

The Lifeline



March 2012

24 Hour Phone: 651-227-5502

Volume 48, Issue 3

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Turning my will and my life over to God has always been quite the struggle for me. I've been in and out of AA since 1975 and never had more than a year or two of sobriety. Believe me when I say that I wanted long term sobriety more than any thing in the entire world. I would stay clean a few months or even a year or two and then—bam—I'd be drunk again. I just could not figure out what I was doing wrong. I was going to 3 to 4 meetings a week. I was calling my sponsor on a regular basis and yet I would still end up getting drunk. And every time I drank I swore I had hit my bottom, I had lost everything—jobs, my home, thousands and thousands of dollars, and most of all the respect of my children .

Four months ago I was diagnosed with a disease of the muscles and I was losing all use of my right arm and hand. I was in total shock when the doctors said the disease was moving very fast through my entire body. Immediately I got on my knees begging God to help me stay sober because at this point all I wanted to do was get drunk and stay drunk. I knew in my heart I needed to stay sober and do exactly what the doctors told me but more than anything I needed to trust God and turn my will and my life over to God and start being honest in EVERYTHING I do and say.

Well its been 4 months and I have under gone a series of blood infusions and now I'm back at Intergroup working God's Will. I will never ever question God's existence because I typed this column using my right hand. The infusions worked.

God Bless.

Bill A., St. Paul

Tradition Three: The only requirement for A.A. membership is a desire to stop drinking.

Our AA door stands wide open, and if (a newcomer) passes through it and commences to do anything at all about his problem, he is considered a member of Alcoholics Anonymous. He signs nothing, agrees to nothing, promises nothing. We demand nothing. He joins us on his own say-so. Nowadays, in most groups, he doesn't even have to admit he is an alcoholic. He can join AA on the mere suspicion that he may be one, that he may already show the fatal symptoms of our malady...

While this broad concept of AA membership is not yet unanimous, it does represent the main current of AA thought today. We so not wish to deny anyone his chance to recover from alcoholism. We wish to be just as inclusive as we can, never exclusive.

Bill W. - August 1946

- From *Language of the Heart*, p. 39. Copyright©1988 The AA Grapevine, Inc. Reprinted with permission.

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 214, St. Paul MN 55104

From Your Intergroup Board...

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics..." Alcoholics Anonymous p. 60

This past month St. Paul Intergroup celebrated this step by recognizing the hundreds of volunteers that support St. Paul Intergroup. Volunteers are needed to answer phones – day and night; to be speakers; to respond to twelve step calls; to staff the office; to represent groups – the list goes on.

I have heard story after story about how an interaction with a St. Paul Intergroup volunteer saved someone's life! Carrying this message is that critical!

So, on behalf of St. Paul Intergroup, I would like to thank each and every volunteer for their dedication and service "to alcoholics." And thank you for blessing me with the honor to serve as the Board chair.

Denise A.

Responsibility statement: I am responsible. Whenever anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that – I AM RESPONSIBLE!

Notes From your Central Office...

Last month, I wrote about our retail store. Having just completed our annual inventory, it seemed a good subject to start this new addition to your monthly Newsletter. Upon reflection, this was perhaps a poor choice. You see, like any other A.A. entity, St. Paul Intergroup has a primary purpose and it is not to sell Big Books. It is, instead, to assist the A.A. groups in the St. Paul area to carry the A.A. message of hope and recovery to those who suffer from alcoholism.

There are many ways Intergroup does this, but perhaps the most important way this purpose is served is through Twelfth Step calls. One of the principal reasons Intergroup offices exist is so that people who want to get sober, and already sober members of A.A. in a crisis, call the Intergroup office for help. And thanks to our many 12-Step volunteers, we can offer help. Over 440 local A.A. members have volunteered to make Twelve Step calls when someone reaches out to St. Paul Intergroup for help.

During 2011, over 160 Twelve Step calls were taken in the Intergroup office. Many others were taken by our Night Owl volunteers when the office is closed. In each of these instances, the call taker was able to find a sober member of Alcoholics Anonymous from the Intergroup volunteer rolls to call upon the person wanting help.

Thanks, St. Paul Area A.A.!

<u>2012 Steering Board</u>		<u>Office Calls in January</u>	
<u>Chair:</u>	Denise A.	Meeting information	109
<u>Alt. Chair:</u>	Jean O.	Inventory/hours	30
<u>Secretary:</u>	Cedar H.	12th Step calls	10
<u>Treasurer:</u>	Jeff M.	Temporary sponsor	33
<u>Alt. Treasurer</u>	OPEN	Speaker request	34
<u>Members at Large 2012:</u>	Chris S. & Wanda B.	Special events	01
<u>Members at Large 2013:</u>	Tim B. & Eva P.	Outside issues	19
<u>Advisor to the Board:</u>	John D.	Info for professionals	3
<u>Office Manager:</u>	Frank N.	Administrative	84
		Other	66
		Total Calls	389
		Daily average	17.7
		Visitors	249

UPCOMING A.A. EVENTS!!

