

# The Lifeline



June 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 6

## **Step Six: Were entirely ready to have God remove all these defects of character.**

In working the Sixth Step, I've become acutely aware of those character defects, shortcomings and negative behavior patterns that I uncovered in my Fourth and Fifth Steps, and the pain and discomfort they created in my life and the lives of those around me. I've become ready to let them go.

Initially, I thought that the Sixth Step was a passive Step. After many trials and tribulations, I have since learned differently. I now believe that my Higher Power removes my defects of character as part of a process, sometimes a long process.

There is no "magic" in the Sixth Step. I just got fed up with the character defects that were creating pain and suffering in my life. Sometimes, I interpret the consequences of my actions as messages from my Higher Power intended to teach me important lessons for my sobriety. If the consequences of my actions result in spiritual growth, sanity, serenity and peace of mind, then I'm reasonably sure I'm on the right track, I'm on the "AA beam," and my Higher Power is blessing my endeavors.

But on the other hand, if my actions and behaviors lead me to unmanageability, pain and insanity, then perhaps my Higher Power is giving me the message that something is amiss, that I need to reexamine my thinking and behavior and change my approach to recovery.

So it's simple, but not easy. In the morning I ask my Higher Power for help, direction and guidance to see what needs to be done, and then I ask for the strength, courage and willingness to do it.

My character defects often drove me into self-defeating thinking and behavior patterns that resulted in painful and problematic consequences. Even in my recovery I sometimes felt compelled to act out in unhealthy and dysfunctional ways. I needed to have the character defects that brought on destructive attitudes and behaviors removed. First I needed to become ready to do so.

With the Sixth Step, I acknowledged that my character defects and shortcomings gave me temporary pleasure that I enjoyed. They gave me as sick satisfaction and a passing gratification, but they also created pain. The Sixth Step enabled me to become ready to let go of those defects and shortcomings that make my sobriety irritable, restless and discontent.

I don't believe my Higher Power whisks away my character defects. My Higher Power gave me a rational brain and volitional consciousness. The Sixth Step for me was, and is, a process of living mindfully and learning from the consequences of my behavior.

My negative attitudes and behaviors could come back quite naturally, almost like second nature. My defects were deeply ingrained; it was going to take time for healing and growth.

But it's worth the effort, because healing and growth does happen. The Twelve Promises have come true for me, and the rewards have been beyond my wildest dreams.

- Gary T., Poughkeepsie, NY. *Grapevine*, June, 2010, Reprinted with permission of the A.A. Grapevine, Inc.

## **Tradition Six: An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**

Something real good happened last night "behind the walls" in a correctional facility here.

A month ago, at an open AA meeting here, a nonalcoholic addict talked about being asked to leave a closed AA meeting elsewhere. It was explained that AA isn't "against addicts" and that some alcoholics share more openly, deeply, and clearly if everyone in the room is an alcoholic.

Two of the four AAs from "outside" who showed up for the open AA meeting last night were "double winners," alcoholic-addicts. The guards had had years of good experience with AA but not much experience with Narcotics Anonymous. We got permission to try a "piggyback" experiment. We had a 40-minute open AA meeting, a 10-minute break, followed by a 40-minute open NA meeting. We used the Big Book for the AA meeting. A "double winner" chaired the NA meeting using NA's basic text, Narcotics Anonymous. The "double winners" introduced themselves as "alcoholics" in the AA meeting and as "addicts" in the NA meeting. Attention to such details helped to make this "two-for-the-price-of-one" experiment a success. "Cooperation but not affiliation" with other "no dues, no fees," Twelve Step, Twelve Tradition fellowships can help Alcoholics Anonymous to help confused newcomers decide whether or not they are "powerless over alcohol."

Something real good happened last night "behind the walls"--the Sixth Tradition in action.

- Anonymous, A.A. *Grapevine*, November 1987, 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

### From Your Intergroup Board...

Now that our interminable spring has given way to summer, what better way than to spend some outdoor time on the patios of our local coffee shops drinking too much coffee and sharing outrageous stories with our fellow AA's while basking in the sun? What better way to spend some quality outdoor time working the Big Book with our sponsors or sponsees! I know it is the feeling of unconditional love and the sharing of hilarious gallows humor that the fellowship blessed me with that keeps me coming back. We are no a glum lot!

