

# The Lifeline



January 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 1

## **Step One: We admitted we were powerless over alcohol - that our lives had become unmanageable.**

Hope is an excellent topic for me, because it is the basis for this Program. Four years ago I was hopeless. So hopeless that I tried suicide. Fortunately, I didn't succeed. I did, however, succeed in getting some help. I had been in treatment four times before, and I didn't think another one would help. But I saw what the alternative was—death. And I didn't really want to be dead. I was desperate, hopeless. I became willing—willing to do WHATEVER they told me to do. What I was doing sure wasn't working.

So I did what they said. I spent two days in detox. I went from there to the psych ward. The hospital staff got me into a treatment program. I spent a month there, then went to a halfway house for two more months. From there I went to a sober house for the next 13 months.

Throughout this 16 month journey I was WILLING! Willing to do whatever they told me to do. When I thought I knew better, or that I was different, that I didn't need something, or that something didn't apply to me, I stopped and remembered—MY WAY DIDN'T WORK! I immersed myself in the program of AA. I threw myself into doing the steps, living the life, talking the talk and walking the walk. My halfway house and sober house and the house I moved to after the sober house were within walking distance of a wonderful AA club. I went to lots of meetings. I served on the steering committee, and became its secretary. I spoke at events and attended events. I went camping, bowling, to parties—every social event the club had. This was hard for me—the way I enjoyed social events was by drinking! Sober, I was very shy and uncomfortable at these social outings. But I went anyway. I did it all.

If there is anyone reading this who is faced with the decision of going to a halfway house, a sober house or getting involved in their AA group, my advice is just DO IT! Do it all, jump in with both feet, give it your all even if it is scary and uncomfortable. It is the greatest gift you can give yourself. It is a gift you will thank yourself for doing for the rest of your life.

I'm four years sober now. I've moved back in with my elderly parents to help them cope with serious health problems. I can finally give back to them some of the love, support and encouragement they gave me all my life. I am so glad I can do this. I couldn't if I were still drinking. In fact, then I'd likely be dead. Instead, I am happy, because the AA program taught me the real meaning of living, and how to do it sober.

Sue W., Jan. 2012

## **Tradition One: Our common welfare should come first; personal recovery depends upon A.A. unity.**

1. Home groups can be torn apart by gossip, backbiting, and judging of others. (And where would we be without our home groups?)
2. Rotation gets new people involved so that God can be expressed through all of us.
3. There is a requirement for AA membership—a desire to stop and stay stopped drinking. We need to be sharing our experience on the solution rather than on the problem.
4. Taking care of our own group business and allowing other groups to do the same will ensure we continue to be here for the still-suffering alcoholic.
5. As individuals and as groups our primary purpose is the same, to get and keep one alcoholic talking with another.
6. Our groups carry the life-saving message of AA to alcoholics and let others do the same, with our blessing.
7. In AA we pay our way and are not influenced by others.
8. AA is love and service freely received and freely given. We do need to employ qualified people to keep certain services available and functioning.
9. We need a service structure directly responsible to ourselves.
10. We leave our personal, religious, and political feelings outside AA doors along with our worldly ambitions.
11. Very little attraction will show forth if we are promoting ourselves. Our recovery program is what's important to the public, not us as individuals.
12. Striving for the good of AA and the still-suffering alcoholic, with God's help, is a foundation we can build on. When we stand on our principles, we leave personalities behind us.

John R., Chatham, Ontario

- (A.A. Grapevine, January, 1996—Reprinted with permission of The A.A. Grapevine, Inc.)

### **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

**Notes From your Central Office...**

I offered to give our Board the month off and try to fill this page with my reflections on St. Paul Area Intergroup over the past year of 2012.

It has been a privilege to serve as Office Manager of your St. Paul Area Intergroup this past year and I am deeply grateful for all the help we've received from all over our Fellowship.

First, I wish to thank our Board members who have rotated off with the close of the year. Thanks to Advisor John D., Treasurer Jeff M., and At-Large members Wanda B. and Chris S. for their service to Intergroup and our Fellowship.

