

# The Lifeline



July, 2011

24 Hour Phone: 651-227-5502

Volume 47, Issue 7

## Step Seven: Humbly asked Him to remove our shortcomings.

As long as I can remember, I have always had a problem with authority figures, rules and regulations. All through school I was an honor student, but my behavior was rebellious. I was always debating with the teachers. I was in the discipline office regularly, was constantly on detention, cutting classes to hang out with the people who were selling drugs, and I didn't care a thing about school. I would cut classes sometimes three times in a week, and still make an "A" on the test at the end of the week—that's what they call "being too smart for your own good."

I have loved fashion all of my life, and I would see the females who were four or five years older than myself. They were always dressed sharp, wearing reptile shoes, with colored hair and short skirts. They were riding with older guys in fancy cars. I was instantly drawn to those types of people who would later on become the boosters, prostitutes, pimps and players, and drug dealers. I called that type of life "living on the dark side."

I didn't complete college. I dropped out after two years, and went to the dark side. I started drinking excessively, using various types of drugs, and committing all sorts of crimes. Eventually I was sentenced to jail time. What a place to end up, for a person who didn't like authority, rules and regulations!

I came from a very supportive family and was raised with good morals and values, and that became a conflict inside of me. As my drinking and drug addiction advanced, so did my criminal activity. I moved to several different states doing the same things around the same sort of people. This went on for thirty-five years. It's only because of God that I am still alive and in one piece, with some sort of sanity.

I have been in and out of treatment centers throughout this time, but I did not start to recover until I moved here to Minnesota in 2006. Then, I started making meetings regularly, got a sponsor, and started working the Steps and taking suggestions. When I got to the Fourth Step, I realized that all I had ever wanted in life was to have a nice home, a husband and children. But, in my neighborhood that was considered to be "square." I had been afraid of being who I wanted to be. When I reached Step Six, I remained there for an entire year. I hadn't realized how many defects I had. But, I was ready to do this work, because I truly wanted to be a better person. Now, I had no more fear or reservations. I had reached Step Seven.

Some of my defects didn't show themselves until I got sober. I feel that God put those defects there for a reason. The life-threatening situations I got myself into when I was out there — I must admit, sometimes my defects save my life. I don't feel they will be removed, but by me continuing to work the Steps, I can keep them arrested.

Today, the simple things in life have a great fulfillment for me. I am now living the Steps, and I am no longer afraid to be me.

Angela S., Midway Alano

**St. Paul Area Intergroup**

**Ice Cream Social and Old-Timers' Recognition Event**

**Saturday, August 6th, 1pm**

**The Recovery Church**

**253 State Street, St. Paul, MN 55107**



**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 214, St. Paul MN 55104

**TRADITION SEVEN: “Every A.A. group ought to fully self-supporting, declining outside contributions”.**

My sponsor was a great deal like Dr. Bob, when talking and/or explaining any of the thirty-six precepts of A.A. He liked to show me, rather than tell me. And so it was with this Tradition.

My first experience was my first group. The hat kept going around, but no mention of where the monies were going. When I queried Dick about this, he simply referred me back to the group, to ask whoever seemed to be in charge of taking the money. The answer was blunt; it goes to the club to take care of keeping this place open. Dick assured me that this was wrong, that there certainly should be rent paid, but there must also be monies left to send to the A.A. entities across the country. My inquiries did no good, so I was advised to stop putting money in the hat, and to send a check in the name of the group to those A.A. entities. Sooner, rather than later, some others got curious, and a true treasurer was elected, and the group became a genuine member of A.A.

My sponsor was just starting a meeting when I got sober, and early on he told me that this was my Home Group, and that I was to contribute two dollars to the basket at my Home Group, and that one dollar would suffice at other meetings. He also told me that the two dollars was to be in the basket each week, whether I was there or not – since I wanted the meeting to be there the next week when I returned.

My last Seventh Tradition experience was with my sponsor at a meeting. The basket came by, and the man to my left did not put anything in. Dick told me that the man did not want any, and we sent the basket on its way. Several days later, we were having coffee and I laughingly referred to the incident. I remarked that Dick must have been referring to the old days when members were told to put some in, or if they had no monies, to take some out. I was assured that was not what my sponsor had meant. My sponsor meant that the man did not want anything to do with “us”. Had he wanted to be a member, he would have shared in the contribution. Those incidents have stuck with me over the years, and I refer to them often, particularly when I was an Area Treasurer.

