

The Lifeline



August 2014

24 Hour Phone: 651-227-5502

Volume 50, Issue 8

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

AROUND THE TABLES, I have, of late, participated in a succession of discussions centering on the Eighth Step. I regard this Step as the easiest but perhaps the most subtle in the program. It requires only that I make a list of people I have harmed and become willing to make amends to them all. Unlike Step Five, Eight does not require that I seek out a companion and unload it on him. It does not require searching my soul or being humble--only making a list and becoming willing. Step Nine requires some damn bold action, so it is very different from, though obviously dependent on, Step Eight.

The Eighth Step relates to people other than me. Unquestionably, it points outward and not inward. Many of us feel anger about this position and protest, "I didn't hurt anyone else but me. I figure I have to make amends to me." The phrasing may vary, but the idea is always the same: "make amends to me." Frankly, I think this is so much garbage. It's one of the "old ideas" the Big Book advises us to discard--namely, selfishness. If the founders had meant Eight and Nine to be directed at themselves, they would have so stated in plain English.

But here's an AA paradox: I have found, to my great joy, that if I work on Eight and Nine and keep the emphasis on my relationships with others, these Steps actually do bring about the ultimate amends to me--a happy, sober day-to-day life that brims over with gladness, happiness, good fortune, and all that I could wish for. It's far better to work on the Steps the way the Big Book and the "Twelve and Twelve" suggest than to risk losing this great life.

-Anonymous

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Tradition Eight: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

For years I was confused about Tradition Eight. My first introduction to AA came in a treatment center, where the counselors were AA members who attended meetings with patients and even sponsored some patients (including me). I stayed sober only a year that first time, and later wondered if Tradition Eight had been an issue at all in that situation. Fast-forward about fifteen years, into the twenty-first century. I am sober now, and a member of a home group that studies the Traditions once a week. What little I knew about Tradition Eight before had come from the Twelve Steps and Twelve Traditions, where the issue is complicated by repeated reference to the Twelfth Step. For example, Bill says, "Our Twelfth Step is never to be paid for, but those who labor in service for us are worthy of their hire." The issue is confusing, because earlier in the "Twelve and Twelve," Bill says that "unspectacular but important tasks," such as "arranging for the coffee and cake," are "Twelfth Step work in the very best sense of the word." According to this line of thought, activities such as answering the phone at Intergroup, cleaning up an AA meeting room, maintaining an AA website, or editing an AA magazine, are clear examples of Twelfth Step work in the very best sense of the word. However, some AA members are paid for some of these tasks. So I was confused.

When my group read about Tradition Eight in *Alcoholics Anonymous Comes of Age* and then discussed it, I finally listened to and learned something about this Tradition. That book says that the early AA members struggled to figure out the AA viewpoint on professionalism. Bill W. says, "That is where the line finally fell: For face-to-face treatment of a drunk, no money, ever. But AA does have to hire people so that it can function where there are legitimate jobs to be done." In that book, rather than talking about the Twelfth Step, Bill makes it very clear that what is not to be paid for is face-to-face treatment of a drunk.

An old-timer in my group put it like this: "It is AA that is to remain forever nonprofessional. That means that AA (in the guise of a group, Intergroup, sponsor, or whatever) does not pay for or receive money for face-to-face treatment of drunks. Now, of course, any AA member is permitted to get paid by a treatment center for being a counselor. That pay is not coming from AA and is not going to AA, and so it has nothing to do with Tradition Eight. The counselor, who is an AA member, is not being paid to do sponsorship, but rather to do a job of alcohol counseling. If he wants to be an AA sponsor, he does that on his own time."

At last I understand this Tradition, at least for today. Perhaps more will be revealed, but as I see it now, this Tradition says that AA does not pay or receive money for face-to-face treatment of drunks. Consequently, 1) Groups and sponsors of course do not charge newcomers for helping them get sober. 2) Paid AA service workers at GSO and local Intergroups do not do face-to-face treatment of drunks while they are on the job. They do that on their own time. While on the job, they refer drunks to volunteer AA members for face-to-face work. 3) Paid alcohol counselors doing face-to-face treatment of drunks are not paid by AA, nor does AA receive money for their work. This situation is not covered by Tradition Eight, since AA is not allied with those treatment centers or hospitals. Individual members who are alcohol counselors are acting on their own, and not as representatives of AA. If they engage in AA sponsorship, they do it on their own time, just like all the other AA members.