There are many AA events coming up this summer. St. Paul Area Intergroup holds its Open House on July 13, and its Old Timers' Ice Cream Social on August 24. Check with Intergroup for more details. There are other opportunities for sober fun as well. The traditional AA Sunday night picnics have started in various sober houses and begin with an AA meeting. Also, there are volleyball and softball games that take place informally. Check with your fellow AA's for these and other events. Have a Great summer!

John L., Alternate Treasurer

### Notes From your Central Office...

In your St. Paul Area Intergroup office, the phone rings around 400 times each month. Nearly every one of these calls is answered by an office volunteer in service.

All day, any day that the office is open there are from two to five volunteers working in the office. These volunteers answer every phone call to the office, and handle most of them completely on their own. This includes calls for meeting information, Twelve Step assistance and requests for Temporary Sponsors. Volunteers also keep the store's shelves stocked, help with Lifeline printing and mailing, keep the coffee pot full and even do light housekeeping like keeping our shelves dusted and the furniture and dishes clean and sanitary. All this happens with minimal supervision or direction from the office staff.

And most of our office volunteers are newcomers to sobriety and to AA! Though there are a few AA longtimers with 20 years and more of sober time who regularly serve in the office, the greatest number have been sober for less than a year, and sometimes far less than that. Each month, we provide volunteer orientation to new members of AA who have been advised that service others and this Fellowship will enhance the quality of their recovery and who have come here for an opportunity to do this service.

And, we hope, our office volunteers receive many benefits from their service. They are able to "be a part of" this Fellowship, help "carry the message", and share their own experience, strength and hope not only with those who call the office on the phone, but with their fellow volunteers alongside them in the office.

So, do you know a newcomer who is still a little shaky and has a little too much time on their hands? As Bob Barker used to say, "Come on down!"

Thanks, St. Paul Area A.A.!

### 2013 Steering Board


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

### Office Calls in April 2013

Meeting information	143
Inventory/hours	23
12th Step calls	10
Temporary sponsor	15
Speaker request	18
Special events	3
Outside issues	20
Info for professionals	2
Administrative	76
Other	76
<b>Total Calls</b>	<b>386</b>
<b>Daily average</b>	<b>17.5</b>
Visitors	275

# UPCOMING A.A. EVENTS!!


<p><b>Founder's Day Weekend</b>  <b>78th Anniversary of Alcoholics Anonymous</b>                  Akron, Ohio  <b>Friday, June 7th - Sunday, June 9th</b>  <a href="http://www.akronaa.org">www.akronaa.org</a></p>	<p><b>24TH Annual</b>  <b>MAIDEN ROCK CAMP OUT</b>  <b>"Discover The Spirit"</b>                  Maiden Rock American Legion Camp Grounds                  W270 20th Ave., Maiden Rock, WI                  (Hwy 35 &amp; Country Road AA)  <b>Friday, June 14th - Sunday, June 16th</b>                  More info -call: Hank L., .612.-387-6065 or Alex B. 651-270-8681</p>
<p><i>13th Annual</i>  <b>Midwest Motorcycle <i>AA</i> Convention</b>                  "Sobriety is a Journey — Not a Destination"  <i>Emerald Acres Campground, Pearl City, <i>OH</i></i>  <b>Friday, 21 June 2013 – Sunday, 23 June 2013</b>  <a href="http://www.mmaac.org/">http://www.mmaac.org/</a></p>	<p><b>Area 36</b>  <b>Southern MN Area Assembly</b>                  Hutchinson Event Center                  Hutchinson, MN  <b>Saturday, 29 June 2013, 9:00 AM - 5:00 PM</b>  <a href="http://www.area36.org">www.area36.org</a></p>
<p><b>55th Annual ICYPAA</b>                  International Conference of Young People in A.A.                  "Revolutionary Change"                  The Historic Arizona Biltmore                  2400 east Missouri Ave, Phoenix, AZ 85016  <b>Thursday July 11th - Sunday, July 14th</b>  <a href="http://www.55th.icypaa.org">www.55th.icypaa.org</a></p>	<p><b>AREA 35/AREA 36 - Joint Workshop</b>                  Calvary Community Church                  1200 Roosevelt Road                  St. Cloud, MN 56301                  (corner of Copper Ave S. &amp; Hwy 75)  <b>Saturday, July 20th 2013</b>  <a href="http://www.area36.org">www.area36.org</a> or <a href="http://www.area35.org">www.area35.org</a></p>
<p><b><u>Group and Area News</u></b></p> <p><b>Moved:</b> The <i>Apollo Group</i> moved from The Redeemer church to The Recovery Church, 253 State St., St. Paul, 55107, and renamed themselves <i>Apollo's Phoenix</i>. They still meet Thursdays at 4 PM, and especially invite those AAs with mental health issues.</p> <p><b>New Group:</b> <i>Happy, Joyous &amp; Free II</i> began meeting every Tuesday at 7 PM at Our Friends Place Alano, 3837 Central Avenue NE in Columbia Heights. They are a Closed, Women's group, which reads from the <i>12 Steps and 12 Traditions</i>.</p>	<p><b><u>Fourth Step &amp; Big Book Workshops</u></b></p> <p><b>By The Book 4th Step Workshop</b>                  Wednesdays,                  ~6:30PM - 7:45PM ~                  2218 1st Ave, Minneapolis, MN 55404                  For more info: <a href="http://www.aabythebook.org">www.aabythebook.org</a></p> <p><b><u>Your News?</u></b></p> <p>We invite you to share your AA news here! Please send your items to <a href="mailto:lifeline@aastpaul.org">lifeline@aastpaul.org</a>. We look forward to hearing from you.</p>








