

The Lifeline



December 2013

24 Hour Phone: 651-227-5502

Volume 49, 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.

THIS MORNING IT ARRIVED just like that--I mean the Big Book in braille! The postman placed in my arms four of those six precious volumes, cautioning me to not drop them. Drop them--how could I? This for which I have waited so long! The postman has probably never seen a face like mine, but homely as this "pan" may be, I'm sure he has never seen a smile such as the one that spread over it as I stood clutching the four boxes in my arms. This old face literally beamed, and the "Thank you" I gave him must have been something out of the ordinary in his experience.

I stood there for a long moment holding those boxes in my arms, clasping them to my breast as tenderly, lovingly, gently, as a mother holds her newborn infant. Then, jolted back to reality, I placed them almost reverently in my big chair. With the hungry eagerness of a person who has reached the point of starvation I quickly opened each box, my fingers gliding over the table of contents until I found Volume Two in which Chapter Five is first.

You had spoken of this chapter so much, and I have heard a little of it--so I read Chapter Five. I mean I studied it carefully, and this took all morning. First things being first, I, with the help of God, hope next to copy this entire chapter in braille so as to be able to carry it around with me along with the 12 and 12. ("Twelve Steps and Twelve Traditions"--Ed.) After that I will finish reading the Book. . . the chapter, "A Vision for You," must be in volumes one or five, which are probably on the way somewhere between here and New York, and I will have them also at any moment.

As I read, question after question was answered for me. The words "must" and "honesty" appeared many times over and over again. The brevity, the simplicity, the direct approach of the entire chapter was amazing in itself. Being so complicated, and so mixed up as I am, I needed something just this simple--and so did plenty of other folks, else it would not have been written in just this way.

If there was ever a possibility of the door of Heaven being opened for me it happened this morning. As my fingers glided across those pages I had a sudden experience, a contact with God that I've never had before. I know you and other helpful friends have paved the way for this, that I might be in a receptive mood. Eight years ago it wouldn't have meant a thing, but this was just the right time, the right day, and I find I am ready. I fervently pray I shall recover. It is my decision. In Chapter Five I found the key that opened the door. Should I throw away that key the door will close.

There is hope for me if I continue each moment to turn my will and my life over to the loving God of my understanding and this morning He is nearer to me. . . I feel I do understand Him better. As of this moment I repose serenely on Cloud 19, being thankful in silent meditation. I know then the grim realism of this troubled world will bring me sharply back to earth at any moment, but I pray I may make a safe happy landing when the time comes.

God in His infinite mercy and, wisdom has been so good to me, ever mindful of my needs, supplying me with numerous blessings--too many to count in a day. My blindness--alcoholism--addiction--and all these physical ailments that some may speak of as crosses--they are not really crosses at all, only as I make them so. They are indeed blessings, for without them God would not enter into my heart, because I would in that case refuse to admit Him.

What people here on earth see of me is but a fleeting material thing, but the soul is eternal, and it belongs to God. If I continue living I know I will make mistakes, for being human I am subject to error and weakness. But I fervently pray to live my best each moment, for a just God expects no more than my best--which He knows is all I have to offer.

Being honest with God and myself should leave me no cause for worry, no reason to fret over mistakes of the past, present or future. In this way I can enjoy the happy hours, and all the good things in life. You have reminded me at times that you have short-comings and are not perfect, but perhaps it is the imperfection that brought you to understand me, and to set my feet on the road to recovery. . . .

-Elise T. , Cincinnati, OH

Ed. note--Elsie has not confined her gratitude to beautiful letters. . . she has transcribed "Twelve Steps and Twelve Traditions" into braille.

(Reprinted from *Into Action*, pgs. 37- 39, with permission of the A.A. Grapevine, Inc.)

St. Paul Intergroup of Alcoholics Anonymous®

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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

Tradition 12: Making Myself Anonymous

ONE AMONG MANY

Tradition Twelve seems like a Step to me. It's so spiritual in its focus on anonymity. Someone said it well: "What is shared in meetings is more important than who said it."

The hard part for me is to remember that I, too, am a personality. When I start thinking that what I share is really important, that people really need to hear me ... well, I've put my own personality before the very principles I am attempting to convey. I start to think of myself as being uniquely capable of transmitting the message of recovery from alcoholism. Suddenly, I am the person everyone needs to hear!

Sure. How boring. Yet, predictable. As a lifelong know-it-all, people-pleaser, caretaker, mind-reader, problem-fixer, and control freak, I am incredibly susceptible to believing my own propaganda. Of course, pretty soon someone lets me know that I am really very dispensable, and my input or advice isn't needed, thank you very much. When I go to meetings, I am reminded that I am one among many. This is truly a "we" program.

Other people's recovery doesn't depend solely on me. There are so many terrific people in the program who can help other alcoholics, including me.

- Julie E., Maplewood, NJ

Notes From your Central Office...

In late October, I was able to attend the annual Intergroup/Central Office Seminar in California. Over 80 Intergroup offices from the US and Canada were in attendance for two-plus long days of discussion about various aspects of Intergroup office management. There was also a large contingent of Trustees and staff members from GSO, AA World Services and the Grapevine.

