

# The Lifeline



March 2016

24 Hour Phone: 651-227-5502

Volume 52, Issue 3

## **Step Three: Made a decision to turn out will and our lives over to the care of God as we understood him.**

No one ever trips over a mountain," my sponsor told me. Or, as the "Twelve and Twelve" attests, the deployed forces in WWII had far fewer relapses than the alcoholics stateside. So it is that most of us in recovery find we can get through big events and crises sober, but are sometimes challenged when all seems to be going smoothly.

So it is with holidays, at least for me. In my family, the "big" holidays were Thanksgiving and Christmas. They were not big drinking days. My family was not alcoholic. On the big holidays, there were too many people and too much to do to for me to be able to drink.

But what I thought of as the "minor" holidays were another story. Those three-day weekends were tailor made for drinking. Throughout my sobriety, I have treated those holidays with great respect and made sure to layer them with meetings, fellowship and service.

What prompts this not is an awareness I had during a meeting this past Memorial Day. My last drunk was on a Saturday. My first day sober was Sunday, and the next day was Labor Day. It's taken me almost 20 years to see the humor of my Higher Power in pulling me over in that time frame. What I could never have done myself--interrupt a three-day drunk--my Higher Power did. I have maintained this gift of sobriety a day at a time since 1990.

My first time doing a minor holiday sober was my second day of sobriety! What a miracle! In reflection, I see that surrender was all that was needed. And surrender, relying on God as I understand him, allows me to do life sober on a daily basis.

A day is a day is a day. All days are equal. When I foresee a day or an event as a challenge or risk, what I do does not change, nor need to. All that's required is to take the Third Step and proceed.

—Betty L, Fitchberg, WI

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## **Tradition Three: The only requirement for AA membership is a desire to stop drinking.**

In 1945, Alcoholics Anonymous endured another test of Tradition Three. A man came in needing help who was not black, he was also an ex-convict and everything that he owned was on his back. As if that weren't enough, he had bleached blond hair, had on make-up and proceeded to tell the members that he was a dope fiend. The members did not know what to do about him. When a group conscience decision could not be reached, they did what many other Alcoholics Anonymous members did at that time: they called Bill.

One of the group members ran off the list of afflictions that the prospective member had. Upon hearing this, Bill got silent and asked the AA member to go over the list again. After he ran down the list again--homeless, blond hair, make-up, male drag queen--Bill asked one simple question. He wanted to know if the man said that he was a drunk. Upon hearing the affirmative, Bill stated, "Well, I think that's all we need to ask". The gentleman was invited to attend meetings and his presence created a precedent for Tradition Three.

These situations are not just past Alcoholics Anonymous history. Problems will still arise when a group debates whether to exclude alcoholics who have problems other than alcohol or differing lifestyles. This Tradition does not mention any additional requirements, outside of a desire to stop drinking. There is no demand that a prospective member not have a history of drug abuse, or that he or she does or does not come from an institution or that he or she does not have a certain lifestyle. All alcoholics are welcome.

It is this Tradition that allows those who may not be of the same social standing, who may not be of the same socioeconomic background, or race or culture or sexual orientation as the person sitting next to them, to enter into the doors of Alcoholics Anonymous. This Tradition allows all those who want to do something about their drinking to find that common solution that we have found. It's this Tradition that binds us to that simple principle of Bill's shining ideal that everyone should have an equal opportunity to recover from alcoholism.

—Elaine G.

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### **St. Paul Intergruop 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 I begin my final year as a board member I look back at the past 4 years. I have had the privilege and honor to continually work with board members who are dedicated in their effort to better your intergroup. St Paul Intergroup is your organization it is managed by your friends within in the fellowship. As we begin another new year many make resolutions. I ask you to consider a resolution to become involved in serving your fellowship by participating and attending your intergroup functions and activities.

Service has been a large part in my recovery and it has improved my program and life in many ways. I have made many new friends learned from all of them. I hope you who read this will stand up at your meetings and remind your fellows that intergroup is here for you and what can we do to be of service. Please encourage your groups to send their representatives, volunteer to help at functions, and to attend the events.

Thank you to all the past and current board members, to Frank and the office, and to the countless volunteers who help daily in and out of the office.

