

The Lifeline



November 2013

24 Hour Phone: 651-227-5502

Volume 49, Issue 11

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

I had been sober for 13 years and was going through one of the worst dry drunks I had ever experienced. I had just moved out west to my hometown, where all the ghosts and reminders of my drinking career and failures in life were waiting. Successfully avoiding a return to this city for the last 20 years, my strategy was not to have to face my family--their questions, their dysfunction, their humanness.

But here I was back again, out of work and out of a relationship. I'd lost my home and my business, and was hating it. It wasn't long before my engine was pulling a long string of resentments and judgments.

Everyone here in AA was an idiot. They didn't run the meetings like I was used to. They were too large. People shared about everything under the sun except the program of recovery in AA. No one laughed at my sense of humor. I was something, at my home group back east. Here, I don't think they knew who I thought I was, and I was sinking fast.

I began to contemplate another drink, maybe on a trip somewhere, where no one would know. I didn't want anything to do with my family. They could all take a flying leap, followed closely by me. I knew I wasn't being all that smart. I remembered the part in the Big Book where the number one offender for returning to alcohol was resentments, but I didn't seem to have the power to get that train back on a better track.

One night, in a moment of desperation, I got down on my knees and remembered a prayer an old sponsor had given me. It said, "God, help me be of service . . . to something or someone . . ." I knew intuitively it was the answer.

The next day I got an unexpected phone call from an AA who wanted to go to a meeting. My prayer ran through my head and I agreed. After the meeting, I found myself being drawn to the back of the room, where a newcomer was scanning a list of temporary sponsors. I asked him if he would like to go for a coffee sometime and he agreed. As I found out, he was living at the Salvation Army with basically only the clothes on his back.

His wife and son had committed suicide recently and he was in bad shape--much worse than my situation. But he seemed eager to understand the program and work the Steps. I knew God at that moment had chosen this situation for both of us to help each other. One thing led to another, and before long there were five of us going through the Steps together, just like when AA started. I was passing along my experience going through the work, just like other members who had shown me. I was grateful again, and my attitude started to change. I wondered if my newcomer would stick to the Step study, since he was very new in sobriety, but he showed up every week reliably. He wanted it, and he was showing me that if I wanted to get back on track, I had to want it too.

Months passed, and before long he was getting involved in service, helping drunks and other people in need. He became employable, and after a few years, met a like-minded woman and got married. Today I don't see him very much, but I hear through the grapevine that he is well and actively involved in service. I look back and wonder if God used me to help this guy so that in return, I could get myself out of a serious jam.

I know I make an impact on other people who are new in the program, because I know the impact other people made on me. I hope I always remember this lesson.

- Cliff A., Edmonton Alberta

(Reprinted from *No Matter What—Dealing with Adversity In Sobriety*, pgs. 47-49, with permission of the A.A. Grapevine, Inc.)

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Dr. Bob, co-founder of AA, commented on Tradition Eleven as follows: "Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition.

"The AA who hides his identity from his fellow AA by using only a given name violates the Tradition just as much as the AA who permits his name to appear in the press in connection with matters pertaining to AA.

"The former is maintaining his anonymity above the level of press, radio, and films, and the latter is maintaining his anonymity below the level of press, radio, and films--whereas the Tradition states that we should maintain our anonymity at the level of press, radio, and films."

(Reprinted From *The Grapevine*, February, 1969, with permission of the A.A. Grapevine, Inc.)

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

Notes From your Intergroup Board...

Next month, the St. Paul Intergroup Board elections will take place at the monthly Representative's meeting. The meeting is scheduled for Tuesday, November 19th at 7:30 p.m. at Bethel Lutheran Church – just south of the Spruce Tree Building in St. Paul.

We will be holding elections for the following positions: Alternate Board Chair, Alternate Treasurer, Secretary, and At-Large members (2).

If you want to be more involved in St. Paul Intergroup please check the website at www.aastpaul.org or call the office at 651-227-5502.

Service is its own reward. Through service I have learned how to be relationship with others, work on a team and to listen and to compromise for the good of all. The rewards are immeasurable.

