

# The Lifeline



December 2014

24 Hour Phone: 651-227-5502

Volume 50, 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.**

About ten years ago my dad was diagnosed with a serious illness. He decided to quit some of his unhealthy habits, such as smoking and drinking. So he quit drinking not because he felt powerless over alcohol, but because his system couldn't handle it anymore.

About ten years ago, I also quit drinking—but because I admitted to myself I was powerless over alcohol. I didn't put it to myself exactly in those terms, because at first I knew nothing of AA and its Twelve Steps. I didn't get involved with the program until my second year of sobriety. I'm thankful to say that in January 1993, I took my ten-year cake.

Three days after that sobriety celebration, I received word that Dad had gone into the hospital for what was to be his final time. He hung on for eleven days, giving his family time to say goodbye, before he passed away.

During the time Dad was in the hospital, and in the weeks following his death, I tried to apply the life skills I've learned in the program to my grieving process. Since Dad's death occurred shortly after Christmas, I still had a copy of the AA newsletter, Box 4-5-9, from December 1992, which I'd been carrying around in my pocketbook. It included the holiday article "Twelve Tips on Keeping Your Holiday Season Sober and Joyous." I found that, with a few alterations, many of the points could be applied to my situation.

"*Line up extra AA activities. . .*" My dad was in a hospital outside the city, so I got out my AA Directory and found a few surrounding area meetings. There also happened to be a hospital meeting on the premises. This gave me a chance to discover meetings I didn't normally attend.

"*Keep your AA telephone list with you all the time.*" It was a relief to know I could call other members whenever I needed emotional support. I kept my telephone list safely tucked in my bag.

"*Don't sit around brooding.*" I found if I spent too much time alone, I'd start to mope. I got reacquainted with my youngest brother, who came in from out of town when Dad was sick. I also took the opportunity to explore my old neighborhood; I went for a long walk to revisit old homes and haunts, and this turned out to be a joyous experience.

"*Don't start now getting worked up. . .*" I didn't need to worry ahead of time regarding the memorial service and all the arrangements; whether any of my family members might break out the alcoholic beverages; how well my mother would cope; unexpected expenses or unexpected emotions. For all these concerns, I just had to keep telling myself "twenty-four hours." One day at a time.

I've had my negative moments: Dad never really acknowledged nor tackled his alcoholism, until poor health overtook him. I've carried a lot of resentment about this often-unnecessary suffering, and about my growing up in an alcoholic, unhappy family. Still, Dad and I shared ten years of sober living. As his adult daughter, I got reacquainted with the father I only remotely knew as a child. I have to view this as a gift, one I've been able to experience only as a grateful, recovering alcoholic.

Jill M. - Vancouver, British Columbia

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## **Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**

The importance of the spiritual substance of anonymity has been indelibly shared with me since my earliest sober days. I was told that self-sacrifice meant that I would give up my personal desires in order to promote the common good and that I would give up my natural desires for personal distinction in order to take part in weaving a protective mantle for our society. I learned that anonymity is humility at work and that it expresses itself as we adhere to the following: as a society of equals it does not matter who does the job, only that the job gets done; we help others unconditionally without expectation of credit or reward; we acknowledge our dependence on a Higher Power, knowing that any success we may have is far more to his credit than ours; we remember that of ourselves we are nothing, that it is God within who does the works—that he has the power and the message while we are the channels and the messengers.

In service to Alcoholics Anonymous for almost twenty-five years, I have learned that we achieve humility as individual members by recognizing our true place in AA. As a Fellowship, we achieve humility by recognizing AA's true place in the world. In Alcoholics Anonymous, we have something stronger than our human personalities to rely upon; this something is our spiritual principles—which are not our own invention but reflect eternal spiritual values. We AAs are richly blessed, gifted with the great opportunity to humbly rely on God's power to carry the message of hope to those, placed in our path, who are suffering. Anonymity is a daily blessing that God offers each of us.

Diane O., Cupertino, CA

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### **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

### Notes From your Board...

As we come to close out the year I am continued to be reminded of what it has meant to me to be of service for St Paul Intergroup.

Have you ever used the web site to find a meeting? Have you ever stopped into the office to buy a book? Have you ever called the St Paul intergroup with a question or needed a speaker for a meeting?

I always knew there were people there to staff the office and I always knew that someone would answer the phone when I called but I didn't know the time and energy it took to keep this office running. Many people attend meetings and put a dollar in the basket, that dollar helps support these services but did you know your meeting has a voice? Did you know that as a member you have a voice on the actions taken at St Paul Intergroup?

We want to hear from all of you. Attendance at St Paul Intergroup meetings is around 30 people. If every meeting sent a representative there would be over 200 attendees at this meeting. We need your help. We want to make sure that we are listening to the needs of the community of Alcoholics Anonymous. How can we be of best service to those meetings in the St Paul area? Our mission statement is about being of service and to truly be of service the office and the board would like to understand the needs of the people and the meetings. Please come and join us for the Intergroup Representatives meetings which are on the 3<sup>rd</sup> Tuesday of every month at the Bethlehem Lutheran Church right next to the Spruce Tree building. We have plenty of room and welcome questions and concerns. I personally am looking forward to seeing new people and participating in service with everyone.