I also want to welcome our new Board members joining us this month. These are Alternate Chair Christa W., Alternate Treasurer John L., and At-Large members Mickey M. and Jan T. We look forward to working with you!

I also cannot look back over the past year without expressing gratitude for the many, many volunteers whose willingness to serve have made you office run as smoothly as it has. In just one example, over the past year the office has arranged over 120 Twelve Step calls (not counting those the Night Owls have taken). We tell those calling in need that we will have a sober member of Alcoholics Anonymous in touch with them in less than an hour. We have over 450 local AA members on our lists who have volunteered to take these calls, and thanks to that they haven't taken over an hour once!

We are greatly assisted by many more. Office Volunteers, Night Owls, Temporary Sponsors, Speakers and many more have all made it possible for St. Paul Area Intergroup to deliver its services to the alcoholic who still suffers.

We are also grateful to the many groups and individual AA members who have contributed financially to our support. In 2012, over 160 different groups—from North Branch to Northfield, from Houlton, WI to Prior Lake, and all points in between—have sent contributions to St. Paul Area Intergroup, and we thank them all for their support.

Over the past year, I've have dropped in on many groups I hadn't been to before and it's been a pleasure to have found so many warm, welcoming folks wherever I go here in Saint Paul AA community!

Thanks, St. Paul Area A.A.!

**Things we cannot change...**

St. Paul AA lost a long timer during December. It's longest-timer, actually.

Everett E. of the Downtown Club passed on. Everett had been a sober and active member of Alcoholics Anonymous for over 67 years, since September, 1945. We have lost a valued friend and he will be missed.

**2013 Steering Board**

<b><u>Chair:</u></b>	<b>Jean O.</b>
<b><u>Alt. Chair:</u></b>	<b>Christa W.</b>
<b><u>Secretary:</u></b>	<b>Cedar H.</b>
<b><u>Treasurer:</u></b>	<b>Jim G.</b>
<b><u>Alt. Treasurer</u></b>	<b>John L.</b>
<b><u>Members at Large 2013:</u></b>	<b>Tim B. &amp; Eva P.</b>
<b><u>Members at Large 2014:</u></b>	<b>Micky M. &amp; Jan T.</b>
<b><u>Advisor to the Board:</u></b>	<b>Denise A.</b>

**Office Calls in November 2012**

Meeting information	145
Inventory/hours	19
12th Step calls	16
Temporary sponsor	16
Speaker request	31
Special events	4
Outside issues	20
Info for professionals	1
Administrative	88
Other	52
<b>Total Calls</b>	<b>392</b>
<b>Daily average</b>	<b>18.7</b>
Visitors	257

# UPCOMING A.A. EVENTS!!

**Southern Minnesota Area Assembly 32nd Annual Recovery, Unity & Service Conference**  
**“Inventory, Spirituality & the A.A. Group”**  
 The Kahler Grand Hotel, Rochester, MN 55902  
**Friday Jan 4th - Sunday, Jan 6th, 2013**  
[www.area36.org](http://www.area36.org)

**2013 WACYPAA**  
 Casino Del Sol  
 5565 West Vallencia RD, Tucson, AZ  
**Thursday, Jan . 3rd - Sunday, Jan. 6th**  
[www.wacypaaxvi.org](http://www.wacypaaxvi.org)

**11th Annual Wild Rice Roundup**  
**“Lose Your Winter Blues”**  
 Shooting Star Hotel - Mahnomon, MN  
**Friday, Jan. 11th - Sunday, Jan. 13th**  
[www.wildriceroundup.com](http://www.wildriceroundup.com)

**37th Annual Area 35 Service Workshop**  
**“The General Service Conference Takes it’s Inventory - Our Solution in Action”**  
 Chase on the Lake  
 502 Cleveland Boulevard - Walker, MN 56484  
**Saturday Jan 19th - Sunday, Jan 20th**  
[www.area35.org](http://www.area35.org)