Tom McM., Osseo Big Book

**CONCEPT SEVEN: “The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.”**

The General Service Board does have the legal power to run A.A.’s corporations, that is, A.A World Services, Inc., (publishers of all A.A. literature) and The A.A. Grapevine, Inc. Although the General Service Conference is the highest spiritual authority in A.A., (as stated in Concept Two) the General Service Board is not legally bound to follow the motions approved by the General Service Conference. These motions are called “advisory actions” - they are recommendations to the General Service Board. Since the General Service Conference is only an advisory board, the Board could ignore the Conference recommendations, but it has proven much wiser for the Board to follow the suggestions. It has always done so.

When the Conference ends their annual meeting, they send out their recommendations, and these are seen as directives from the A.A. groups. The ultimate power of the Conference is that the groups could stop their financial support - the “power of the purse.” That in essence is all the power needed by the Conference, as the Board has little choice but to implement the voice of the fellowship.

Tom McM., Osseo Big Book

**2011 Steering Board**

<b><u>Chair:</u></b>	<b>John D.</b>
<b><u>Alt. Chair:</u></b>	<b>Denise A.</b>
<b><u>Secretary:</u></b>	<b>Don N.</b>
<b><u>Treasurer:</u></b>	<b>Darrell B.</b>
<b><u>Alt. Treasurer</u></b>	<b>Cedar H.</b>
<b><u>Members at Large 2012:</u></b>	<b>Chris S. &amp; Wanda B.</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>Julie M.</b>
<b><u>Office Manager:</u></b>	<b>Tom N.</b>

**Office Calls in May\***

Meeting information	154
Inventory/hours	29
12th Step calls	10
Temporary sponsor	27
Speaker request	17
Special events	5
Outside issues	26
Info for professionals	0
Administrative	118
Other	65
<b>Total Calls</b>	<b>451</b>
<b>Daily average</b>	<b>21.48</b>
Visitors	232

*\*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 17, 2011**

- I. Opened with the Serenity Prayer and Introductions
- II. Last month's Minutes approved.
- III. Treasurer's Report: Darrell B. discussed his written report which reflects a healthy budget. Questions can be sent to [Treasurer@aastpaul.org](mailto:Treasurer@aastpaul.org).
- IV. The Office Report – Service opportunities available including a Dual Recovery meeting at Regions Hospital. Check website or call the Office for details.
- V. The Website Report – Groups are encouraged to contact Jonathan ([webservant@aastpaul.org](mailto:webservant@aastpaul.org)) or the Office for AA-related events which can be added. Guidelines are available on the site.
- VI. Outreach Program – Contact Chris (coordinator) or the Office if interested in this important service opportunity.
- VII. Night Owl Report – Contact Leslie (coordinator) or the Office for current openings.
- VIII. Upcoming Intergroup events:  
 Intergroup Open House – Saturday, June 25<sup>th</sup> @ 11AM-3PM – Chris, Chair  
 Ice Cream Social – August 6<sup>th</sup> – Wanda, Chair
- IX. Old Business:
  - A. 2011 Budget – Unanimously approved (motion of Jes, seconded by John).
  - B. Intergroup will share a hospitality room with the Downtown Alano Club at Gopher State.
- X. New Business:  
 A presentation was given concerning the electronic media and anonymity in AA. The Fall Workshop will also address this issue.
- XI. District 8 Liaison Report: Doug M
- XII. The Grapevine Report, Concept Review and Mock Rep Report were not given due to time constraints.
- XIII. Close with Responsibility Statement.

NEXT MEETING: JUNE 21, 2011 (7:30 PM) BETHLEHEM CHURCH

ATTENDANCE:

Terrie, Back to Basics	Judy, Basic Text	Sue, Como Park BB	Jeff, Downtown Alano Club	Rebecca, Fireside Womens BB	Casey, The Firing Line	John, Happy, Joyous & Free
John, Highland BB Sunday Night	Doug, Hole in the Donut	Harry, Main Idea	Adrienne, Maplewood Alano	Beth Ann, Midway Club	John, MNYPAA	Jenni, New Brighton BB
Judy, No Time Like the Present	Matt, OMD	Sharon, Pocketing Our Pride	Mark, Problem & Solution	Chuck, Rosemount Groups	Tom, Senior Recovery	John, Board Chair
Denise, Alt Chair	Darrell, Treasurer	Cedar, Alt Treasurer	Don, Secretary	Jonathan, Web Servant	Tom, Office Manager	Julie, Board Advisor
Jes, @ Large 2011	Chris, @ Large 2012	Charlie, @ Large 2011	Kate, Summit Women's	Carolyn, Summit Women's	Edward, Living Sober Newcomers	Dan, Fairmount
Jason, OMD	Keith, Basic Text	Roxi, West End	Camille, Midway			

