

# The Lifeline



December 2011

24 Hour Phone: 651-227-5502

Volume 47, Issue 12

## **Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.**

Instead of the usual articles on the Step, Tradition and Concept of the month, we at the Intergroup office would like to take this opportunity to share and re-acquaint with you what we do here to "carry the message to the alcoholic who still suffers". This we do to support the efforts of all St. Paul area A.A. groups, and the many A.A. members who volunteer their time with us.

So, what is an Intergroup? According to the General Service Office:

"A central office (or Intergroup) is an A.A. service office that involves partnership among A.A. groups in a community - just as A.A. groups themselves are partnerships of individuals. An Intergroup office is established to carry out certain functions common to all groups - functions which are best handled by a centralized office - and it is usually maintained, supervised, and supported by these groups in their general interest."

In the *12 Steps and 12 Traditions*, Bill W. talks about how he and his fellow A.A. cofounder Dr. Bob early on saw that "to save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired...(because)...if they weren't the man coming in the door couldn't get a break (p.161)."

The first Intergroup service centers began in the late 1930's. Many, if not most, service offices in A.A.'s early days, such as those in Chicago and Los Angeles, grew out of a phone number belonging to an A.A. member, which was listed as the A.A. hotline in the local directory. Other Intergroup service centers, like those in New York City, New Jersey and Toronto, Ontario were outgrowths of clubhouses that operated as early hubs for local A.A. activities. Sometimes the clubs served as distribution points for A.A. literature as well as providing 12-Step services. Over time, these A.A.-related service operations became entities separate from the clubhouses. In the early days of A.A. in a number of places such as here in the Upper Midwest, Intergroup or central service committees were in existence long before there were actual offices.

To meet these needs here in St. Paul, an Intergroup Council office opened in July, 1956, in the Oppenheim building at 6<sup>th</sup> and Minnesota streets. In 1966, this was formally incorporated as a Central Office of Alcoholics Anonymous for the St. Paul area. At that time, A.A. in this area consisted of only 13 groups! (Today, about 650 meetings are listed in our area Meeting Directory.)

St. Paul Intergroup helps to coordinate the efforts of all our groups and sober A.A.'s who serve as volunteers to further their own recoveries, and to pass on their own experience, strength and hope. Here are some of the ways it does this:

1. Helping people find meetings in the area. We do this by serving as the clearinghouse for A.A. group information by listing group meetings on our website: [www.aastpaul.org](http://www.aastpaul.org), as well as by publishing a meeting list that is updated monthly.

*(continued on page 2)*



**7:00 PM - Speaker Meeting**  
Speaker: Tim B.



**9:00 PM - Midnight: Marathon Step Meetings**

 ASL Interpreted

## Join St. Paul A.A. Intergroup in a Sober Celebration!!

# New Year's Eve 2011

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



**9:00 PM - Dance!!**  
**The Flattfoot Rollers**  
**Righteous Soul Funk Blues**  
**(\$5 Contribution - all welcomed)**



**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

2. Helping newcomers to A.A. get oriented by arranging Twelfth Step calls.
3. Helping people who are returning to A.A. after an absence, coming out of treatment, new to the area, or just plain shy to find temporary sponsors.
4. Providing a place for A.A. members to volunteer and do service work. Our phones are manned 24-hours a day, seven days a week, so that whenever anyone, anywhere calls for help, the hand of A.A. is there for them to grasp.  
(We have many service opportunities for all A.A. members, whether you have 1 day sober, or many years of sobriety - Please see the enclosed pink Volunteer sheet to sign-up for service opportunities or, if you wish to support our efforts through a monthly financial contribution, please complete the Faithful Fiver form on the back page of this issue).
5. Serving as a central point for the circulation and exchange of information among A.A. groups in the community. We do this by providing a place where this information is readily available to those who come in to visit. You can also get a listing of upcoming A.A.-sponsored events on our website as well as download and print flyers for these events.
6. Publishing this monthly newsletter - *The Lifeline*- to help groups and individual members know what local A.A.-related events are going on in the area. *The Lifeline* is also a way for area members to share their experience, strength and hope on a different Step, Tradition, and Concept each month. If you have a story to tell, or an experience to share, we would love to have you contribute to *The Lifeline*. Your story or experience with a Step, Tradition or Concept could just be the help a newcomer or another member is looking for, so please write it up and send it to us at [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org).
7. Arranging for A.A. members to speak to other alcoholics at speaker meetings, as well as treatment centers, detox locations, and correctional facilities.
8. Working with A.A. public information committees to insure our message of hope and recovery is reaching the alcoholic in need.
9. Ordering, selling, and distributing A.A. Conference-approved literature, as well as medallions and other recovery celebration items.
10. Providing a safe location in our office for alcoholics seeking fellowship and support with a cup of A.A. coffee and company.

