

The Lifeline



July, 2010

24 Hour Phone: 651-227-5502

Volume 45, Issue 7

STEP SEVEN: Humbly asked Him to remove our shortcomings.

FOR ME, at first glance Step Seven seemed a cinch, especially in comparison to some of the preceding Steps. As is often the case, on closer examination the seemingly simple proved to be anything but! I thought this Step was only a kind of mopping-up maneuver or an interlude where I could rest on my laurels. (I was wearing them in the wrong place at the time.) Steps One through Six had shown me how inadequate my own powers and resources were--as far as my alcoholism was concerned. Besides, I had to be entirely ready to part with my defects (Step Six), and I wasn't at all ready.

The earlier Steps, however, had removed some of the careful padding from my ego, and a remark made by an old-timer and dear friend had helped. I had heard one member complimented by another for a wonderful talk. The speaker said, "Don't thank me or give me credit. Give God the credit." I was determined that if ever anyone thanked me for my talk, I would say the same thing (humbly, of course).

Finally, my old-timer friend did compliment me on my talk one night, and I did say, "Don't thank me. God did it."

The old-timer smiled, put his arm about me, and said, "Honey, it wasn't that good!" Up until that time I had thought "humble" was some kind of pie.

I knew from the beginning that my vices were 'way ahead of my virtues. That was bad. Worse, some of my vices were being classed as virtues. But, since other members seemed to be gaining on their vices, I could hope for myself. By this time, introspection had become somewhat habitual, and I realized that I would have many hang-ups in working these Steps, as I'd had hangovers during the wet years (or should I say the monsoons?).

In Step Seven, the word "humbly" threw a monkey wrench into my sensitive emotional gears. Oh, what it did to my poor id! It seemed I was forever searching feverishly through all the dictionaries I could lay hands on for a definition of "humble" that I could accept. Even the excellent coverage of this aspect in the "Twelve and Twelve" availed me nothing. Humble? Humbug! Hadn't I always been the one put upon? The doormat type? Was I now to wear sackcloth and ashes or a hair shirt?

All my life, I'd been taught that I alone was responsible for my character, including my shortcomings--responsible for self-discipline and self-reliance also. That reminds me of the fellow who claimed that he was a self-made man, whereupon his friend remarked that this belief certainly relieved God of an embarrassing responsibility!

Still, I could plainly see the golden thread of true humility running through all the Steps, and I knew how very important humility was to my continued sobriety. I became reconciled to the definition I found in a new, revised dictionary: "Humble indicates a personal realization of smallness, without loss of respect, and differs from humiliation, which implies public shame in front of others or being made to seem foolish or inferior" and "to be neither inordinately proud of our talents and assets, nor ashamed of our defects or failures, nor unduly on the defensive over them." Also: "free from vanity."

In other words (I quote Tryon Edwards): "True humility is not an abject, despising spirit; it is but a right estimate of ourselves as God sees us."

My willingness to have my defects of character removed was bolstered by the realization that little, if any, spiritual growth was possible as long as I held on to my old ideas and defects. The words in our Big Book keep appearing before me: "Burn the idea into the consciousness of every man that he can get well, regardless of anyone. The only condition is that he trust in God and clean house." This is what Step Seven is to me; it means I am going to clean house and I will have all the help I need. By taking this Step, I am not giving up anything; I am getting rid of whatever might lead me to drink again and whatever might prevent achieving real serenity. Now, with God's help and my own cooperation, via Step Seven, I can become on the individual level a first-rate power, instead of the second-rate power that I was before AA. (I was truly suffering from an immense power failure--or bad wiring.) [. . .]

I believe that through the first six Steps I have gained some knowledge of my character defects and that I know (at least in part and at times) what I need to get rid of! It is certainly no problem for me to humbly ask my Higher Power to remove them, either. I never did know what to do with them before. Besides, my pride is the only thing I can swallow any more that is nonfattening. In fact, this diet tends to reduce the ego and eliminate fatheads--mine, anyhow.

Step Seven simple? Not on your ego!

M. U., Brighton, Colorado

M.U. made more than thirty contributions to the Grapevine between 1964 and 1989. — Ed.

(Reprinted from *The A.A. Grapevine*, November, 1970, with permission of The A.A. Grapevine, Inc.)