Among the topics discussed there were literature and sales, websites and meeting directories, interactions with groups and volunteers, finance and accounting, and many more. Staff from AA World Services and Grapevine gave presentations on their publishing operations and future plans.

Meeting with and hearing from other Intergroup offices about how they serve their areas and the problems they encounter was fascinating. I heard of many different ways central offices are organized and operated, and of many different kinds of problems and issues faced in these offices. There were many ideas and suggestions shared that may be useful here in the St. Paul area, but my overwhelming sense was one of gratitude that this office is blessed with as few problems and issues as it is.

For this, I think we all may be grateful. Due to the wonderful service and support your Intergroup office receives from groups and individuals throughout the greater St. Paul area, St. Paul Intergroup is a healthy organization, and able to continue assisting the groups of our area in carrying the AA message.

- 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 October 2013

Meeting information	131
Inventory/hours	24
12th Step calls	7
Temporary sponsor	29
Speaker request	31
Special events	1
Outside issues	15
Info for professionals	4
Administrative	88
Other	57
Total Calls	387
Daily average	16.8
Visitors	263

UPCOMING A.A. EVENTS!!

<p>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</p>	<p>17th Annual WACYPA Western Area Conference of Young People in Alcoholics Anonymous "Sunlight at Last" Sheraton Denver Downtown Thursday, January 2nd - Sunday, January 5th 2014 www.wacyppaa17.org</p>
<p>32nd Annual Recovery, Unity & Service Conference "Living In The Heart of A.A." American Hotel & Conference Center 240 Stadium Rd., Mankato, MN 56001 Friday, January 3rd - Sunday, January 5th 2014 www.area36.org</p>	<p>12th Annual Wild Rice Roundup "Lose Your Winter Blues" Shooting Star Hotel & Event Center Mahanomen, MN Friday, January 11th - Sunday, January 13th, 2014</p>
<p>Trudging the Road to Happy Destiny 2014 Men's Retreat Horseshoe Bay Resort Leech Lake, MN Friday, January 24th—Sunday, January 26th www.trhdretreat.org</p>	<p><u>Fourth Step & Big Book Workshops</u> By The Book 4th Step Workshop Wednesdays, ~6:30PM - 7:45PM ~ 2218 1st Ave, Minneapolis, MN 55404</p>
<p><u>Group and Area News</u></p> <p>New Meeting: <i>The Eastside Club</i> at 1099 Payne Ave, St Paul (55130) added a Thursday evening Open Step meeting at 7PM to their weekly schedule.</p> <p>New Group: The <i>Gopher AA</i> group began meeting on Wednesdays 12:15PM at the Grace Lutheran Church, 324 Harvard Street NE, Minneapolis (55414). The format is Open, Topic.</p> <p>New Group: the <i>In The Solution</i> group began meeting on Mondays at 7:30PM at the Downtown Alano, 520 North Robert Street, St. Paul Closed/Step.</p> <p>New Location: <i>The Firing Line</i> moved on Sunday November 10th to the North Como Presbyterian Church, 965 Larpenteur Avenue West - Roseville (55113). Meeting is 5PM and is an Open, Big Book format. Childcare available too.</p>	<p> Looking for a Service Opportunity? Become a St. Paul Intergroup Night Owl!</p> <p>Upcoming Night Owl Orientations: Saturday, December 15th, 2013 10:00 AM - 11:00 AM St. Paul Intergroup Office 1600 University Ave. W.—Ste. #214 To RSVP please call: 651-227-5502 Please call by 4PM the Friday before to RSVP</p> <p><u>Your News?</u></p> <p>We invite you to share your AA news here! Please send your items to lifeline@aastpaul.org. We look forward to hearing from you.</p>



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

New Year's Eve 2013
Tuesday, December 31st



7:00 PM - Speaker Meeting
Speaker:
 Bill C.
 Defogged Men's Group





9:00 PM - Midnight: Marathon Step Meetings
 ASL Interpreted

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 Area Intergroup Representatives' Meeting Minutes October 15th, 2013