Southern Minnesota Area Assembly

Best Western/Nicollet Inn, Burnsville, MN

Saturday, March 24th, 9:00 AM - 5:00 PM

www.area36.org

Aim for Ames Roundup "Follow The Path"

Quality Inn & Suites - Ames, Iowa

March 30th, 31st, & April 1st

www.aimforames.org

29th Annual Great Minneapolis Intergroup Gratitude Night

Minneapolis Convention Center

Saturday, April 14th, 6:30PM-12AM

www.aaminneapolis.org

Area 36 Delegate's Workshop
2012 General Service Conference Agenda Items
AmericInn, Mankato, MN
Saturday, April 14th, 9:00 AM - 4:00 PM
www.area36.org

Saint Paul Intergroup - T.G.I.S.

"Thank God I'm Sober, Thank God It's Spring"

Spaghetti Dinner, Speaker Meeting & Dance

The Recovery Church - 253 State Street. St. Paul, MN

Saturday, April 21st, 5:30PM - Midnight

18th Annual
Sunlight of the Spirit Weekend
"Becoming a Part of the Common Solution"
Holiday Inn - Fairmont, MN
April 20th, 21st, & 22nd

Group and Area News

News has been a little slow this month, so I thought you might like this:

In February, 1842, Abraham Lincoln spoke to the Springfield, Illinois, Washingtonians. He said, "I believe if we take habitual drunkards as a class, their heads and their hearts will bear an advantageous comparison with those of any other class. There seems ever to have been proneness in the brilliant and warm-blooded to fall into this vice."

Fourth Step & Big Book Workshops

By The Book 4th Step Workshop

~ 6 consecutive Wednesdays~

Feb. 29th thru Apr. 4th

6:30PM - 7:45PM

2218 1st Ave, Minneapolis, MN 55404

The Basics! 12 Step Workshop

~ 4 consecutive Thursdays~

March 8th, 15th, 22nd, & 29th

6:00PM - 7:00PM

Woodbury Lutheran Church
7380 Afton Road, Woodbury, MN 55125
(West Entrance, Lower Level)

Your Group News?

We invite your group to share its news here! Please send your items to lifeline@aastpaul.org. We look forward to hearing from you.

Is your meeting represented at Intergroup?

The Intergroup Representatives' meeting is held on the third Tuesday 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 Area Intergroup Representatives' Meeting Minutes, January , 2012

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were approved (Jason B. moved, Katy C. seconded).
- III. Treasurer's Report – Jeff M. discussed his written report which reflects the year-end net income of \$4,000. MNYPPAA made an unexpected but very appreciated donation of \$1,000 which greatly helped Intergroup's 2011 bottom line. Questions/concerns can be sent to Jeff M. at treasurer@aastpaul.org.
- IV. The Office Report – Intergroup gratefully accepted contributions from 45 groups and 12 individuals last month. Recent changes to the *Lifeline* publication include: (1) a "Group News" section has been added to the Lifeline and St. Paul area groups are encouraged to share their news with the Office for inclusion in the newsletter; (2) "Notes from the Central Office" has been added to help groups and individuals familiarize themselves with products and services available in the Intergroup Office. Contact the Office for more information. In addition, the Office seeks submissions of writing, cartoon, and/or jokes from individuals for inclusion in the *Lifeline*.
- V. The Website Report – The full report is available on the website. 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 – Chris S. (coordinator) has a need for women and Spanish speakers to visit area meetings. Contact Chris (320-444-4780 or outreach@aastpaul.org) or the Office if interested in this important service opportunity. We have packets available!
- VII. Night Owl Report – Orientation is held every third Saturday at 10 a.m. in the Office. There are no current openings.
- VIII. Liaison Reports – Doug M. delivered the District 8 report, noting that the ASL effort continues at a cost of approximately \$4500 per year, but the Speaker Meeting averages only one hearing-impaired attendee. Therefore, the District is seeking to increase the number of people it can serve. District 15 did not report.
- IX. Upcoming Intergroup Events:
 - Volunteer Appreciation Night (2/11/2012). Board members will do the work to serve the guests at this invitation-only event. (Chair: Chris S.)
 - Spring Traditions Workshop (3/31/2012). The Workshop will be at the Recovery Church and will be on Tradition 7. Volunteers for the panel discussion and to help with clean up will be needed. (Chair: Tim B.)
- X. Old Business:
 - New Year's Eve Event – The event was a good one and everyone reported having a good time. John D., Chair, noted that we will need to do a better job planning for clean up in the future, as we were short-handed after midnight this year.
 - Doug M. suggested last month that a "Notes from the Board Chair" section be added to the *Lifeline*. The Board has agreed to ask a Board Member to contribute a submission each month so that the burden is shared and is not solely on the Chair. The Reps agreed that this would meet their needs.
- XII. New Business:
 - Denise A., Chair, welcomed the new Board Members and Reps, and thanked those who continue to serve for their dedicated service.
 - The Board received the resignation of the newly elected Alternate Treasurer. Therefore, per the Bylaws, a new Alternate Treasurer will be appointed by the Board during the February Board Meeting. The Board asked the groups to get the word out to qualified candidates for consideration. Service resumes and other inquiries may be sent to the Office (manager@aastpaul.org).
 - The Board has resolved that Intergroup will secure its own hospitality suite at Gopher State this year rather than share with an AA group. However, that suite will be located on the third or fourth floor. The Board asks that the Reps bring this to their groups for feedback in general, and suggestions about what amenities Intergroup's suite should consider offering.
- XIII. Group Announcements:
 - MNYPPAA 2012 Host Committee is looking for the young and young at heart who may desire a service commitment. They meet the 2nd and 4th Wednesdays of the month. More information available at www.MNYPPAA.org.
 - Third Edition Big Book meeting will hold a potluck. Information is available at www.aastpaul.org.
- XIV: No suggestions for next month's agenda.
- XV: Jason B. delivered the Grapevine Report. Harry volunteered for February.
- XVI. John D. presented the Concept Review (Concept XI). Jason B. volunteered for February.
- XVII. Cedar presented the Mock Rep Report and Chris S. volunteered for February.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Jeff M., Alt. Treasurer	Denise A., Chair	Charlie M., Basic Text	John D., Advisor	Frank N., Office Manager	Kate P., Basic Text Women's
Jonathan, L., Web Servant	Cedar H., Secretary	Chris S., Member at Large	Joe V., Defogged Men	Eva P., Member at Large	Tim B., Member at Large
Jean O., Alternate Chair	Casey K., Firing Line	Don D, 3 rd Ed. BB	Harry T., Main Idea Groups	Judy T., No Time Like the Present	Michael L, Live And Let Live
Adrienne B., Maplewood	Beth S., Midway AA	Carrie, MNYPPAA	Jenni S., New Brighton BB	Eric J., Rosemount	Jason B., OMD
Doug M., Hole in Donut	Sharon O., Pocketing Our Pride	Tom C., Shoreview 12x12	Anne W., Roseville Wed. Night	Katy C., Students of Life	Suzanne T., Basic Text Women's