I became involved in Intergroup because I truly value the services that are provided to alcoholics. Being on the Board has shown me an even greater appreciation for the work that is done. My term is ending soon and I have enjoyed my time on the Board. Going forward, I hope to see all of you at Intergroup events – like the upcoming elections!

Thank you for the opportunity to serve.

- Denise A., Advisor to the Board

Notes From your Central Office...

We received an announcement in October from AA World Services, the publishing arm of AA, about the forthcoming 75th anniversary edition of the First Edition of the Big Book. They will begin accepting pre-orders for this commemorative edition on November 15 for delivery beginning in April, 2014.

This reproduction of the Big Book's first edition will be as faithful to the original as they are able to make it, with the colorful dust jacket, red binding and even the thick paper that give it the "Big Book" name. (Did you know that "How It Works" begins on page 70 of this edition?)

Copies of this announcement, and the order forms, are available in our office. You may wish to note, however, that due to shipping costs, the price to order a single copy from New York is \$22. Because we will order in bulk, it should be substantially less expensive here in our office.

We've already heard from many of our local members who are eager to purchase this, and expect the excitement about it to grow. Thus, the Intergroup Office plans to order a very healthy number for sale here as soon as we can, and try to keep it in stock while it's available.

It will be a limited edition, as AAWS plans to sell it only up until around the time of the 2015 International Convention in Atlanta. But that's a 14-month window and we believe we will be able to have a copy for all our local groups and members who will want one during that period.

We may learn more about this in the upcoming months, and will try to pass any news along.

- Thanks, St. Paul Area AA!

2013 Steering Board

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

Office Calls in September 2013

Meeting information	108
Inventory/hours	23
12th Step calls	3
Temporary sponsor	15
Speaker request	30
Special events	0
Outside issues	7
Info for professionals	1
Administrative	50
Other	44
Total Calls	281
Daily average	13.4
Visitors	237

UPCOMING A.A. EVENTS!!

Capital City Conference

Stoney Creek Inn
5291 Stoney Creek Court
Johnston, Iowa
Friday, November 1st—Saturday, November 2nd
www.capitalcityconference.org

District 15 Workshop “The Twelve Traditions”

Christ Lutheran Church
11194 36th St. N., Lake Elmo
Friday, November 2nd—11:30 to 3
Lunch at 11:30—Speaker panel at 1

47th Annual

Las Vegas Roundup “Newcomers Rock, Oldtimers Roll”

Riviera Hotel, Las Vegas, NV
Thursday, November 28th - Sunday, December 1st
www.lasvegasroundup.org

73rd Annual

Founder’s Day Weekend

Doubletree Park Place Hotel,
St. Louis Park, MN
Friday, November 29th—Sunday, December 1st
www.foundersdaymn.org

Area 36

Southern MN Area Committee Meetings

Best Western Hotel - 1111 Range Street
North Mankato, MN
Saturday, December 7th - 9:30 AM - 5:00 PM
www.area36.org



Looking for a Service Opportunity? Become a St. Paul Intergroup Night Owl!

Upcoming Night Owl Orientations:
Saturday, November 17th & December 21st
10:00 AM - 11:00 AM
St. Paul Intergroup Office
1600 University Ave. W.—Ste. #214
To RSVP please call: 651-227-5502

Group and Area News

New Group: A new Open Big Book group called *Victims of Delusion* is meeting Wednesdays at 8PM at the St. Paul at St. Francis de Sales Church School, 650 Palace Ave, St. Paul, 55102.

New Group: *The Message* is a new Open meeting, which reads from the pamphlets of A.A.. The group meets Tuesdays at 8PM at Olivet Congregational Church - 1850 Iglehart Ave., St. Paul, 55104.

Your News?

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

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

Study & Action Group

Thanksgiving Weekend Session :

Held in conjunction with Founder’s Day Weekend at the Doubletree Hotel, 1600 Park Place Blvd., St. Louis Park, MN

Friday Nov. 29th: 6:00PM—8:45PM
Saturday, Nov. 30th: 9:00AM-Noon, 1:00PM-4:45PM
Sunday, Dec. 1st: 9AM-Noon

For more info: www.into-action.com

Intergroup Steering Board Elections!!!