These activities are only possible through generous donations of time by many, many friends of St. Paul Intergroup in our Fellowship, and through the generous 7<sup>th</sup> Tradition contributions we receive from many area groups and individuals. We are blessed and grateful for your support..

-The Staff and Volunteers at St. Paul Intergroup

(Portions of A.A. *Guidelines for Central or Intergroup Offices, The 12 Steps and 12 Traditions, & The A.A. Service Manual 2010-2011 Edition* reprinted with permission A.A. World Services, Inc).

<b><u>2011 Steering Board</u></b>		<b><u>Office Calls in October</u></b>	
<b><u>Chair:</u></b>	<b>John D.</b>	Meeting information	376
<b><u>Alt. Chair:</u></b>	<b>Denise A.</b>	Inventory/hours	26
<b><u>Secretary:</u></b>	<b>Cedar H.</b>	12th Step calls	09
<b><u>Treasurer:</u></b>	<b>Darrell B.</b>	Temporary sponsor	17
<b><u>Alt. Treasurer</u></b>	<b>Jeff M.</b>	Speaker request	26
<b><u>Members at Large 2012:</u></b>	<b>Chris S. &amp; Wanda B.</b>	Special events	0
<b><u>Members at Large 2011:</u></b>	<b>Jes N. &amp; Charlie S.</b>	Outside issues	18
<b><u>Advisor to the Board:</u></b>	<b>Julie M.</b>	Info for professionals	0
		Administrative	89
		Other	61
		<b>Total Calls</b>	<b>622</b>
		<b>Daily average</b>	<b>29.6</b>
		Visitors	244
		<i>*Call tally is for calls taken during office hours only and does not include calls taken during Night Owl shifts.*</i>	

## St. Paul Area Intergroup Representatives' Meeting Minutes, October , 2011

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were approved.
- III. Treasurer's Report - Darrell B. discussed his written report which reflects income far below budget for September. The net loss for the month was \$3,500, resulting in a year-to-date loss of approximately \$8,100. For the first time, cash accounts have dipped below the \$50,000 mark, reflecting Intergroup's use of cash to sustain itself as monthly losses accumulate. October is already looking to be a better month, with Gopher State proceeds, outstanding A/R resolutions, and higher than average contributions and sales. Questions/concerns can be sent to Darrell at treasurer@aastpaul.org or he can be reached at 651-247-5490.
- IV. The Office Report – Frank N. expressed gratitude for the growing numbers of office volunteers and reminded the Reps that Intergroup needs more female speaker volunteers with >1 year of sobriety. There are also a few open Night Owl shifts. Contact the Office for more information.
- V. The Website Report – Page views were down slightly, but meeting searches were up compared to recent months. Groups are encouraged to contact Jonathan (webservant@aastpaul.org) or the Office for AA-related events which can be added. Guidelines are available on the site.
- VI. Outreach Program –Progress has been made, as volunteers and unrepresented groups are being contacted. Contact Chris S. (coordinator) or the Office if interested in this important service opportunity. Chris has packets available!
- VII. Night Owl Report – Orientation is held every third Saturday between 10-11 a.m. in the Office. Contact Jeff T. (coordinator) or the Office for current openings.
- VIII. Reports were given by the Intergroup/District 8 Liaison (Doug M.) and District 15 (Toni).
- IX. Upcoming Intergroup Events:  
 Gratitude Night – November 19<sup>th</sup> @ 7 p.m. – Denise, Chair. Flyers available in the Office and more information on the website.  
 Founders' Day – November 25-27 – Cedar, Chair. Volunteers from groups are needed to staff the Suite. Contact Cedar or the Office to sign your group up to help.
- X. Old Business:  
 The Fall Workshop was lively and informative.  
 Groups continue to weigh in on the issue of the oversized yellow pages ads. Two groups opined that the ads should be retained; one voted against.  
 Discussion continues as Intergroup remains under contract.  
 The email address for submission of application materials for the open Office Manager position is employment@aastpaul.org. The HR Committee will review submissions and make a determination.
- XII. New Business:  
 Elections for Board Members will be held in November for the following positions: Alternate Chair (3 year commitment); Alternate Treasurer (2 year commitment); 2 members at large (2 year commitment); and Secretary (1 year commitment). Reps may nominate themselves or anyone else at next month's Reps meeting. Submit service resumes to the Office by November 11. As of January 2012, the nominee is suggested to have two years' sobriety for all positions but Alt. Chair. Alt. Chair is suggested to have three years' sobriety. Cedar was nominated for the position of Secretary.  
 Darrell B. updated the Reps on the budget process. The incoming Chair and the Treasurer has determined that the basis of the budget shall be 2011 actuals. The Finance Committee will work prior to the November meeting to finalize a draft budget. This draft will be given to the Reps in November to take back to the groups for review and comment. The budget will be voted on in December, so as to have a budget in place January 1.
- XIII. Group Announcements:  
 Nov. 5, 11:30 a.m., in Lake Elmo, a workshop on carrying the message to the professionals in your life. Flyers available and more information on the website.  
 Founders' Day, celebrating 71 years of AA in the Upper Midwest, will be held the weekend of Thanksgiving. Tickets are available, and volunteers are welcome. Contact Sheila or pick up flyers and sign up sheets in the Office (for tickets). Contact Cedar to help with Intergroup's Suite.  
 West End is hosting a Halloween party 10/29, between 2-7, followed by a candlelight meeting. Information available on the Intergroup website.  
 Downtown Alano is hosting a Halloween party with karaoke, costume prizes, and dinner, starting at 6:30. Flyers available in the Office.
- XIV: No suggestions for next month's agenda:
- XV: Sue delivered the Grapevine Report was not given. Jes volunteered for December.
- XVI. Ryan presented the Concept Review (Concept IX).
- XVII. Roxi presented the Mock Rep Report and Mitch volunteered for December.
- XVIII . Closed with the Responsibility Statement.

