of A.A.-related events so they can be added to the website.
- VI. Outreach Program – Tim. Packets will be distributed to those interested in participating in Outreach which will start with all Sunday meetings in St. Paul and surrounding area to inform them about Intergroup, what it does and how to become part of it.
- VII. Night Owl Report – Patti M. – Reported two openings: Second Friday of each month 10PM-9AM and the fourth Friday of the month 5:30PM to 10PM. Night Owl training is usually the 4th Sat. of each month from 10AM-Noon in the Intergroup Office. Further information is available at www.aastpaul.org.
- VIII. Intergroup events:
 - TGIS – John D. reported a good turnout and gave special thanks to Julie K. and the volunteers that helped make it possible.
 - Gopher State Round Up Hospitality Suite – May 28-30 – Michael K., chair.
 - Intergroup Open House – June 19th 11AM-3PM – Mark S., chair.
 - Ice Cream Social/Old Timers – August 21st @ 1-3:30PM – Katie R., chair Meeting starts @ 1:30 with How It Works, 7th Tradition, sobriety count-up, and 8 speakers sharing how they stay sober.
 - Fall Step Workshop (Step 8) – October 9th 2PM – Charlie, chair.
 - Gratitude Night – November 20th – John D., chair.
 - Founders Day Hospitality Suite – November 26-27, Michael K. chair & Jes N., co-chair.
 - New Years Eve - December 21st – July M, chair.
- IX. Old Business – ASL interpreters: District 8 no longer has funds available for ASL. The reps were encouraged to discuss solutions with their groups. The Green Cans (for ASL) are available in the Office. The Board will discuss this matter further to decide what Intergroup events should be ASL-interpreted.
- X. Group AA Announcements – Anyone interested in the Young People's AA events should contact Ryan (call Intergroup for the number). Their meeting place is at 614 21st Ave. South in Minneapolis. Fliers of their upcoming events will be provided for posting to the Intergroup website.
Frank announced the 3rd Edition BB Study Group will have potluck/speaker on May 14th @ 6PM.
- XI. Concept Review (IV) Right of Participation – Jes N.
Anyone interested in presenting Concept V next month should contact Chair Julie M. or Tom N.
- XII. Mock Rep Report: Chris S. Volunteer for next month: Patti M.
- XIII. Close with Responsibility Statement.

Attendance:

Rick, Donald B, Main Idea	Ryan, Students of Life	Bruce P, Uptown	Katie R, Board at Large	Don N, Secretary
Matt, O.M.D.	Julie M, Chair	Tim, Defogged Men's	Tom, Senior Recovery	Rhonda, Basic Text
Charlie S, Board at large	Mark S, Treasurer	Colleen, Great Tidings	Frank, Third Edition	Tom S, Advisor
Jonathan, web servant	Chris S, West End	Dan, The Firing Line	Jes N, Board At-Large	Jill, Mendota Sat AM
Diana, Summit Hill	Craig, Happy Hour	Tom N., Off Mgr	Adrienne B, Maplewood	Steve, Rosemount
Tina, Mon Women's 12/12	Sue, Como Park BB			
Doug M, Hole in the Donut	Libby K, Pocketing Our Pride	Judy, No Time Like the Present	Pattie, New Brighton BB	Richard, Jeanne, St. Paul Speaker Mtg
Julie K, Board At-large	Jennifer, Back to Basics Brnsvill	Mike H, St. Joe's Monday Night	Trisha, Fireside Women's	Craig B, Happy Hour 12 & 12

<p>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>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></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><i>BE A NIGHT OWL !!</i></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>APRIL CONTRIBUTIONS</p> <p>Number of Group Contributors: 44 Total Group Contributions: \$5562 Number of Faithful Fivers: 11 Total from Faithful Fivers: \$140</p>
	<p><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><i>“Thanks!” to the groups that contributed in April!</i></p> <p>The Book Club Cliffhangers I Colfax Men’s Group Coon Rapids Day by Day Dakota Alano As Bill, Sat 9am The Firing Line Forest Lake Alano Forest Lake Tuesday Men’s Fourth Dimension Grovers Thursday Night Happy Hour 12 & 12 Happy Hour Men’s Meeting Hastings Rivertown Big Book Highland Park Groups Hugo Group Lake Elmo Thursday Night Lakeville Monday Night Hope Group Lakeville Wed Beginners’ Group Live and Let Live Maplewood Groups Midway Club New Brighton Alano North Dale Group North Hamline Group Peace and Serenity Group Ringmaster’s Group Roseville Wednesday Night Shoreview 12 & 12 Short Stories St. Anthony Park Monday St. Paul Park Group Stillwater Morning Groups Stillwater Wednesday Step Group Summit Hill TGIF Macalester Third Edition Group Thursday Cerenity Group Uptown Groups Valley Creek Monday Valley Creek Thursday Night Weekend Jumpstart II White Bear Lake White Bear Wed Women’s Woodbury Primary Purpose</p>
<p><i>The Lifeline: Purpose Statement</i></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!!

Twin Cities LGBT Roundup June 11 — 13

Van Cleve Recreation Center
901 15th Ave SE, Minneapolis
www.twincitiesroundup.com

Minneapolis Intergroup presents
“A Vision for You - 75 Years of AA”
A Service Workshop
Saturday, June 12th, 6pm
Mizpah United Church, 412 5th Ave N, Hopkins

St. Paul Area Intergroup Annual
Summer Open House
Saturday, June 19th, 11am to 3pm
Spruce Tree Centre, 1600 University Ave. at Snelling

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

Summer Wild Rice Round-Up
August 20 - 22
Sandhill Bible Camp
www.wildricerounup.com

International Conference
of Young People in A.A.
August 26 - 29
New York City
www.icypaahost.org



“So I’m powerless over alcohol! What makes you think my life has become unmanageable?”

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Dear Bill W,

I am looking at the 8th Step and relationships where amends are in order. There is one in particular, my previous business relationship with my brother that professionally and personally went straight to hell. I see both of our fingerprints all over the matter, but I know for certain he sees only my contribution and alcoholism. Even our father, whose business we took over on his retirement, sides with me (he and my brother do not speak due to this).

How do I swallow hard and make this amend when I know it will only be a one-sided and therefore unfair effort?

— An Anonymous Drunk

Under no condition do we criticize [a person like your brother]. Simply we tell him that we will never get over drinking until we have done our utmost to straighten out the past. We are there to sweep off our side of the street, realizing that nothing worth while can be accomplished until we do so, never trying to tell him what he should do. His faults are not discussed. We stick to our own. If our manner is calm, frank and open, we will be gratified with the result.

From *Alcoholics Anonymous*, p. 77-78,
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Is your meeting represented at Intergroup?

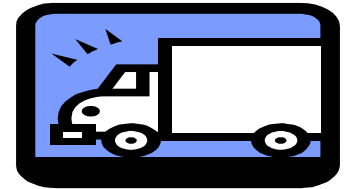
The June Representatives’ meeting will be held Tuesday the 15th at 7:30 pm, at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103. The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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

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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) _____