*Tuesday, November 19 at 7:30 pm
Bethlehem Lutheran Church
436 Roy St. N., St. Paul, MN 55104*

We will be electing two new At-Large Board members, a Secretary, an Alternate Treasurer, and an Alternate Board Chair. These are fine opportunities to serve our Fellowship, meet many new people, and participate in a lot of fun through the year! Please make sure your group is represented at this important meeting!

St. Paul Area Intergroup Representatives' Meeting Minutes September 17th, 2013

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Last month's Minutes were approved. July's Minutes are still missing in print but have been continuously available on the website. They will be present in printed form next month for review and approval.
- III. Treasurer's Report – CJ reports that cash assets were slightly down, and group contributions were down in August versus July as well as down year-to-date. Office sales were 4% above budget for August and are strong year-to-date. The new *Faithful Fiver* automatic and electronic payment program has taken hold, and you are invited to participate in this convenience! Forms are available in the *Lifeline* or on the website. Other questions/concerns can be sent to Jim G. at treasurer@aastpaul.org.
- IV. The Office Report – Frank N. reports a healthy contribution from Gopher State and an enjoyable time selling literature at the recent Alanon Roundup over Labor Day weekend. The new *Grapevine* book, *No Matter What: Dealing with Adversity in Sobriety*, has arrived in the office. 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 –The Service Opportunities page has been reorganized, please stop by and familiarize yourself with the many opportunities available to you. Traffic was generally up last month. The full usage report and server statistics are available on the website. Groups are encouraged to contact Jonathan (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 – Tiffany B. is the new Outreach Coordinator. Contact Tiffany (outreach@aastpaul.org) if you can help with this important service opportunity. We ask volunteers to reach out to meetings in our directory to make sure they are there, and also to make an announcement at the meetings to tell them what Intergroup is and how it can help.
- VII. Update from the Board – Jean updated the Representatives regarding November's Board elections. Please send a service resume to manager@aastpaul.org if you are interested in standing for election.
- VIII. Night Owl Report – There are **three** recurring shifts available. Please visit the website or call the Office for more information on open shifts and to volunteer. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- IX. Liaison Reports: Scott (District 8) reports the following (1) ASL fund is funded slightly ahead of expenses; (2) bus boards are up on Grand & 7th and St. Clair & Snelling; (3) the District's DUI committee chair is retiring and sends out a call for AA volunteers at the Ramsey County DUI program at the Spruce Tree Center on Tuesdays for 12 weeks; and (4) there will be a planning committee for 75th anniversary Big Book. Nancy (District 15) reported info on the Fall workshop (see below).
- X. Upcoming Intergroup Events:
 Gratitude Night, November 23 (Christa W., Chair). Kim S. will be the speaker at the 7:00 meeting at the Recovery Church.
 Founders' Day Roundup, November 29 – December 1 (Tim B., Chair). Intergroup will host a hospitality suite and will solicit volunteers to assist.
- XI. Old Business:
 Ice Cream Social & Longtimer's Recognition Event, August 24 (Jim & Jan, Co-Chairs). It was a very well-attended event, and an enjoyable time was had by all!
- XII. New Business: None.
- XIII. Group AA Announcements:
 District 8 will host a "Connect the Dots Workshop" on service on 9/21 from 10-2 pm at the Recovery Church. A taco lunch will be available. District 15 is hosting its annual Fall workshop will be at Christ Lutheran in Lake Elmo on November 2 from 11:30-3. The topic will be the "The Twelve Traditions," and they will be serving soups and asking participants to bring a salad or dessert to share. The Firing Line will be moving the first weekend in November to Roseville Presbyterian on Larpenteur and Victoria. MNYPAA is having a scavenger hunt at 5 pm on 9/28 at \$5, starting at the Uptown House (Summit & Hamline). Then at Como Park there will be a 7 pm bonfire and speaker.
 On the third Monday of October Summit Hill will meet at the synagogue on the corner of Summit & Hamline) for their pin night.
- XIV. Suggestions for next month's agenda: Reminders about upcoming elections.
- XV. No Grapevine Report. Megan volunteered to do the Grapevine Report for October.
- XVI. Hillary delivered the Concept Review for Concept IX. Terry volunteered for October.
- XVII. Cedar delivered the Mock Rep Report. Kat volunteered for October.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Jean O., Board Chair	Denise A., Board Advisor	Christa, Alternate Chair	CJ M., Alternate Treasurer	Frank N., Office Manager	Tim B., Member at Large
Jonathan, Webser- vant	Jan T., Member at Large	Tiffany B., Member at Large	Cedar H., Secretary	Sandy K., Como Park BB	Paul T., Cottage Grove
Paul T., Dakota Alano Sat. AM	Scott L., District 8	Nancy T., District 15	Paul T., Cottage Grove	Jim H., Fridley Alano Squad 51	Terry, The Firing Line
Craig O., Happy Hour 12x12	Hillary B., Hole in the Donut	Shana R., Midway Club	Megann K., MNYPAA	Anna W., OMD	Joe C., Rosemount Groups
Kat M., Summit Hill	Joe S., 12x12 By The Book	Mary K., Uptown Groups	Drew L., West End Groups		

