



## **STEP EIGHT: Made a list of all persons we had harmed, and became willing to make amends to them all.**

### **~~Advice~~ Experience Heard in a Meeting.**

As an educated alcoholic with a graduate degree, I've learned a great deal about the difference between knowledge and wisdom from the folks in A.A. Some of my best teachers in A.A. have been people with far less education or aptitude than others, but who somehow manage to acquire a deeper understanding than mine of both what our program is about, and how to communicate it. It seems to me that not everybody with significant sober time gets this kind of understanding — but it's something that does take time to get. As the Big Book says, "experience is the thing of supreme value in life."

One such old-timer was talking about the Eighth and Ninth Steps in a meeting where I was a regular. I'd made it through my first year or two of "sobriety" — I call it that because I was just lucky to be not-drunk, and alive! I spent most of that time offering a great example of how *not* to conduct one's self in meetings, enthusiastically expounding on my newfound theories of sobriety and spiritual growth. It took some additional hard knocks in the school of life before I learned the lesson, that I can't be a good speaker, until I've become a better listener. But I got to hear this old-timer once I'd learned that *listening* was more important to my survival than speaking.

Sometimes we go into the Eight Step anxious about having to see people who might be angry with us, or about bills we don't want to pay, or can't afford to pay right now. We might be afraid about crimes we have committed — that if we tell someone what we've done, the amends might lead us to jail time or worse.

But the old-timer who has worked these steps, and who has worked with sponsees on these steps, can reassure us, and direct us:

"When you're working on Step Eight, you're not thinking about your amends — whom you hurt, how to find them, what to do about it. You're making a list. You use your written Fourth Step to start your Eighth Step list, like the Big Book says. You don't assume you're going to make amends to everyone on your Eighth Step list: Some may be dead; some you won't be able to find; for some of them, once you go over it with your sponsor, you may find there is no way to make amends without causing further damage."

"And remember that the Steps are a process. Each Step is a process that leads to a psychic change. By the time you get through Step Eight to Step Nine, some of these harms are going to look very different to you than they do now. You're going to feel different about them. So, get a pencil and some paper and get to work!"

— Anonymous



## **Saturday, August 21st 1pm to 3:30pm St. Paul Area Intergroup Annual Ice Cream Social & Old-Timers' Recognition**

Lutheran Church of the Redeemer  
285 N Dale Street, just South of I-94.



**St. Paul Intergroup of Alcoholics Anonymous®**

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto: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 Eight: "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."**

Under "Tradition Eight" in *Twelve Steps and Twelve Traditions*, the word 'professionalism' denotes the mistaken idea of paying experienced A.A. members to advise alcoholics who still suffer – that is, "paid 12<sup>th</sup> Step therapy!" Clearly, however, introducing money into the A.A. equation and paying A.A. members to perform Step 12 would undermine the symbolic poverty of A.A.: the idea that a gift, freely given, helps the donor as well the recipient. The wish "to help and be helped" (*12 x 12*, p. 166) runs so close to the spiritual core of A.A. that to compromise it with money would ruin it.

Stacking books, on the other hand, along with grooming address lists, ordering medallions, and keeping office hours become crucial tasks for our large outreach group. These are important duties, jobs that require consistency, rigor, and follow-through to meet the steady demand newcomers place on our public offices.

A.A. members, no matter how motivated or energetic within the fellowship, also have lives to lead! Many of us have jobs; some have children; virtually all have bills to pay. By employing talented administrators or clerical workers in our service centers -- in our Intergroup offices, for example, or in certain Alano clubs – A.A. maintains its commitments to bookkeeping, secretarial work, and custodial service. By paying a fair salary to service center staff, A.A. helps its volunteer membership to maintain its focus on sobriety and outreach.

Volunteering is fun. It's helpful to our organization, and it's a good way to learn from others in the sober community. But volunteering is not for everyone. There are many for whom the act of volunteering is "one too many," thanks to outside obligations, or simply because of where someone stands in his or her sobriety journey. Once again, this explains and defines our need to pay "special workers:" the all-important individuals who maintain our public service centers.

— Phil B., Intergroup Volunteer. Defogged Men's Group, St. Paul.

## The Twelve Concepts

**Concept Eight: The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.**

(. . .) The General Service Board is in effect a holding company, charged with the custodial oversight of its wholly-owned and separately incorporated subsidiaries, 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.

This lesson, as we have observed before, has been learned the hard way. When discussing "Participation" in Concept IV, we saw that earlier attempts to manage the A.A. General Service Office and A.A. Publishing Company through a multiplicity of Trustee committees did not work well.