Christa W., Board Chair

### Notes From your Central Office...

We are closing out a busy year in your Intergroup office with many improvements. With direction and much assistance from our Board members, we have done some updating of the office. Our phone system and computers were all replaced with updated equipment and software earlier this year. New storage cabinets have tidied up our volunteer office and we have replaced many of our old office chairs. More recently, we have replaced the old desk in the front store area with new counters and a display case. We think the office both looks and functions much better for all this.

Last April, we took delivery of half a ton of the 75th Anniversary edition of the Big Book, and that half ton was gone in about two months! (We have re-stocked, and should have these on sale at least thru June, 2015.)

As we write this, we are getting prepared to celebrate Gratitude Night, and to sell AA literature at the Founder's Day Weekend roundup, and of course to host our New Years Eve event.

Many thanks to all who have helped us throughout the year!

- Thanks St. Paul Area AA!

#### 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>	John M.
<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 October 2014

Meeting information	122
Inventory/hours	20
12th Step calls	9
Temporary sponsor	23
Speaker request	18
Special events	1
Outside issues	22
Info for professionals	4
Administrative	98
Other	52
<b>Total Calls</b>	<b>369</b>
<b>Daily average</b>	<b>16.0</b>
Visitors	221

# UPCOMING A.A. EVENTS!!

<p><b>Southern Minnesota Area 36 Area Committee Meetings</b> Best Western North Mankato, MN <b>Saturday, December 6th - 9:30 AM—5:30PM</b> For more Info: <a href="http://www.area36.org">www.area36.org</a></p>	<p><b>Southern Minnesota Area 36 Recovery, Unity &amp; Service Conference</b> <i>"The Foundation of Our Future"</i> <b>Celebrating 80 years of Recover, Unity &amp; Service</b> Holiday Inn—Owatonna, MN <b>Friday, January 2nd - Sunday 4th, 2015</b></p>
<p><b>13th Annual Wild Rice Roundup</b> <b>"Lose Your Winter Blues"</b> Shooting Star Hotel &amp; Event Center Mahnomen, MN <b>Friday, January 9th - Sunday, January 11th, 2015</b> <a href="http://www.wildriceroundup.com">www.wildriceroundup.com</a></p>	<p><b>Trudging the Road to Happy Destiny 2015 Men's Retreat</b> Horseshoe Bay Resort Leech Lake, MN <b>Friday, January 23rd—Sunday, January 25th</b> <a href="http://www.trhdretreat.org">www.trhdretreat.org</a></p>
<p><b>Minneapolis Intergroup 32nd Annual Gratitude Night</b> Minneapolis Convention Center <b>Saturday, February 21st, 6:30PM – Midnight</b> <a href="http://www.aaminneapolis.org">www.aaminneapolis.org</a></p>	<p><b>Southern Minnesota Area 36 Area Committee Meetings</b> Best Western North Mankato, MN <b>Saturday, February 14th - 9:30 AM—5:30PM</b> For more Info: <a href="http://www.area36.org">www.area36.org</a></p>
<p><b><u>Group and Area News</u></b></p> <p><b>New Meeting:</b> A new group is meeting at the Downtown Alano in St. Paul at 11:00 AM Sunday mornings. They are calling themselves the Sober Soldiers. There is also a new Newcomer's Orientation meeting at the Downtown Alano at 7:00 PM on Tuesdays.</p> <p><b>New Location:</b> The Steps to Freedom group has moved from Lake Elmo to the Christ United Methodist Church, 2500 Hudson Place, Maplewood, MN 55119. Please use the south entrance; the meeting is downstairs in the first room on the right.</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>



