

The Lifeline



September 2014

24 Hour Phone: 651-227-5502

Volume 50, Issue 9

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

"Amends - noun, (used with a singular or plural verb)

*1. reparation or compensation for a loss, damage, or injury of any kind; recompense."**

In my drinking days I was responsible for many an injury, damage and loss, which inevitably separated me from friends, family, and anyone else who crossed my path directly or indirectly when the tornado of my disease was in full flight. As I reflected on my Eighth Step list, I saw the carnage - emotion, mental, physical, financial and spiritual - that swept away what I treasured most: a sense of place and purpose in life; most especially the vital relationships with my friends and family. The havoc and destruction were all there spelled-out in black and white. No "what ifs" or "yeah buts" could excuse my actions. It was time for me to go out and set-right, to the best of my abilities, years of hurt feelings, damaged relationships; not to mention the lost time, money, and energy that my selfishness and self-centeredness had wrought upon the world, my friends and family.

My sponsor, having heard my Fifth Step, help to set my priorities, knowing full well my old inclinations to avoid the hard tasks in preference for half-measured & half-hearted efforts; he suggested that I go straight out and make the "hardest" amends first. I am so glad I followed his suggestion, for little did I know the gift that would come of it.

And so I found myself before my father. Here was a man I had hurt emotionally, damaged in innumerable ways, and for whom I had caused uncountable financial loss on each occasion that I turned to him to bail me out of a jam. To my father I said that what I had done to him was wrong, pure and simple. I told him that rather than be the son I always wanted to be for him, I had chosen, instead, to be a manipulative, thoughtless, selfish, inconsiderate, self-seeking and greedy kid, whose only interest was in getting what I thought I deserved, regardless of the cost to him.

I told my dad that he did not deserve to be on the receiving-end of such unconscionable behavior. I shared with him that I was taking a new approach to life through the program of Alcoholics Anonymous. I then told him that through A.A. I had come to realize that a life based on selfishness and self-centeredness was hardly estimable. From now on, I would try, to the best of my abilities, to set my life on a difference course, where the needs of others outweighed the needs of my own. I asked my dad how I might set things right with him, to his satisfaction.

His answer was simple and clear: check your motives, count your blessings, and give of yourself without regard to what you might get in return. Then he hugged me and told me that he was proud of me.

For the next six years, I got to know my father in a whole new light. As the years passed and he began to be crippled by Alzheimer's, Dementia, and Parkinson's disease, he demonstrated to me the principles by which he suggest I live my life. I came to see that they are the same principle the A.A. programs asks me to practice and live by.

Three months ago, as he lay in hospice, edging in and out of consciousness, I was by his side, holding his hand. There was a moment when he came into full consciousness and I said to him, "I love you." From the depths of his soul, he replied: "I love you," words he had rarely expressed to anyone. Those were his last words to me. He passed peacefully a week later. I am eternally grateful to A.A. for helping me to find my purpose and place in life by amending the damage caused by my active alcoholism. Thank you A.A.

-Anonymous

Source: Dictionary.com. Dictionary.com Unabridged. Random House, Inc. <http://dictionary.reference.com/browse/amends>.

Tradition Nine: A.A., as such, ought never be organized; but we may create service boards and committees directly responsible to those they serve.

Last year's Lifeline article on this Tradition tried to provide an overview of the various service organizations active in our area. Now, we want to introduce you to a new one that has begun on the national level.

In August, the first meeting of the National A.A. Technology Workshop was held in St. Louis, MO. This conference came about not on an initiative of the General Service Conference (which has welcomed it), but as an effort by a group of tech-minded A.A. members concerned about how modern technologies were being (and may be) adopted in our Fellowship.

Those who attended this conference were able to take part in workshops and panels on a variety of tech-related topics. Some of these were "The Facebook Topic", "Webmaster 101 for Non-Technical Service Volunteers", and "Safeguarding our Traditions through the Evolution of Technology". There was even a discussion of a proposed "12 Statements of Technology", a sort of digital Twelve Traditions!

The organizers hope that conference participants will be able to serve their groups, local service organizations, and even our General Service Office with informed, reasoned, and helpful suggestions, as well as technical solutions that will better serve our Fellowship and the newcomers while preserving our valued Traditions.

Our own St. Paul Area Intergroup Webservant, Jonathan L., was in attendance at this conference and we look forward to hearing his reports on what he learned there, and seeing what new ideas he may have picked up. Since, as humbly as we can manage, we believe our own website is one of the best found among our Fellowship, we are happy that Johnathan was able to share his experience and knowledge in this field with others looking for guidance.