Every August, one of the founding members of my group (a real character, who is jokingly said to be our spiritual leader--or is it spherical leader?) says that in honor of the eight month and Tradition Eight, he is offering a special discount on sponsorship for anyone who needs it. Sometimes people take him up on the offer, but a good proportion of them cancel during the introductory trial period. Of course, this is all said in jest at our meetings, and we get a good laugh out of it. Our group motto is, "We will laugh at you until you learn to laugh at yourself," and we practice that principle in all of our affairs.

-Gabriela R., Lynnwood, Washington

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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 Board...

As I'm writing this during the month of July, many meetings that discuss the traditions each month are talking about the 7th tradition, "We are self-supporting through our own contributions." Our July Lifeline includes an article on that topic. We tend to think about the money in the basket when we think about Tradition Seven, but there are many ways to be self-supporting.

When I ask myself if I'm supporting something through my own contributions, I have to ask what's needed for it to be successful. For instance, self-supporting at a family function certainly means bringing a dish to pass so that we all share the cost. But it also means supporting the event through service - helping with the setup and food prep, playing with the kids, and doing my part in cleanup. If we are all going to have a good time, then my contribution is important beyond the financial.

Similarly, St. Paul Intergroup relies on the contributions of our local AA groups and members above and beyond their financial contributions. Self-supporting through our own contributions means the phones are answered 24/7 by an alcoholics. Our special workers and volunteers staff the office. Members of our community volunteer to speak at meetings, serve as a temporary contact, and take 12 step calls to serve the still suffering alcoholic.

We are so grateful for all of the ways our members contribute to making sure St. Paul Intergroup continues to serve our community. Thank you so much to all of our volunteers. And if the 7th month has you thinking about taking your 7th Tradition to the next level, give us a call, check out our website, or stop by the office to find out all the ways you can help support St. Paul Intergroup. Our volunteers make all of this possible.

Hillary B.
Member at Large

Notes From your Central Office...

Your words here!

We have a collection of old Lifeline newsletters here in the office that goes back to the 80's and 90's. Back in those days, this was quite a different publication. Most of the content was contributed by our area A.A. members!

Many of the articles were submitted by group and club contributors about recent or upcoming events, and announcements of member sobriety anniversaries. After a particularly notable speaker was heard at a group, they might submit a brief synopsis of the comments they heard.

Other area A.A. members would submit their reflections on a roundup or retreat they had attended, or just how they had applied our principles or steps in a recent experience. We would also often print reports from meeting coordinators at the local jails, detoxes and work farms.

We'd like to invite you and your group's or clubs to print your news and updates here. We'd be very happy to consider whatever you may have in mind, so long as it is A.A. related and meets our other general editorial qualifications. You may either mailed pieces into the office, or email them to lifeline@aastpaul.org.

Hope we hear from you!

fp
- Thanks, St. Paul Area A.A.!

<u>2014 Steering Board</u>		<u>Office Calls in June 2014</u>	
<u>Chair:</u>	Christa W.	Meeting information	95
<u>Alt. Chair:</u>	Tim B.	Inventory/hours	16
<u>Secretary:</u>	Michelle M.	12th Step calls	15
<u>Treasurer:</u>	CJ M.	Temporary sponsor	16
<u>Alt. Treasurer</u>	Kelly B.	Speaker request	16
<u>Members at Large 2014:</u>	Tiffany B. & Steve N.	Special events	2
<u>Members at Large 2015:</u>	Hillary B. & Paul T.	Outside issues	16
<u>Advisor to the Board:</u>	Jean O.	Info for professionals	1
<u>Office Manager:</u>	Frank N.	Administrative	84
		Other	52
		Total Calls	313
		Daily average	14.9
		Visitors	231

UPCOMING A.A. EVENTS!!