**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. #214  
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

**MAY CONTRIBUTIONS**

Number of Group Contributors: 24  
Total Group Contributions: \$2034  
Number of Faithful Fivers: 18  
Total from Faithful Fivers: \$271



**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 May!**

Adam, Alex, Andy, Amanda, Barb, Bill, Burt, Car, Devin, Diane, Erik, Frank, Gabriella, Greg, Henry, Jack, Jeannette, Jim, Lora, Mark, Mary, Mike C, Mike F, Phil, Ratta, Rich, Robin, Sara, Shane, Spencer, Teddie, Tom, Ty, Tyler, Violet, and Yuri.

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



**Thanks to the groups that  
contributed in May!!**

Burnsville - Primary Purpose  
Cannon Falls Group  
Cedar Cliff Group  
Coon Rapids - Day by Day  
Dakota Alano Sat. AM  
Dakota Alano Wed AM Roosters  
Eagan - Unity, Service & Recovery  
Eagan Burnsville Savage - Sat Speaker  
Fairmount Group  
Forest Lake Alano  
Highland Park Groups  
Inver Grove Heights Club 84  
Lindstrom Groups  
Little Canada Happy Hour  
Mendota St. Peter's Sat 9 AM  
Midway Club  
North Hamline  
Outright Mental Defectives  
Rivertown Big Book Group  
Rosemount Groups  
TGIF Macalester  
Uptown Club  
Weekend Jumpstart II  
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!!

Southern Minnesota Area 36  
**Area Assembly**  
 July 9th, 9am to 5pm  
 St. John's Lutheran Church  
 Northfield, MN

**Summer Wild Rice Round-Up**  
 August 12 - 14  
 Sand Hill Bible Camp, Fosston, MN  
[www.wildriceroundup.com](http://www.wildriceroundup.com)

2218 Minneapolis Alano  
**Old-Timers' Reunion**  
 Saturday, August 13, Noon to Midnight  
 Speakers, pig roast, bake sale & dance.

**34rd Annual Cornhusker Roundup**  
 August 18 to 21  
 Omaha, Nebraska  
[www.AA-Cornhusker.org](http://www.AA-Cornhusker.org)

**Harboring Hope**  
**66th Annual Duluth Roundup**  
 Duluth Entertainment & Convention Center  
 September 30 - October 2nd  
[www.duluthroundup.org](http://www.duluthroundup.org)

**West Central Regional Forum**  
 with the A.A. General Service Board  
 September 9th to 11th  
 Clarion Hotel & Conference Center  
 Davenport, Iowa

**Dear Bill W.,**

I've done my inventory and admitted my wrongs to another alcoholic, but still the people in my home group make me so mad! We're always fighting over everything. I'd like to give them a piece of my mind. Doesn't rigorous honesty mean I should always speak my mind.

— An Anonymous Drunk

"We must avoid quick-tempered criticism and furious, power-driven argument. The same goes for sulking or silent scorn. These are emotional booby traps baited with pride and vengefulness. Our first job is to sidestep the traps. When we are tempted by the by the bait, we should train ourselves to step back and think. For we can neither think nor act to good purpose until the habit of self-restraint has become automatic."

From the *Twelve Steps and Twelve Traditions*, p. 91, reprinted by permission of A.A World Services, Inc.



*"I like this place. It has atmosphere."*

September, 1962, reprinted by permission of the A.A. Grapevine, Inc.

## Is your meeting represented at Intergroup?

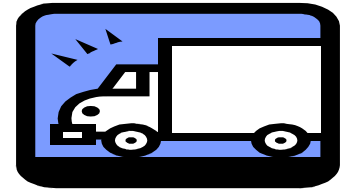
The July Representatives' meeting will be held Tuesday the 19th at 7:30 pm, at the Bethlehem Lutheran Church, 436 Roy St. N, St. Paul, 55104. The church is just south of the Spruce Tree Centre, across the street from the Intergroup office.

St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
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. 214, 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) \_\_\_\_\_