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from September and July were reviewed and approved.
- III. Treasurer's Report – Jim reports that for the first time we have >\$100,000 in equity, which is a good indicator of Intergroup's continued financial health. Contributions from Gopher State brought us up over budget from the month but group contributions are still 7% down YTD. Sales remain high and expenses low. 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 that the 75th Anniversary Edition of the 1st Edition of the Big Book may be preordered on 11/15, with delivery in April. This is a limited edition, available for only about a year. 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 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. reports (outreach@aastpaul.org) that a list of meetings that need outreach has been assembled. Signing up to help with this critical mission is easy and the work is rewarding!
- VII. Update from the Board – Christa updated the Representatives regarding November's Board elections. The Board will distribute a budget and bullet points for review next month, as well.
- VIII. Night Owl Report – There are **eight** recurring shifts available, mostly Early Bird shifts. 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 that the ASL funded meeting at OMD requires \$135/hour, which will result in a shortfall eventually. Nancy (District 15) reports that the District's Fall Workshop will occur on Saturday 11/2 at 11:30. Lunch (soup and breads) begins the program, speakers at 1 pm on the topic of The 12 Traditions. It is at Christ Lutheran in Lake Elmo. Door prizes!
- 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. Volunteers needed! Contact Christa at altchair@aastpaul.org.
 - 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: None.
- XII. New Business:
 - Upcoming Elections:
 - Positions Open: Secretary (1 year tenure), Alternate Chair (3 year tenure), Alternate Treasurer (2 year tenure), Two Members at Large (2 year tenure)
 - Requirements:
 - Sobriety (Members at Large = 2 years; all others = 3 years)
 - Submit a service resume in advance via email to manager@aastpaul.org.
 - Present to Stand for Election on November 19
- XIII. Group AA Announcements:
 - The Firing Line will be moving November 10 to Roseville Presbyterian on Larpenteur and Victoria.
 - The West End Group is having a Halloween Costume party at 6 pm. Meeting at 8. In between, a costume party and contest, plus chicken wings!
 - The West End Club will have Thanksgiving Dinner on Thanksgiving, location: 955 West 7th.
 - 3rd Edition Big Book potluck supper is Friday 11/8. Potluck starts at 6:30, speaker at 7:30. Located at Knox Presbyterian at 1536 W. Minnehaha.
 - Summit Hill's Fall Banquet and quarterly pin night will be held at the synagogue across from the Uptown House on Summit Avenue at 6pm on Monday 10/21.
 - Main Idea has a Joe & Charlie Big Book Study for 13 weeks starting 11/2 at 4:30 pm.
- XIV. Suggestions for next month's agenda: None.
- XV. Michelle delivered the Grapevine Report. Mike volunteered to do the Grapevine Report for December.
- XVI. Terry delivered the Concept Review for Concept X. Nancy volunteered for December.
- XVII. Kat delivered the Mock Rep Report. Michelle volunteered for December.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Jean O., Board Chair	Christa, Alternate Chair	Cedar H., Secretary	Jim B., Treasurer	Frank N., Office Manager	Tim B., Member at Large
Eva P., Member at Large	Jan T., Member at Large	Tiffany B., Member at Large	CJ M., Alternate Treasurer	Karen B., Back to Basics – Savage MN	Chad O., Como Park BB
Dave H., Defogged Men	Scott L., District 8	Nancy T., District 15	Terry H., The Firing Line	Craig O., Happy Hour 12x12	Hillary B., Hole in the Donut
Dan K., Main Idea	Shana R., Midway Club	Michele M., New Brighton BB	Luke F., OMD	Joe C., Rosemount Groups	Steve H., St. Paul Spkr. Mtg.
Sarah D., Students of Life	Kat M., Summit Hill	Joe S., 12x12 by the Book	Becca N., Uptown Club		

DECEMBER MEETING: Tuesday the 17th 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

OCTOBER CONTRIBUTIONS

Number of Group Contributors: 44
Total Group Contributions: \$4375
Number of Faithful Fivers: 18
Total from Faithful Fivers: \$195

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 October

Adam P., Bob B., Bob P.,
Burt K., Carol R., Carrie M.,
Carissa A., Chris C., Chris S.,
Desiree H., Frank D., Greg K.,
Henry O., Jeff K., Jim C.,
JoAnne P., John B., Josh S.,
Ken Z., Mike B., Mike O.,
Ratta C., Roxanne P.,
Steve W., Suzanne B., Ty K.

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



Thanks to the groups that contributed in October 2013

- 12x12 By the Book
- Anoka Day By Day
- Apple Valley Monday BB
- Back to Basics - Savage
- Baffled Lot - Lake Elmo
- Basic Text
- Blue House Group
- Burnsville - Primary Purpose
- Cliffhangers I Thursday PM
- Como Lake Men's Group
- Como Park BB
- Cottage Grove
- Day by Day Women's Group
- Defogged Men's Group
- Forest Lake Alano
- Fuente De Vida AA
- Happy Hour 12 & 12
- Hastings Club
- Highland Park Groups
- Highway 96er's Group
- Lindstrom Groups
- Mendota St. Peter's Sat 1030 Group
- Midway Club
- No Time Like The Present
- North Dale Group
- Oasis Group - Apple Valley
- Problem & Solution Meeting
- Ridge Runners II Sat 830 AM
- Ridge Runners III Sun 830AM
- Rivertown BB Group-Hastings
- Roseville Wed Night
- South Suburban
- St. Stephen's Tuesday Group
- Stepsisters of Northfield
- Third Tradition Northfield
- Twelve Steppers - Arlington Hills
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- Weekend Jumpstart II
- White Bear Lake
- White Bear Wed AM Women's
- Women's 12 x 12 Study Monday
- Woodbury Primary Purpose



The Lifeline: Purpose Statement

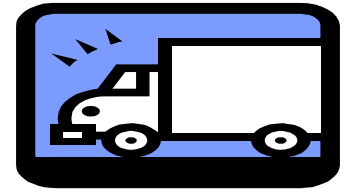
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article 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* - 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