**Southern Minnesota Area 36
Area Committee Meeting**
Best Western
North Mankato, MN
Saturday, August 9th
Standing Committee Meetings 9:30 AM- 11:30AM
Area Committee Meeting 1:00PM - 5:00PM
For more information: www.area36.org

Study & Action Group
"Precisely how we have recovered"
Hudson House Grand Hotel
1616 Crestview Drive, Hudson, WI
Friday, August 22nd 6:30PM - 9:30PM
Saturday, August 23rd 9:00AM - Noon & 1:00PM - 6:00PM
Sunday, August 24th 9:00AM - Noon
Capacity limited to first 100
For more info: www.Into-Action.com

**13th Annual
Empty Chair Men's Retreat**
Camp Knutson
11169 Whitefish Ave, Cross Lake, MN 56442
Friday, August 22nd - Sunday, August 24th
For More Information Call Jamie M. 612-227-9747
Or email jkmac21@msn.com

**56th Annual
Southern Minnesota Roundup**
"The Greatest Journey Begins With Step One"
Best Western Hotel—North Mankato, MN
Friday, September 5th - Sunday, September 7th
For More Information - Email: somnroudup@gmail.com

**24th Annual
Heartland Round-Up**
Northern Pines Assembly Grounds
Fish Head Lake, near Park Rapids, MN
Friday, September 5th - Sunday, September 7th
For More Information:
www.heartlandroundup.com or call 218-847-8233

Study & Action Group
"Precisely how we have recovered"
St. Paul Session Fall Session
The Recovery Church
256 State Street (Plato Blvd & State St), St. Paul, MN
Beginning Sunday, September 7th 7:00PM—8:30PM
(Sessions approximately 15 weeks to 16 weeks)
For more info: www.Into-Action.com

Group and Area News

New Group: A Way Out started meeting Sundays at 7:30PM at the Volunteer of America Building, 2825 Lake Street, just across the Lake Street Bridge in Minneapolis. They are a Closed, Men's group that hold a Topic/Discussion meeting.

New Meeting: The East Side Club at 1099 Payne Ave, St. Paul, 55130 added a Saturday 9:30AM Open, Step, Mixed meeting to its schedule.

New Meeting: The Dakota AA & River Hills AA added a Tuesday 6:00PM Closed, Step, Mixed meeting to its schedule. Meeting are held at the Dakota Alano, 3920 Rahn Road, Eagan 55112. The Club is located behind the Mt. Calvary Church.

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

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.