## St. Paul Intergroup Annual Open House

**Saturday, July 13th 11AM - 3PM**  
 ~Please stop~

**We'll have BBQ (veggie too!), Coffee, Pop, Water, Treats & lots of Good Fellowship!!**



**St. Paul Area Intergroup Representatives' Meeting Minutes, April 16, 2013**

- 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 – Jim G. reports a strong, above-budget sales month. Equity is up about \$800, as it has been in past months, which is a healthy indicator. Beginning next month we will hand out only the Summary page of the Treasurer's Report. The supporting reports and other documentation will be available on request and online. Intergroup is also considering whether to simplify its financial picture by consolidating its two checking accounts into one. Questions/concerns can be sent to Jim G. at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org).
- IV. The Office Report – Frank N. reports that work is being undertaken directed at facilitating electronic transfers from groups and individuals. There is a proposal to produce a commemorative "First Edition" Big Book, as close to the original as possible, and sell it between April 2014 and July 2015. Frank reminds us that the Office continues to seek submissions of writing, cartoons, and/or jokes from individuals for inclusion in the *Lifeline*. Office staff is available to help you create a flyer for your AA-related event, just call!
- V. The Website Report – Jonathan reports that the appearance of the usage statistics has changed due to our transition to Google Analytics, but we believe that usage has not substantially changed. There are seven service opportunities on the website. The full usage report and server statistics are available on the website. Groups are encouraged to contact Jonathan ([webservant@aastpaul.org](mailto:webservant@aastpaul.org)) or the Office for AA-related events which may be added. Guidelines are available on the site. Remember to submit your flyers (with AA-related content) for inclusion on the website.
- VI. Outreach Program – Mickey M. will be chairing a meeting of volunteers to conduct outreach activities tentatively scheduled for 4:00 pm on May 19 at the West End Club. Contact Mickey M. ([outreach@aastpaul.org](mailto:outreach@aastpaul.org)) or the Office if you can help with this important service opportunity.
- VII. Night Owl Report – There are no recurring shifts available. Please visit the website or call the Office for more information and to volunteer. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- VIII. Liaison Reports: No District 8 report. Nancy (District 15) reports that the next event is the Washington County Fair in August. District 15 is working on outreach as well and will coordinate with Intergroup.
- IX. Upcoming Intergroup Events:  
 Spring Fling, April 20 (Denise & Mickey, Co-Chairs). Spaghetti Dinner at 5:30; Speakers (AA: Cookie S.; Al-Anon: Granger W.) starting at 7; Dance from 9-12. Location: Recovery Church. Come down and celebrate service, sobriety and SPRING! Volunteers needed for all phases of this great event – contact the Office to sign up!  
 Gopher State (May 24-26). Intergroup will sell literature and host a suite. Contact Cedar ([secretary@aastpaul.org](mailto:secretary@aastpaul.org)) to sign your group up to take advantage of the opportunity to co-host Intergroup's suite again this year!
- X. Old Business  
 Gopher State (May 24-26). Raz shared that the initial purpose of Gopher State was to support the Minneapolis and St. Paul Intergroup Offices. On this the 40<sup>th</sup> Anniversary of Gopher State, the Committee is soliciting your 300-400 word essays about your Gopher State Memories. Many volunteer opportunities are available, through St. Paul Intergroup or directly with Gopher State. Online registration and volunteer sign up available at [www.gopherstateroundup.org](http://www.gopherstateroundup.org).
- XII. New Business  
 Relevant Board Activities Report (Christa, Alternate Chair): The Board approved a new prudent reserve policy and authorized funds to allow Frank to attend a GSO Conference for the Intergroup Manager's Conference this year.
- XIII. Group AA Announcements  
 Third Edition Big Book has a May 10 potluck. Dinner at 6:30, speaker at 7:30.  
 MNYPAA's St. Paul Bid Committee is hosting an event with speakers, meetings, karaoke, a dance, etc. on Friday at the Downtown Alano at 520 Robert St. starting at 5:30 p.m.
- XIV. No suggestions for next month's agenda.
- XV. Kat delivered the Grapevine Report. Craig volunteered to do the Grapevine Report for May.
- XVI. Paul delivered the Concept Review for Concept IV. Chad volunteered for May.
- XVII. Bryant delivered the Mock Rep Report. Nancy volunteered for May.
- XVIII. Closed with the Responsibility Statement.