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

**New Year's Eve 2014**  
**Wednesday, December 31st**



**7:00 PM - Speaker Meeting**

**7:00 PM - Midnight 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 18th, 2014**

- I. Opened with the Serenity Prayer, Introductions, and the reading of the Primary Purpose of Intergroup.
- II. Minutes from September were reviewed and approved.
- III. Treasurer's Report – The 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. John M., our alternate treasurer, gave the treasurer's report. He reported on the checking and payroll accounts. Both have healthy balances. Literature sales are doing fine. Group contributions are up from last month. Many thanks! The **Faithful Fiver** automatic and electronic payment program is available, 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 CJ M. at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org).
- IV. The Office Report –We will have elections for other positions in November: two board members at large, board secretary, board alternate treasurer, and alternate chair positions need to be filled. Those who may be interested in these positions should submit resumes to Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org). 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 12<sup>th</sup>-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](mailto: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](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 – 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](mailto:outreach@aastpaul.org) for more information on assisting Intergroup with this valuable service opportunity!
- VII. Update from the Board – We will have elections for other positions in November: two board members at large, board secretary, alternate treasurer, and alternate chair positions need to be filled. Those who may be interested in these positions should submit resumes to Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org).
- VIII. Night Owl Report – At the time of this meeting we have 1 shift open and still are looking for one female to be on the Night Owl committee. We also need people to sign up to take 12-step phone-calls. Please call Dan 612-328-3444 if interested, and 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 from District 8 reminds us to keep pushing the green can plan which provides funds for ASL. He also explained that the district needs people to be part of committees. Joe from District 15 reminded us of their Fall workshop on November 8, 2014 11:30am to 3pm at Christ Lutheran church in Lake Elmo. There will be a taco lunch, and the topic will be "The importance of being a general service representative."
- X. Upcoming Intergroup Events: Gratitude Night is Saturday November 22, 2014 7pm–10pm at the recovery church. Speaker is Carol B. from Montana. Founder's Day Weekend is Friday November 28 to Sunday November 30, 2104 at the DoubleTree Hotel in St.Louis Park, MN. Stop by the intergroup hospitality room. New Year's Eve will take place at the recovery church. We will have a speaker and a dance.
- XI. Old Business: none
- XII. New Business: Dan S. had an inquiry about AA and Minnesota Teen Challenge which we referred to district 8. Paul brought up being able to contribute to St. Paul Intergroup online. Frank reminds us that we are able to take contributions via calling intergroup and giving your credit card number over the phone.
- XIII. Group AA Announcements: Sonya said Pocket our Pride is looking for a new space for their 11am Sunday meeting. They have a budget of \$40/month. If you have an idea, please contact Frank at [manager@aastpaul.org](mailto:manager@aastpaul.org). Paul from Dakota Alano told us about their monthly potluck first Saturday of every month 5pm.
- XIV. Suggestions for next month's agenda: Our main business will be our elections.
- XV. Justine volunteered to do the Grapevine Report for November.
- XVI. Alfred volunteered for Concept XI Review for November.
- XVII. Sonya volunteered for giving the Mock Rep Report November.
- XVIII. Closed with the Responsibility Statement.

**ATTENDANCE:**

Christa W., Board Chair	Tim B., Alt. Chair	Jean O., Board Advisor	Michele M., Secretary	Steve N., Member at Large	Tiffany B., Mem- ber at Large
Hillary B., Member at Large	Paul T., Member at Large	Frank N., Office Manager	Mike S., Basic Text	Sandy K., Como Park BB	Suzette. J., Daily Reflections
Mike C., Defogged Men	Jordan H., Defogged Men	Scott L., District 8	Jestine M., Fire- side Women	Terry J., The Firing Line	Sarah W., Hole in the Do- nut
Alfred K., Main Idea	Ken D., Maplewood Groups	Dave L., No Time Like the Present	Sonya J., Pocketing Our Pride	Jimmy H., Problem & Solu- tion	Steve N., St Paul Speaker Mtg.
Jane B., Summit Women	Paul T., There is a Solu- tion	Cheryl B., Third Edition	Joe S., 12x12 By The Book		

**December 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

**OCTOBER CONTRIBUTIONS**

Number of Group Contributors: 42  
Total Group Contributions: \$4376  
Number of Faithful Fivers: 18  
Total from Faithful Fivers: \$290

**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**

Abby, Andrew O., Breck M.,  
Brookes R., Bob P., Burt K.,  
Carol R., Cathy K., Cathy T.,  
Chris H., Collin P., David J.,  
Eamon K., Elizabeth S.,  
Frank D., Heather S., Henry O.,  
Jim C., **Jim S.**, Ken S., Kyle S.,  
Melissa M., Mike B. Mike S.  
Nancy D., Nikki M.,  
Paul L., Patrick O., Randy N.,  
Steve W., Suzanne B.,  
Ty K., Vin S.

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



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

- Amigos III
- Anoka Day By Day
- Apple Valley Monday BB
- Basic Text
- Basic Text Women's Group
- Book Club- 'The book club'
- Como Park BB
- Episcopal Home group
- Fireside Women's BB Group
- Forest Lake Alano
- Forest Lake Squad 3
- Fresh Air Group
- Gratitude in Action
- Hampden Park AA
- Happy Joyous and Free
- Highland Park Groups
- Hole in the Donut Group
- Hugo Group
- January 6th Group- Roseville
- Lake Elmo Thurs Night Group
- Landmark Group
- Mahtomedi Tuesday Step
- Meeting of the Waters
- Midway Club
- New Brighton Big Book A.M.
- North Branch Community Groups
- North Dale Group
- Oakdale Woodbury Sun Group
- Pathways to Peace Group
- Retreat, The
- Rivertown BB Group-Hastings
- Roseville Centennial Group
- Senior AA
- Sisters of Serenity
- Stepsisters of Northfield
- Third Tradition Northfield
- Una Luz en el Camino
- Uptown Club
- Vadnais Heights Groups
- Valley Creek Thurs Night
- Woodbury Primary Purpose



**The Lifeline: Purpose Statement**

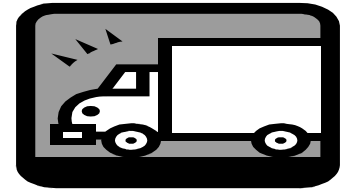
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article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