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### 2010 Steering Board

<b><u>Chair:</u></b>	<b>Julie M.</b>
<b><u>Alt. Chair:</u></b>	<b>John D.</b>
<b><u>Secretary:</u></b>	<b>Don N.</b>
<b><u>Treasurer:</u></b>	<b>Michael K.</b>
<b><u>Alt. Treasurer</u></b>	<b>Darrell B.</b>
<b><u>Members at Large 2010:</u></b>	<b>Chris S. &amp; Julie K.</b>
<b><u>Members at Large 2011:</u></b>	<b>Jes N. &amp; Charlie S.</b>
<b><u>Advisor to the Board:</u></b>	<b>Tom S.</b>
<b><u>Office Manager:</u></b>	<b>Tom N.</b>

### Office Calls in June

Meeting information	199
Inventory/hours	29
12th Step calls	20
Temporary sponsor	73
Speaker request	17
Special events	4
Outside issues	39
Info for professionals	7
Administrative	196
Other	72
<b>Total Calls</b>	<b>656</b>
<b>Daily average</b>	<b>29.82</b>
Visitors	202

*\*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, June 15, 2010**

- I. Open with Serenity Prayer and Introductions. Frank read the Primary Purpose of Intergroup.
- II. Last month's Minutes approved.
- III. Treasurer's Report – Michael K. reported the budget is healthy; questions can be sent to treasurer@aastpaul.org. Mark S. resigned as Alternate Treasurer and has been replaced by Darrell B.
- IV. The Office Report - Tom N. The Intergroup Office was burglarized over Memorial Day Weekend resulting in the theft of a small amount of cash and some checks. Because of good office procedures and careful thinking, no money from Gopher State literature sales was stolen. Fingerprints were taken as well as a good security video and the incident is under investigation by the St. Paul Police Department. Tom also reported that the staff at Redeemer's Arms Apartments are looking for a group to bring at least one weekly meeting to their building. Groups interested should contact the Office.
- V. Website Report – Jonathan. 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. Anyone interested in making connections with other groups to let them know what Intergroup does should contact Tim via his mailbox link in www.aastpaul.org.
- VII. Night Owl Report – Patti M./Lesli D. – Patti introduced the new Night Owl Coordinator, Lesli D. There are three openings: Second Saturday of each month 2-7PM, fourth Wednesday of each month 10PM-6AM, and the second Sunday of each month 9AM-2PM. Anyone interested in serving on the Night Owl Committee should contact Lesli or the Office.
- VIII. Intergroup Events:
  - Intergroup Office Open House – June 19<sup>th</sup> 11AM-3PM – John D./Board., chair
  - Ice Cream Social/Old Timers – August 21<sup>st</sup> 1-3:30PM – Katie S./Tom S., chairs. Event starts @1:30PM w/How It Works, 7<sup>th</sup> Tradition, sobriety count-up & 8 speakers sharing how they stay sober.
  - Fall Step Workshop (Step 8) – October 9<sup>th</sup> @ 2PM – Charlie S., chair
  - Gratitude Night – November 20<sup>th</sup> – John D., chair
  - Founders Day Hospitality Suite – November 26-27<sup>th</sup> – Michael K./Jes N., chairs
  - New Years Eve – December 31<sup>st</sup> – Julie M., chair
- IX. Old Business:
  - Intergroup's new Hospitality Suite at Gopher State was considered a success as well as a learning experience. Communication/transition between host groups can use improvement and will be addressed next year.
  - Gopher State Literature sales grossed around \$3,000.
  - Member at Large (2010) vacancy due to Katie R.'s resignation. Frank (3<sup>rd</sup> Edition BB Group) nominated Chris S. (West End) to fill the vacancy and Michael seconded the nomination. Charlie (Hole in Donut) nominated Lisa L. and Doug seconded that nomination. A vote of eligible representatives was taken and Chris was elected to fill the Member at Large (2010) position.
- X. Group AA announcements – Ryan from MN Young People supplied fliers for upcoming events and business meetings; he can be reached by phone. Other events can be found on Intergroup's website.
- XI. Concept Review (Concept VI) – Michael K.  
Anyone interested in presenting Concept VII next month should contact Chair Julie M. or Tom N.
- XII. Mock Rep Report: Grayson Volunteer for next month: \_\_\_\_\_?
- XIII. Close with Responsibility Statement.

Attendance:

Matt, O.M.D.	Jill, Mendota Sat AM	Tim, Defogged Men's	Don N, Secretary	Julie M, Chair
Rhonda, Basic Text	Frank, Third Edition	Joe, S.O.S.	Michael K, Treasurer	Tom, Office Manager
Jonathan, web servant	Bruce, Uptown	Chris S, West End	Jes N, Board At-Large	Terrie, Back to Basics Brnsvill
Trisha, Fireside Women's	Paul, Highland Groups	Steve, Rosemount	Charlie S, Board at large	Jeanne, St. Paul Speaker Mtg
Tina, Mon Women's 12/12	Grayson, Como Park BB	Ryan, MN Young People	Katie R, Board at Large	Mike H, St. Joe's Monday Night
Doug M, Hole in the Donut	Libby K, Pocketing Our Pride	Judy, No Time Like the Present	Pattie, New Brighton BB	Julie K, 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](http://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](http://www.district26-area36.org)

#### **Thanks to all the super volunteers who helped in the Office during June!**

Jack, Carl, Maureen, Frank, Danny, Vance, Erik, Dave, Collin, Crissy, Steve, Bethany, Lisa, Burt, LouAnn, Ratta, Heidi, Charlie, Greg, Andy, Cindy, Bobbi, Jeff, Bob, Nick, Pat, Berta, Richard, Siby, Jeremy, Darlene, Rick, Angie, Raymond, Julia, Elizabeth, Eric, Phil, and John.