Jean O., Chair	Christa W., Alt. Chair	Cedar H., Secretary	Jim G., Treasurer	John L. Alt Treasurer	Frank N., Office Manager
Mickey M., Member @ Large	Tim B., Member @ Large	Jan T., Member @ Large	Paul K., Night Owl Committee	Denise A., Board Advisor	Jonathan, Webservant
Karen B., Back to Basics	Chad O., Como Park BB	Paul T., Cottage Grove Groups	Nancy T., District 15	Tali M., Fireside Women's Big Book	Julie H., Happy, Joyous & Free
Craig O. Happy Hour 12 x 12	Michelle H. Look To This Day	Harry T., Main Idea	Harry T., Main Idea	Bill S., Midway	Kristen M. No Time Like the Present
Bryant R., OMD	Alyssa V. St. Paul Sunday Speaker	Kat M., Summit Hill	Don D. Third Edition	Joe S., WBL Redeemer	Joe S. 12x12 By the Book

**JUNE MEETING: Tuesday the 18th 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 131523  
St. Paul, MN 55113

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

**APRIL CONTRIBUTIONS**

Number of Group Contributors: 41  
Total Group Contributions: \$3469  
Number of Faithful Fivers: 9  
Total from Faithful Fivers: \$210

***Thank You!***

**District Meetings**

**District 8 (Ramsey Co.)**

Fairview Community Center  
1910 Co. Rd B, Rm 108, 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 April**

Andy B., Art D., Bob P.,  
Bob V., Brenda C.,  
Brendan F., Brian W.,  
Bryan K., Carol R.,  
Carrie W., Cindy S., Dan U.,  
Greg K., Henry O., Jack R.,  
Jarrod N., Jesse O., Jim C.,  
Karl G., Kevin S., Kyle S.,  
Megan M., Paul C., Rick B.,  
Suzanne B., Steve E.,  
Tom F., Tom L., Ty K.

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



**Thanks to the groups that  
contributed in April 2013**

- Anoka Day By Day
- Apple Valley Monday BB
- Baffled Lot - Lake Elmo
- Burnsville - Primary Purpose
- Cannon Falls Group
- Cedar Cliff Group
- City Center Group
- Dakota Alano Friday 6 PM
- Dakota Alano Thurs 1145 AM
- Defogged Men's Group
- Eagan Burnsville Savage - Sat
- Episcopal Home group
- Fireside Women's BB Group
- Friday 12x12 By the Book
- Grind, The
- Hampden Park AA
- Happy Hour 12 & 12
- Happy Joyous and Free
- Highland Park Groups
- Hugo Group
- Maplewood Groups
- Midway Club
- North Branch Thursday Night
- North Dale Group
- North Hamline
- Oakdale Groups - Transfiguration
- Oasis Group - Apple Valley
- Shoreview 12 x 12
- Soothe Our Souls
- St. Croix Alano
- St. Stephen's Tuesday Group
- Stepsisters of Northfield
- Stillwater Rivertown Group Sun PM
- Summit Hill
- Third Tradition Northfield
- This Simple Program
- Twelve Steppers - Arlington Hills
- Valley Creek Monday
- Valley Creek Thurs Night
- 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 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.

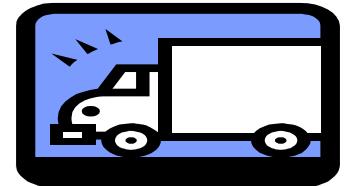


St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

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) \_\_\_\_\_