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

The Twelve Traditions

Tradition Seven (long form): The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Bill W., A.A.'s co-founder, and some of the early members initially felt the only way for the Fellowship to survive was to solicit support from philanthropic institutions or individuals outside A.A. These "high rollers" could then supply the funds the Fellowship would need to carry out the vital Twelfth Step work the early A.A.s envisioned – to bankroll the army of paid missionaries, the chain of A.A. hospitals, and the library of books they were certain to write.

One potential A.A. patron, however, when approached by the pioneering members for money, instead helped to lay the groundwork for A.A.'s Tradition of self-support: "I am afraid that money will spoil this thing," said John D. Rockefeller Jr., while at the same time endorsing the work of the fledgling Fellowship.

This marked a turning point in A.A. history and, as the reality of Mr. Rockefeller's statement sank in and A.A. members began to see the truth in the old cliché, "Who pays the piper calls the tune," the seed of the Seventh Tradition took root.

— Reprinted from the pamphlet *Self-support: Where money and Spirituality Mix*, by permission of A.A. World Services, Inc.

The Twelve Concepts

Concept Seven: The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

This concept may appear to be contradictory; it may look like the collision of an irresistible force with an immovable object. On the one hand we see a Board of Trustees which is invested with complete legal power over A.A.'s funds and services, while on the other hand we find that A.A.'s General Service Conference is clothed with such great traditional influence and financial power that, if necessary, it could overcome the legal rights of the Board of Trustees. It can therefore give the Trustees directives and secure compliance with them — practically speaking.

This means that the practical power of the Conference will nearly always be superior to the legal power of the Trustees. This superior power in the Conference flows from the powerful traditional influence of the Charter itself. It derives from the large majority of group-chosen Delegates in the Conference. And finally, in any great extremity, it would rest upon the undoubted ability of the Delegates to deny the General Service Board the monies with which to operate — viz., the voluntary contributions of the A.A. groups themselves. Theoretically, the Conference is an advisory body only, but practically speaking it has all of the ultimate rights and powers that it may ever need.

Reprinted from *Twelve Concepts for World Service*, p. 29, 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>	Jes N. & Charlie S.
<u>Advisor to the Board:</u>	Tom S.
<u>Office Manager:</u>	Tom N.

Office Calls in May

Meeting information	195
Inventory/hours	46
12th Step calls	22
Temporary sponsor	37
Speaker request	34
Special events	9
Outside issues	23
Info for professionals	7
Administrative	178
Other	72
Total Calls	623
Daily average	31.2
Visitors	233

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, May 18, 2010

- I. Open with Serenity Prayer and Introductions. Tim read the Primary Purpose of Intergroup.
- II. Last month's Minutes approved.
- III. Treasurer's Report – Michael K. reported the budget is healthy; the written report is available; questions can be sent to treasurer@aastpaul.org.
- IV. The Office Report – Tom N. Introduced Deirdre L., new part-time employee. Any group not receiving Box 459 should contact the Office to ensure their group is registered.
- V. Website Report – Jonathan. Groups are encouraged to inform him or the Office of AA-related events so then can be added to the website.
- VI. Outreach Program – Tim. Anyone interested in making connections with other groups to let them know what Intergroup does should contact Tim who now has a mailbox link in aastpaul.org.
- VII. Night Owl Report – Patti M. – Reported two openings: Third Wednesday of each month 5:30-10:00PM and second Tuesday of the month early morning 6-9AM. Night Owl Orientation is scheduled for June 19th in the Intergroup Office from 10AM-Noon. Anyone interested in serving on the Night Owl Committee should contact Patti or the Office.
- VIII. Intergroup events:
 - 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 @ 1-3:30 PM – Katie S./Tom S., chairs. Meeting starts @ 1:30 w/ How It Works, 7th Tradition, sobriety count-up & 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./Jes N., chairs.
 - New Years Eve – December 21st – July M., chair.
- IX. Old Business – District 8 will soon have an ASL manager; further discussion of the matter was tabled. Groups are encouraged to obtain a Green Can (ASL funds) from the Office to distribute at meetings. The Board is working on a policy for providing ASL interpreters for Intergroup meetings/events; anyone wanting ASL interpreter should give the Office two weeks advance notice.
- X. New Business – Katie R. will resign from her Member at Large position effective August 1st; anyone interested in filling this position should notify the Office.
- XI. Concept Review (Concept V) –Jill.
Anyone interested in presenting Concept VI next month should contact Chair Julie M. or Tom N.
- XII. Mock Rep Report: Patti M. Volunteer for next month: Angela.
- XIII. Close with Responsibility Statement.