NOVEMBER MEETING: Tuesday the 19th 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

SEPTEMBER CONTRIBUTIONS

Number of Group Contributors:	28
Total Group Contributions:	\$3011
Number of Faithful Fivers:	14
Total from Faithful Fivers:	\$373

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 September**

Adam P., Andrew B.,
Anita B., Andy B., Barb M.,
Bob P., Brian H., Burt K.,
Carol R., Carrie M.,
Carissa A., Christian M.,
Greg K., Hans H., Henry O.,
Iven O., Jeff K., Jim C.,
Joe C., Josh S., Kayla K.
Mike B., Nancy D., Rick B.,
Ty K.,

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



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

Amigos III

Dakota Alano Thurs 1145 AM

Dakota Alano Thurs 730 PM

Downtown Alano Club

Eagan Burnsville Savage - Sat Speaker

Episcopal Home group

Fellowship Friday Group

Fellowship of the Spirit

Forest Lake Alano

Grovers Thursday Night

Just for Today Women's

Lake Elmo Thurs Night Group

Midway Club

No Time Like The Present

North Branch Thursday Night

Shoreview 12 x 12

Sisters of Serenity

St. Croix Alano Tues AM

Stillwater Morning Groups

Students of Life

Summit Hill

Third Tradition Northfield

This Simple Program

Twelve Steppers - Arlington Hills

Unity, Service & Recovery

We Think Not

White Bear Lake

White Bear Lake Redeemer

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.

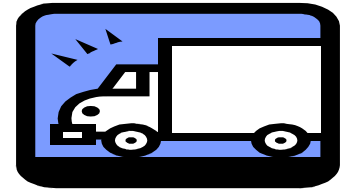


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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* - Enrollment Form

Faithful Fivers graciously contribute \$5.00 or more to St. Paul Intergroup each month to enable us to continue to carry A.A.'s vital message of Hope and Recovery to all who need and want it. Your contribution entitles you to a one-year subscription to *The Lifeline*. Contributions may be made annually, bi-annually, quarterly or monthly.

~Yes! Please enroll me as a *Faithful Fiver* !

1. Contact information:

Name _____
Address _____
City _____ State _____ ZIP _____
Phone Number _____
Email _____

2. Amount & Frequency:

Amount: \$ _____
Frequency: (check only one)
 Monthly Quarterly Bi-Annually Annually
Start on ____/____/____
 Please send my receipt to my email address
 Please send my receipt to my home/postal address
 Please send my **Lifeline** to my **email** address instead

3. Choose a Payment Method:

Credit Card/Debit Card*
 Visa MasterCard
Card # _____/_____/_____/_____
Expiration Date: ____/____
Name on Card _____

Signature _____

*I authorize St. Paul Intergroup to automatically bill my account as specified (monthly, quarterly, etc.). I understand that I am free to cancel this authorization at any time by contacting Intergroup.

Check - Please make payable to:

Saint Paul Intergroup
1600 University Ave W. - Suite 214
Saint Paul, MN 55104