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



### **JUNE CONTRIBUTIONS**

Number of Group Contributors: 37  
Total Group Contributions: \$4814  
Number of Faithful Fivers: 23  
Total from Faithful Fivers: \$431

#### ***“Thanks!” to the groups that contributed in June!***

- Amigos III
- Basic Text
- Basic Text Women's
- Burnsville - Primary Purpose
- Cliffhangers I Thursday
- Como Park BB
- Cottage Grove
- Dakota Alano Friday 6pm
- Dakota Alano Thurs 5:30pm
- Dakota Alano Roosters
- Day by Day Women
- Day by Dei Saturday
- Downtown Alano Club
- Firing Line
- Forest Lake Alano
- Fourth Dimension
- Highland Park Groups
- Highway 96er's Group
- Hole in the Donut Group
- Hour of Power
- Lakeville Wed. Beginners
- Lindstrom Groups
- Main Idea
- Maplewood Groups
- Mendota St. Peter's Sat 10:30am
- Midway Club
- New Brighton Alano Sq 14
- North Branch Thursday Night
- Outright Mental Defectives
- Ridge Runners I Thursday
- Rosemount Groups
- Sisters of Serenity
- Stillwater Morning Groups
- Uptown Club
- We Care Groups
- White Bear Lake

#### **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!!

## 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.wildriceroundup.com](http://www.wildriceroundup.com)

## International Conference of Young People in A.A.

August 26 - 29  
 New York City  
[www.icypaahost.org](http://www.icypaahost.org)

## 20th Annual Heartland Round-Up

Park Rapids, MN  
 September 10 - 12  
[www.heartlandroundup.com](http://www.heartlandroundup.com)

## 65 Years of Fellowship Annual Duluth Roundup

Duluth Entertainment & Convention Center  
 September 24 - 26  
[www.duluthroundup.org](http://www.duluthroundup.org)

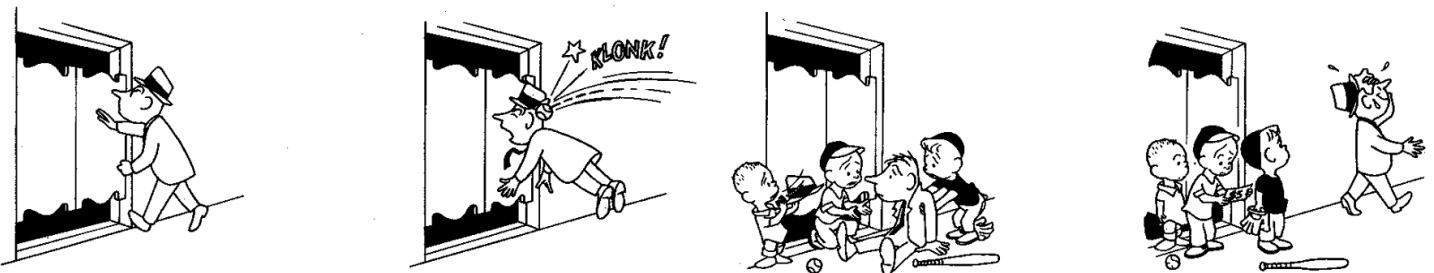
### Dear Bill W,

I'm a first-time sponsor, going through the steps with a sponsee for the first time. Do we need to meet to discuss Eight Step? After all, the instructions are pretty clear - "make a list"! Is there really that much to it?

— An Anonymous Drunk

"While the purpose of making restitution to others is paramount, it is equally necessary that we extricate from an examination of our personal relations every bit of information about ourselves and our fundamental difficulties that we can. (. . .) Calm, thoughtful reflection upon personal relations can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic, flaws which sometimes were responsible for the whole pattern of our lives."

From *Twelve Steps and Twelve Traditions*, p. 80, reprinted by permission of A.A. World Services, Inc.



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## Is your meeting represented at Intergroup?

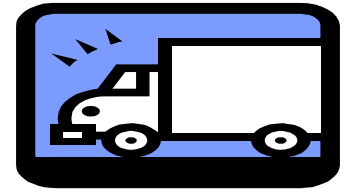
The August Representatives' meeting will be held Tuesday the 17th at 7:30 pm,  
 at the Lutheran Church of the Redeemer, 285 N. Dale St., St. Paul, 55103.  
 The church is located just south of I-94. For parking, turn west on Iglehart from Dale.

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) \_\_\_\_\_