**Area 36 Southern MN Area Committee Meetings**  
 Best Western Hotel - 1111 Range Street  
 North Mankato, MN  
**Saturday, 2 February 2013, 9:30 AM - 5:00 PM**  
[www.area36.org](http://www.area36.org)

**Area 36 Trusted Servant Leadership Training**  
 Friendship Church  
 12800 Marystown Rd, Shakopee, MN 55379  
**Saturday, February 9th - 9AM - 4PM**  
 Spaghetti & Salad lunch provided

**Group and Area News**

**Moved:** The Women’s 12x12 group which had been meeting Mondays at 7:15pm in the Trinity City Church building, has moved across the street to the Olivet Church at 1850 Iglehart Ave., St. Paul 55104.

**Format:** The Three R’s group, which meets in Northwestern Hall at Luther Seminary, 1501 Fulham Street on Mondays at 6:30pm, has begun using the Book As Bill Sees It as their topic of discussion.

**New Group:** The “Promises” Big Book group will begin meeting Thursdays at 8pm in the Church of St. Peter, 2600 N. Margaret St., North St. Paul, MN 55109 (use Door E1).

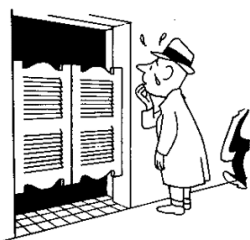
**Fourth Step & Big Book Workshops**

**By The Book 4th Step Workshop**

Wednesdays,  
 ~6:30PM - 7:45PM ~  
 2218 1st Ave, Minneapolis, MN 55404  
 For more info: [www.aabythebook.org](http://www.aabythebook.org)

**Study & Action Group**

Two Winter Sessions:  
 Session I - begins Jan 2nd (Dinkytown)  
 Session II - Begins Jan 6th (Eden Prairie)  
 for more information please visit:  
[www.Into-Action.com](http://www.Into-Action.com)



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**St. Paul Area Intergroup Representatives' Meeting Minutes, November 20, 2012**

I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.

II. Last month's Minutes were unanimously approved.

III. Treasurer's Report – Jeff M. briefly reports that we were on line with budget with slow sales but moderate expenses and an overall year to date balance in the black. The balance sheet remains strong with lots of assets and practically no debt. Questions/ concerns can be sent to Jeff M. at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org). Also, the Board distributed the board-approved proposed budget for 2013, which contains the following changes:

In light of the historically steady decline in sales, we reduced the budget by \$6500 for literature sales, which carries a corresponding reduction in cost of goods sold.

We project a slight growth in group contributions.

Several expenses, such as copier and rent, have been reduced. We also eliminated the yellow pages expense.

The end result is basically a zero net budget, in line with the nonprofit basis of Intergroup.

IV. The Office Report – Frank N. reports a busy month and lots of gratitude for the volunteers for recent events and in the office. Office sales have slowed quite a bit, so Frank would like to remind the groups that Intergroup is a great place to do some holiday shopping for folks in your recovery circles! Many Night Owl shifts have opened up, so Frank encourages groups and individuals to sign up for this great 12<sup>th</sup> Step opportunity. Finally, office staff is available to help you create a flyer for your AA-related event, just call.

V. Upcoming Intergroup Events:

Founder's Day, November 23-25: Contact Frank in the Office to talk about volunteer opportunities to co-host the suite as well as staff the literature table in St. Louis Park (Doubletree) if your group would like to get involved.

New Year's Eve, December 31: The speaker is Paula H. from Highland Park AA. Denise needs groups to volunteer to facilitate the step meetings that go on all night long ([chair@aastpaul.org](mailto:chair@aastpaul.org)).

VI. Old Business: Gratitude Night was a success and the Board thanks all who attended and volunteered.

*\*\*\* All other "regular" business was suspended to allow time to complete the Board elections. \*\*\**

VII. New Business: Elections

Christa W. and Mickey M. were nominated as Alternate Chair. Christa W. was elected.

John L. and Steve S. were nominated as Alternate Treasurer. John L. was elected.

Cedar was nominated and elected as Secretary.