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...

I was at my home group the other day and the topic of forgiveness came up. Someone mentioned that they did not like the when people say "we must also forgive ourselves." I've come to understand that we get what we give. So when I hold a grievance or resentment I get what I have been giving. Of course this has all to do with our thinking. I come to understand that when I give love, peace and sobriety I will receive those. That also is the same when it comes to forgiveness. God, through AA, has shown me that all the things that I had held against others were just coming from me. AA has helped me let go of all the baggage and just start to love. It is a wonderful spiritual progress!

God bless you and God bless AA!

Paul T.—Board Member at Large

Notes From your Central Office...**Got Big Books?**

This is a very good time for your groups to conduct an inventory of their books to see whether they may be needing more in the near future.

The St. Paul Area Intergroup office has not had a price increase on our AA World Service publications in about five years. These include our best sellers like the Big Book and Twelve and Twelve. However, we will have to do so soon.

AA World Services has announced that the prices they charge for these books will go up in October, and we of course will have to follow suit.

As was true five years ago, the new prices will be a fair amount higher. World Service prices are going up about 20%. So, for instance, a hard cover 4th edition Big Book that we have been selling for \$9.29 (\$10.00 with sales tax) will probably be priced at about \$11.15 (\$12 with tax) later this fall.

Groups, clubs and Alano societies may wish to consider "stocking up" ahead of these increases. We will probably do so ourselves, and thus have enough books on hand to supply you at the current prices thru September. For that matter, if you've thought about getting an *As Bill Sees It*, *A.A. Comes of Age* or *Dr. Bob and the Good Oldtimers* for someone as a holiday gift, this might be the right time to pick them up!

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

2014 Steering Board

<u>Chair:</u>	Christa W.
<u>Alt. Chair:</u>	Tim B.
<u>Secretary:</u>	Michelle M.
<u>Treasurer:</u>	CJ M.
<u>Alt. Treasurer</u>	
<u>Members at Large 2014:</u>	Tiffany B. & Steve N.
<u>Members at Large 2015:</u>	Hillary B. & Paul T.
<u>Advisor to the Board:</u>	Jean O.
<u>Office Manager:</u>	Frank N.

Office Calls in July 2014

Meeting information	113
Inventory/hours	19
12th Step calls	2
Temporary sponsor	26
Speaker request	14
Special events	2
Outside issues	23
Info for professionals	2
Administrative	118
Other	44
Total Calls	363
Daily average	15.8
Visitors	371

UPCOMING A.A. EVENTS!!

<p align="center">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 info- Email: somnroudup@gmail.com</p>	<p align="center">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</p>
<p align="center">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</p>	<p align="center">Area 36 Southern Minnesota Area Inventory Wooddale Church, Eden Prairie, MN Saturday, September 20th 9:00AM - 4:00PM For more info: www.area36.org</p>
<p align="center">Area 74 - 2014 Fall Conference “Recovery, Unity, Service Our Three Legacies-Vital in our Changing World” The Plaza Hotel & Suites 1202 W. Clairemont Ave, Eau Claire, WI 54701 Friday, September 26th—Sunday, September 28th For more info contact: Cheryl L. 715-210-2262</p>	<p align="center">Area 36 Southern Minnesota Area Assembly New Ulm Community Center, New Ulm, MN Saturday, October 18th 9:00AM - 5:00PM For more info: www.area36.org</p>
<p align="center"><u>Group and Area News</u></p> <p>New Meeting: The West End Club add two new meetings to its schedule on Saturdays: an 8:30AM Closed, Women’s Big Book meeting and an 7:00PM Closed, Mixed, Candlelight Step meeting. The club is located at 955 West Seventh St., Saint Paul, 55102</p> <p>Meeting Change: The Lakeville Eye-Opener’s group moved to the Bethlehem Lutheran Church, 20270 Iberia Ave (corner of Hwy 50 & Iberia), Lakeville, 55044. The group meets Thursdays at 10:00AM & they are a Closed, Step, Mixed meeting.</p>	<p align="center"><u>Fourth Step & Big Book Workshops</u></p> <p align="center">By The Book 4th Step Workshop Wednesdays, ~6:30PM - 7:45PM ~ 2218 1st Ave, Minneapolis, MN 55404 For more info: www.aabythebook.org</p> <p align="center"><u>Your News?</u></p> <p align="center">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>



St. Paul Intergroup

Annual Gratitude Night

~Saturday, November 22nd~





The Recovery Church

253 State Street, Saint Paul, MN 55107

(corner of Plato & State)

ASL Available - Please RSVP with Intergroup Staff by **October 21** (651) 227-5502