**DECEMBER MEETING: Tuesday the 20th, 2011 (7:30 PM)**  
**BETHLEHEM LUTHERAN CHURCH**  
**436 Roy Street North, St. Paul, MN 55103**

**ATTENDANCE:**

John D, Chair	Darrell B, Treasurer	Jeff M. Alt Treasurer	Cedar H, Secretary	Charlie S, Member-at-Large	Chris S, Member-at-Large
Jes N, Member-at-Large	Wanda B, Member-at-Large	Frank N. Office staff	Jonathan L, Webservant	Terri O, Back to Basics Burnsville	Charlie M, Basic Text
Sue M, Como Park BB	Mike C, Downtown Alano	Jeff T, The Firing Line	John K, Happy, Joyous/Free	Doug M, Hole in the Donut	Harry T, Main Idea
Jenni S, New Brighton BB	Judy T, No Time Like Present	Jason B, OMD	Sharon O, Pocketing Our Pride	Mitchell W, Problem & Solution	Keith S, St. Joe's Mon Night
Ryan C, Students of Life	Kevin C, Summit Hill	Toni D, Stillwater Morning	Don D, Third Edition	Roxi S, West End Group	Jeff T, Night Owl Coordinator
Mona B, Como Park BB	Jeff R, Downtown Alano	Tom C, Shoreview 12x12	Scott E, NW Alano Sq. 1		

## 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

## OCTOBER CONTRIBUTIONS

Number of Group Contributors: 42  
Total Group Contributions: \$5163  
Number of Faithful Fivers: 7  
Total from Faithful Fivers: \$105

### 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 October!**

ALEX B, ANDY B, ANREW R, BRAD M  
CAROLYN, CARRIE, DAVE D  
GABRIELLA, GARY C, GREG G, HAL R  
HENRY O, JACK R, JOE R, JOHN C  
KARTIK G, KATIE B, KYLE R, MAC  
MARK S, MATT I, MATT S, MIKE B  
MIKE F, MIKE S, PHIL B, RANDY H  
RICKY F, SAM P, SARA C, SEAN P  
SETH, TINA F, TOM F, TRACY