St. Paul Intergroup Annual Ice Cream Social & Long-Timer Recognition

Saturday, August 23rd 4:00PM - 6:00PM

The Recovery Church
253 State Street, Saint Paul, MN 55107



St. Paul Area Intergroup Representatives' Meeting Minutes June 17th, 2014

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from March were reviewed and approved.
- III. Treasurer's Report – CJ reported that soon a treasurer's report will be included on the website in the same sections as reps meeting minutes. CJ also reported on the checking account and payroll report. Both have healthy balances. Literature sales are holding steady. Expenses were down from last month. Contributions from groups are down from last month. The **Faithful Fiver** automatic and electronic payment program is available, and you are invited to participate in this convenience! Last month we had 16 Faithful Fivers contribute funds! Forms are available in the *Lifeline* or on the website. Other questions/concerns can be sent to CJ M. at treasurer@aastpaul.org.
- IV. The Office Report – Frank reports that it has been a bit of a quiet month, but things are smooth sailing at the office. The *Grapevine Daily Quote* book is a new book available for purchase (\$12.) The office always welcomes volunteers, there is always work to do in the office. Jobs include answering phones, update list of speakers, help arrange temporary sponsors, update the 12th-step list, and clerical tasks such as making copies. 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 or email at manager@aastpaul.org.
- V. The Website Report – Many service opportunities are available on the website. 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 – The program is looking for people to go out to any meeting serviced by the St. Paul Intergroup and bring information about what Intergroup has to offer. Contact Tiffany B at outreach@aastpaul.org for more information on assisting Intergroup with this valuable service opportunity!
- VII. Update from the Board – Tim reminded the group to bring the pink intergroup office volunteer flyers back to home groups. The office always welcomes volunteers, there is always work to do in the office.
- VIII. Night Owl Report – Dan S. reports that we have 1 open shift (3rd Sunday 9am–2pm.) The committee is now looking for 2 female members. Please visit the website or call the Office for more information. Night Owl Orientation is held every third Saturday at 10 a.m. in the Office.
- IX. Liaison Reports:
 - Scott (District 8) Our GSO Rep, Terry L, gave his report to the district.
 - Nancy (District 15) Our GSO Rep, Terry L will be giving his report next week. District 15 is also getting ready for the Washington County Fair in Lake Elmo, MN. They need to gather 45 volunteers to man the booth.
 - Both Nancy and Frank reminded us of the up-coming Area 36 Assembly is June 28, 2014 at the Maplewood Community Center on White Bear Ave. 9am to 4pm. On the web go to Area 36 website to view the agenda.
- X. Upcoming Intergroup Events:
 - Annual Open House: Date is set for Saturday July 12, 2014 11am to 3pm. This even is located on the top floor of the parking ramp at Spruce Tree Center. If it rains, we will go one level down.
 - Ice Cream Social and Long-Timers Event: Date is set for Saturday August 23, 2014 4pm to 6pm. The location is the Recovery Church on State St. in St. Paul.
- XI. Old Business: none
- XII. New Business: none
- XIII. Group AA Announcements:
 - Tuesday July 22 6pm Hole-In-The-Donut 6th anniversary pot-luck. Lisa L. is the speaker at 7pm. All are welcome.
 - Jonathan reported the 13th annual empty chair men's retreat in Cross-Lake is in August. More information on our web-site.
 - Shannon the 2015 MNYPAA conference is being planned
 - Jen reports that House of Hope on Tuesday July 15th 5:30pm to 7:30pm workshop on sponsoring.
- XIV. Suggestions for next month's agenda:
- XV. Paul T. delivered the Grapevine Report. Terry H. volunteered to do the Grapevine Report for July.
- XVI. Scott L. delivered the Concept Review for Concept VI. Sonya J. volunteered for July.
- XVII. Shannon delivered the Mock Rep Report. Jestine volunteered for July.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Christa W., Board Chair	Jean O., Board Advisor	CJ M., Treasurer	Michelle M., Secretary	Tim B., Alt. Chair	Hillary B., Mem- ber at Large
Paul T., Member at Large	Jonathan L., Webservant	Frank N., Office Manager	Johni B., Staff Member	Leslie T., Amigo's III	Mike S., Basic Text
Sandy K., Como Park BB	Paul T., Dakota Alano	Scott L., District 8	Nancy T., Dis- trict 15	Jestine M., Fire- side Women's Grp.	Terry H., The Firing Line
David P., Happy Joyous & Free	John F., High- land Sun. Nite BB	Muggsy A., Hole in the Donut	Sonya J., Pock- eting Our Pride	Jim H., Problem & Solution	Shannon W., Students of Life
Jennifer B., Summit Hill	Jane B., Summit Wom- en's Grp.	Charlie, There Is A Solution III	Cheryl B., Third Edition BB	Drew L., West End	

August MEETING: Tuesday the 19th, 2014 (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

JUNE CONTRIBUTIONS

Number of Group Contributors: 32
Total Group Contributions: \$2372
Number of Faithful Fivers: 13
Total from Faithful Fivers: \$179

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 June**

Amy S., Breck M.,
Brittany L., Bob P., Burt K.,
Carolyn M., Casey G.,
Cathy T., Eve C., Frank D.,
Greg C., Henry O., Jim C.,
John L., Julie C., Mary K.,
Melanie M., Nancy D.,
Samantha M., Shelby B.,
Steve S.,
Steve W., Suzanne B.,
Tom B., Ty K.

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



**Thanks to the groups
that contributed in
June 2014**

- 12x12 By the Book
- Amigos III
- Back to Basics - Savage
- Cedar Cliff Group
- Cottage Grove
- Dakota AA Sat. AM
- Dakota Alano Thursday 530 PM
- Defogged Men's Group
- Eagan Burnsville Savage - Sat Speaker
- Episcopal Home group
- Fresh Air Group
- Hampden Park AA
- Happy Joyous and Free II
- Highland Park Groups
- Hugo Group
- Inver Grove Heights Club 84
- Lakers Saturday Morning AA
- Lakeville Hope Community
- Mahtomedi Tuesday Step
- Midway Club
- No Time Like The Present
- Not A Glum Lot
- Oakdale Woodbury Sun Group
- Pocketing Our Pride
- River Rats
- Stillwater Morning Groups
- Summit Hill
- Twelve Steppers - Mounds Park
- Una Luz en el Camino
- Valley Step Group
- 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.

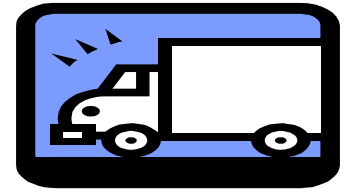


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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