Attendance:

Matt, O.M.D.	Jill, Mendota Sat AM	Tim, Defogged Men's	Tom, Senior Recovery	Don N, Secretary
Adrienne B, Maplewood	Frank, Third Edition	Angela, Midway	Michael K, Treasurer	Tom S, Advisor
Jonathan, web servant	Diana, Summit Hill	Chris S, West End	Jes N, Board At-Large	Julie M, Chair
Trisha, Fireside Women's	Craig, Happy Hour	Steve, Rosemount	Charlie S, Board at large	Tom N., Off Mgr
Tina, Mon Women's 12/12	Sue, Como Park BB	Mike, Cover to Cover	Ashley, MN Young People	Starr, Students of Life
Doug M, Hole in the Donut	Libby K, Pocketing Our Pride	Joe, Happy Joyous & Free	Pattie, New Brighton BB	Julie K, Board At-large
Terrie & Jennifer, Back to Basics Brnsvill	Jeanne, St. Paul Speaker Mtg	Mike H, St. Joe's Monday Night	Craig B, Happy Hour 12 & 12	Katie R, Board at Large

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 super volunteers who helped in the Office during April!

Cindy, Charles, Zach, Steve, Mike, Vance, Frank, Danny, Greg, Jack, Justin, James, Bethany, Crissy, Heidi, Maureen, Dale, Matt, Ratta, Bobbi, Lou Ann, Tierney, Richard, Kris, Kevin, Lisa, Nick, and Bert.

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



MAY CONTRIBUTIONS

Number of Group Contributors: 28
Total Group Contributions: \$2256
Number of Faithful Fivers: 14
Total from Faithful Fivers: \$257

“Thanks!” to the groups that contributed in May!

Bayport Saturday Serenity
Complete Defeat Group
Dakota Alano Sunday 8PM
Dakota Alano Thursday 11:45AM
Forest Lake Alano
Friday 12 & 12 By the Book
Happy, Joyous & Free
Highland Park Groups
January 6th Group
Lakeville Monday Night Hope Group
North Branch Community Groups
Outright Mental Defective
Pages of Wisdom Big Book
Pocketing Our Pride
Ridge Runners II
Ridge Runners III
Rivertown Big Book
Rosemount Groups
St. Stephen Tuesday
Stillwater Morning Groups
Students of Life
The Firing Line
Third Tradition Northfield
Uptown Groups
White Bear Lake
White Bear Lake Redeemer
Women's 12 & 12 Monday
Woodbury Serenity Sisters

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!!

Alcoholics Anonymous 2010 International Convention

July 1 — 4, San Antonio, Texas
www.aa.org

Forest Lake Alano - 156 Club invites you to their

Second Annual Pig Roast with speaker Earnie L.

Saturday, July 17, 1pm (speaker at 6pm)
156 Third Street, Forest Lake, MN

Isanti Alano Annual Pig Roast!

FOOD * MEETING * DANCE * HORSESHOES

Saturday, August 21st, 4pm

In Isanti, on Co Road 5, two blocks east of Hwy 65

2218 Alano Society of Minneapolis

32nd Old-Timer's Reunion

Saturday, August 28th, 1pm to 6pm
Lunch, meetings, history presentations.
2218 1st Avenue S, Minneapolis

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



“Why aren't the donuts fresh, and who watered down that coffee?”

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Is your meeting represented at Intergroup?

The July Representatives' meeting will be held Tuesday the 20th at 7:30 pm,
at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.

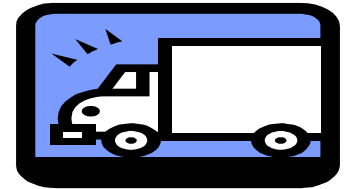
The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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

Change Service Requested

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Organization
U.S. Postage
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St. Paul, MN
Permit No. 7451

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) _____