Janet, Kat and Mickey M. were nominated as Members-At-Large. Mickey was elected.

Janet, Kat and Steve were nominated as Members-At-Large. Janet was elected.

VIII. Group Announcements:

WestEnd holds their Thanksgiving potluck at 3, food at 5, games, crafts, meeting at 7.

Downtown Alano will be open for all regular meetings on Thanksgiving, and a meal at 3.

On Thanksgiving, the meditation meeting will be at 7:30 instead of 6:30 on Dale & Igleheart.

IX. No suggestions for next month's agenda.

X. Closed with the Responsibility Statement.

NEXT MEETING: DECEMBER 18, 2012 (7:30 PM), BETHLEHEM CHURCH

**ATTENDANCE:**

Jeff M., Treasurer	Jonathan, Webserver	John D., Advisor to the Board	Chris S., Member @ Large	Frank N., Office Manager	Denise A., Chairperson
Jean O., Alt. Chair	Cedar, Secretary	Katie T., Back to Basics	Mona B., Como Park BB	Eva P., Member @ Large	Tim B., Member @ Large
Michael C., Defogged Men	Nancy T., District 15	Tim M. The Firing Line	Doug M., Hole in the Donut	Janet T., Look to this Day	Harry T., Main Idea
Bill S., Midway Club	Jenni S., New Brighton BB	Melissa D., Pocketing Our Pride	Guthrie K., Students of Life	Kathryn M., Summit Hill	Mickey M., West End Club
Tyson, Tuesday Night Friends, Vadnais Hgts.	John L., There is a Solution II				

**JANUARY MEETING: Tuesday the 15th, 2013 (7:30 PM)**  
 BETHLEHEM LUTHERAN CHURCH  
 436 Roy Street North, St. Paul, MN 55104

**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

**NOVEMBER CONTRIBUTIONS**

Number of Group Contributors: 33  
Total Group Contributions: \$3812  
Number of Faithful Fivers: 5  
Total from Faithful Fivers: \$3050

***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.)**

Grace Lutheran Church  
1730 Old Hudson Rd, St. Paul  
2nd Sun., 7:00PM  
www.district26-area36.org

**Thanks to all the super  
volunteers who helped in the  
Office during November**

Andy B., Barb M., Barb S., Bill A.,  
Bob P., Brian S., Chris A., Chris J.,  
Chris S., Cory C., Desiree H.,  
Doug H., Franc L., Frank D.,  
Foress M., Henry O., Jack R.,  
James C., Janet M., Jason P.,  
Jennifer A., Jim C., Jim H., Leslie  
S., Kristin H., Matt I., Mark S.,  
Mike M., Moll D., Pauline M.,  
Rachel L., Rick B., Rosey C.,  
Ryan O., Shannon B., Steve M.,  
Suzanne B., Ty K.

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



**Thanks to the groups that  
contributed in November  
2012**

- Cedar Cliff Group
- City Center Group
- Fireside Women's BB Group
- Firing Line
- Forest Lake Alano
- Forest Lake Alano
- Grovers Thursday Night
- Happy Hour Men's Meeting
- Hastings Club
- Highland Park Groups
- Hole in the Donut Group
- Little Canada Happy Hour
- Live and Let Live
- Mahtomedi Tuesday Step
- Maplewood Groups
- Midway Club
- Monday Meeting - Oakdale
- Real Men's Big Book
- River Rats
- Roseville Centennial Group
- Roseville Wed Night
- St. Lucas Group
- Stillwater West End
- Summit Hill
- The Grind
- Third Edition Group
- This Simple Program
- Turning Point in Wayzata
- Twelve Steppers - Arlington Hills
- Uptown Club
- Weekend Jumpstart II
- White Bear Lake
- White Bear Wed AM Women's

**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.

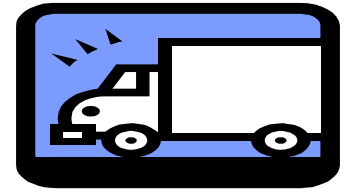


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

Change Service Requested

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
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) \_\_\_\_\_