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

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from June were reviewed and approved.
- III. Treasurer's Report – CJ reminded us that Treasurer's Report is included on the website in the same section as Reps Meeting Minutes. The Prudent reserve policy is also on the website. CJ reported on the checking and payroll accounts. Both have healthy balances. Literature sales are doing fine. 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 – We are hoping to bring in some new office furniture which will complete updating the office. A new office printer will be installed this week. Frank informed us that the GSO World Services will be increasing literature prices as of October 1, 2014. 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 of the accurate time and date for the upcoming Ice Cream Social: 4pm to 6:30pm on Saturday August 23, 2014 located at the Recovery church in St. Paul. (The website incorrectly reported 4pm to 6pm.)
- VIII. Night Owl Report – Dan S. reports that the committee is looking for 1 female member. 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:
Our GSO Rep for Area 36, Terry L, gave his Delegate's Conference Report to our group. Many thanks, Terry!
- X. Upcoming Intergroup Events:
Ice Cream Social and Long-Timers Event: Date is set for Saturday August 23, 2014 4pm to 6:30pm. 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.
Shannon reports that the 2015 MNYPA conference is being planned. Kick-off event is a fun evening of kick-ball games, speakers, food and a bonfire. August 2nd, 2014 5pm to 10pm at Como Park.
- XIV. Suggestions for next month's agenda:
- XV. Terry H. volunteered to do the Grapevine Report for August.
- XVI. Sonya J. volunteered for concept VIII for August.
- XVII. Jestine delivered the Mock Rep Report. Mike C. volunteered for August.
- XVIII. Closed with the Responsibility Statement.

ATTENDANCE:

Christa W., Board Chair	Tim B., Alternate Chair	CJ M., Treasurer	Michelle M., Secretary	Steve N., Member at Large	Tiffany B., Member at Large
Paul T., Member at Large	Frank N., Office Manager	Johni B., Staff Member	Terry L., Area 36 Delegate	Sandy K., Como Park BB	Z J., Dakota Alano
Nancy T., Daily Reflections	Mike C., Defogged Men	Scott L., District 8	Nancy T., District 15	Jestine M., Fireside Women's Grp.	Terry H., The Firing Line
David P., Happy Joyous & Free	John F., Highland Sun. Nite BB	Muggsy A., Hole in the Donut	Ken D., Maplewood Groups	Mark G., OMD	Sonya J., Pocketing Our Pride
Jimmy H., Problem & Solution	LeeAnn W., Rosemount Alano	Shannon W., Students of Life	Jenn B., Summit Hill	Jane B., Summit Women's Grp.	

September MEETING: Tuesday the 16th, 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

JULY CONTRIBUTIONS

Number of Group Contributors: 37
Total Group Contributions: \$4977
Number of Faithful Fivers: 15
Total from Faithful Fivers: \$346

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 July**

Amy S., Barb M., Breck M.,
Bob P., Burt K., Carolyn M.,
Frank D., Heather S., Henry O.,
Jason S., Jeff K., Jim C.,
Julie C., Mark Z., Kelli C.,
Mike B., Nancy D., Randy N.,
Samantha M., Sam 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
July 2014**

- 11 W. Bernard Group
- 24 Hours of Hope - Lakeville
- Anoka Day By Day
- Apple Valley Daily Reflections
- Basic Text
- Basic Text Women's Group
- Cannon Falls Group
- Como Park BB
- Dakota Alano As Bill Sees It Sat 9AM
- Dakota Alano Sat Speaker 6PM
- Eagan Burnsville Savage - Sat Speaker
- Fireside Women's BB Group
- Forest Lake Alano
- Happy Hour 12 & 12
- Hastings Club
- Highland Park Groups
- Hudson Alano Society
- Lake Elmo Thurs Night Group
- Lakeville Wed. Beginners Group
- Maplewood Groups
- Midway Club
- New Brighton Big Book A.M.
- Problem & Solution Meeting
- Rivertown BB Group-Hastings
- Roseville Centennial Group
- Shoreview 12 x 12
- St. Croix Alano
- Stepsisters of Northfield
- Stillwater Morning Groups
- Stories Group
- Third Tradition Northfield
- Three R's group
- Unity, Service & Recovery
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- Woodbury Wed. Noon Group



The Lifeline: Purpose Statement

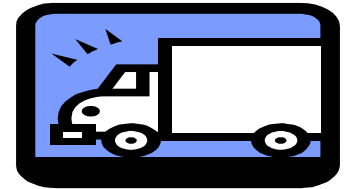
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article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