*Thanks to all  
the NightOwl  
volunteers and  
groups as well!*



## Thanks to the groups that

Apple Valley Monday BB  
Basic Text  
Basic Text Women's Group  
Cannon Falls Group  
Cedar Cliff Group  
Como Park BB  
Dakota AA Sat. AM  
Dakota Alano Friday 6 PM  
Dakota Alano Thurs 1145 AM  
Dakota Alano Wed AM Roosters  
Defogged Men's Group  
Eagan Burnsville Savage Groups  
Fairview Riverside AA  
Fireside Women's BB Group  
Forest Lake Alano  
Fresh Air Group  
Gratitude in Action  
Grovers Thursday Night  
Happy Hour 12 & 12  
Happy Joyous and Free  
Hour of Power  
Lake Elmo Thurs Night Group  
Live and Let Live  
Mahtomedi Tuesday Step  
Maplewood Groups  
Mendota St. Peter's Sat 1030 Group  
Midway Club  
Monday Morning Women's Group  
North Dale Group  
Northwest Alano Squad 18  
Pocketing Our Pride  
Rivertown BB Group  
Roseville Wed Night  
Safe Haven for Women AA Group  
Senior Recovery Center Groups  
St. Lucus Group  
TGIF Macalester  
Uptown Club  
Valley Creek Thurs Night  
We Agnostics  
White Bear Lake  
Woodbury Primary Purpose

### **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 on a Step, Tradition or Concept, or descriptions of personal experience. Please email your article to [Lifeline@aastpaul.org](mailto:Lifeline@aastpaul.org), or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #214, St. Paul MN 55104. Materials or articles mailed to us 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 first day of the preceding month (i.e., submit a Tenth Step essay by 1st of the ninth month, September).



**contributed in October!**

# UPCOMING A.A. EVENTS!!

**Area 36**  
**Recovery, Unity & Service Conference**  
**“Anonymity: Our Spiritual Responsibility in the Digital Age”**  
 Best Western Hotel, No. Mankato, MN  
**January 6th - 8th, 2012**

*10th Annual*  
**Wild Rice Round-Up**  
**“Lose your winter blues”**  
 Shooting Star Hotel. Mahnomon, MN  
**January 13th - 15th, 2012**  
[www.wildriceroundup.com](http://www.wildriceroundup.com)

**WACYPAA 15**  
**Western Area Conference of Young People in A.A.**  
 Alexis Park Resort, Las Vegas, NV  
**January 26th - 29th, 2012**  
[www.WACYPAA.15.org](http://www.WACYPAA.15.org)

**31st Annual District 6 Roundup**  
**“The Greatest Fellowship On Earth”**  
 Gladstone Inn, Jamestown, ND  
**January 20th, 21st, & 22nd 2012**  
[www.aanorthdakota.org](http://www.aanorthdakota.org)

**48th Annual**  
**International Women's Conference**  
 Washington Marriott Wardman Park  
 Washington, DC  
**February 16th - 19th, 2012**  
[www.internationalwomensconference.org](http://www.internationalwomensconference.org)

**Seniors in Sobriety**  
**2012 International Conference**  
 Hilton Garden Inn, Yuma, AZ  
**March 14th - 17th, 2012**  
[www.bit.ly/sisconference](http://www.bit.ly/sisconference)

**Dear Bill W.,**

In the rooms of A.A., I often come across folks who refer to this as a 24-hour program, but shouldn't there be some thought of tomorrow in the activities I do today? Surely service work is about building bridges to tomorrow - what do you say?

*- An Anonymous Drunk*

Dear Anonymous Drunk,

“the idea of ‘twenty-four-hour living’ applies primarily to the emotional life of the individual. Emotionally speaking, we must not live in yesterday, nor in tomorrow.

But I have never been able to see that this means the individual, the group, or A.A. as a whole should not give thought to how to function tomorrow or even in the more distant future. Faith alone never constructed the house you live in. There had to be a blueprint and a lot of work to bring it into reality.

Nothing is truer for us of A.A. than the Biblical saying, ‘Faith without works is dead.’ A.A.’s services, all designed to make more and better Twelve Step work possible, are the ‘works’ that insure our life and growth by preventing anarchy or stagnation.”

*As Bill Sees It, pg. 284 - reprinted with permission A.A.W.S., Inc.*



*“You the party that wanted her old man home for Christmas?”*

## Is your meeting represented at Intergroup?

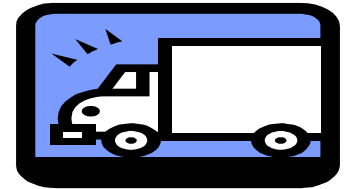
The November Representatives' meeting will be held Tuesday the 15th at 7:30 pm, at the Bethlehem Lutheran Church, 436 Roy St. N, St. Paul, 55104. The church is just south of the Spruce Tree Centre, across the street from the Intergroup office.

St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

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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 also may 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) \_\_\_\_\_