**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

JANUARY CONTRIBUTIONS

Number of Group Contributors: 55
Total Group Contributions: \$6209
Number of Faithful Fivers: 11
Total from Faithful Fivers: \$290

Thank You!

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 January!**

Alex B, Amy A, Andy S, Bill A, Bill S, Blake S, Dan M, Dave D, Greg B, Greg C, Henry O, Jake A, Jason P, Jim C, Jodie B, Josie R, Kartik G, Katy B, Leslie K, Mark S, Matt I, Miguel S, Mike B, Mike F, Peter B, Phil B, Ryan C, Selena E, Shawn E

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



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

- 11 W. Bernard Group
- Bayport Saturday Serenity 8AM
- Burnsville - Back to Basics
- Burnsville - Primary Purpose
- Children of Chaos Plus
- Como Park BB
- Complete Defeat Group
- CRC Friends of Bill W.
- Dakota AA Sat. AM
- Dakota Alano As Bill Sees It Sat 9AM
- Dakota Alano Sun. 8 PM
- Dakota Alano Thurs 730 PM
- Dakota Alano Thursday 530 PM
- Dakota Alano Wed AM Roosters
- Downtown Alano Club
- Eagan Burnsville Savage - Sat Speaker
- Eagan Burnsville Savage Tues BB
- Fallen Women Group
- Fellowship Friday Group
- Fireside Women's BB Group
- Forest Lake Alano
- Gratitude in Action
- Grind, The
- Happy Hour 12 & 12
- Happy Joyous and Free
- Highland Park Groups
- Hole in the Donut Group
- Hugo Group
- Joy Of Living AA
- Jumpstart 12 & 12
- Lake Elmo Thurs Night Group
- Live and Let Live
- Maplewood Groups
- Midway Club
- OMD
- Ridge Runners III Sun 830AM
- Rivertown BB Group
- Roseville Wed Night
- Senior AA
- St. Anthony Park Group Mon PM
- St. Croix Alano
- St. Stephen's Tuesday Group
- Stillwater Morning Groups
- Summit Hill
- Third Tradition Northfield
- This Simple Program
- Twelve Steppers - Arlington Hills
- Vadnais Heights Groups
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear Lake
- Women's 12 x 12 Study Monday
- Woodbury Primary Purpose
- Woodbury Serenity Sisters
- Woodbury Wed. Noon Group

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 groups and 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. We welcome articles on a Step, Tradition or Concept, or descriptions of personal experience. Please email your article to 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.

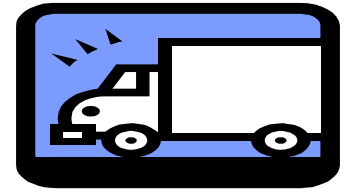


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

Change Service Requested

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U.S. Postage
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Twin Cities 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 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) _____