- Tim B., Advisor to the Board

**Notes From your Central Office...**

We've been looking back at our activities in you Intergroup office for 2015, and thought it would be timely to share a few facts about that with you.

Thanks to all the support we received from our area groups and individuals, we finished the year in the black, bringing in about \$2500 more than we expended. Over one hundred eighty different groups from our area made contributions to Intergroup last year, totaling over \$47,000! In addition, over 60 individuals made Faithful Fiver (or larger) and Birthday contributions totaling over \$4500. We are deeply grateful for all this fine support.

During 2015, office volunteers and Night Owls fielded hundreds of inquiries for help and information. The office took over 1200 calls about meeting information, connected over 200 people with Temporary Sponsors, and assisted with 60 Twelve Step calls. Of course, our Night Owl volunteers assisted hundreds of people through the year as well. We scheduled Speakers for many dozens of meetings around our area. In addition, our web site got over 80,000 "hits" from persons looking for information about area meetings and our other services. We'd be unable to do even a few of these things without the hundreds of AA service volunteers who have signed up with us to offer their experience, strength and hope in these ways and again we are very grateful.

Of course, we also sold AA literature and group supplies last year, and quite a lot of those. We sold over 1600 Big Books,, more than 900 12 By 12's, and almost 6500 AA pamphlets in 2015. As a demonstration that this literature has an effect, we also sold over 11,300 medallions last year!

We'd like to thank everyone who played a part in such a successful year here, form our Board members through all of our service volunteers, our many member groups and everyone who tossed a few dollars into the baskets there.

- Thanks, St. Paul Area AA!

<u>2016 Steering Board</u>		<u>Office Calls in January 2016</u>	
<b>Chair:</b>	<b>Sandy K.</b>	Meeting information	97
<b>Alt. Chair:</b>	<b>Jenny S.</b>	Inventory/hours	28
<b>Secretary:</b>	<b>Scott L.</b>	12th Step calls	5
<b>Treasurer:</b>	<b>Joe W.</b>	Temporary sponsor	8
<b>Alt. Treasurer</b>	<b>Matt R.</b>	Speaker request	34
<b>Members at Large 2016:</b>	<b>Jestine M. &amp; Mike C.</b>	Special events	3
<b>Members at Large 2017:</b>	<b>Catherine K. &amp; J.D.</b>	Outside issues	15
<b>Advisor to the Board:</b>	<b>Tim B.</b>	Info for professionals	1
<b>Office Manager:</b>	<b>Frank N.</b>	Administrative	62
		Other	36
		<b>Total Calls</b>	<b>289</b>
		<b>Daily average</b>	<b>14.5</b>
		Visitors	266

# UPCOMING A.A. EVENTS!!

## GOPHER STATE HOSPITAL SUITE RESERVATIONS

**Gopher State Roundup XLIII** will be held at the **Double Tree Bloomington** on **May 27, 28 and 29, 2016**. Hospitality suites are available by reservation for this event.

If your group is interested in a hospitality suite and able to pay the associated rates, please contact:

Leah W. 612-267-1611

John C. 612-388-5356

Email: [hospitalitysuitescommittee@gmail.com](mailto:hospitalitysuitescommittee@gmail.com)

For those groups that had a room last year, this year's application form goes out in February. We hope to see you there!

Gopher State Roundup Hospitality Suites Committee

## District 15 Spring Workshop

Christ Lutheran Church

11194 36th St. North

Lake Elmo, MN 55042

**Saturday, March 19—11:30 to 2:00**

**Topic:** "Service in Recovery"

Featuring *Lee's Famous Corned Beef and Cabbage!*

## 12th Annual Big Ole Roundup

**"Good Orderly Direction"**

Holiday Inn

Alexandria, MN

**Friday to Sunday, March 11-13**

For more info: email [bigoleroundup@yahoo.com](mailto:bigoleroundup@yahoo.com)

Or call Lorne S. 320-260-3104

## 35th Annual Serenity Club Banquet

**"You Are Not Alone"**

Billings Park Civic Center

3903 N. 18th Street (New York Ave)

Superior, WI

**Saturday, March 12th 5Pm - late evening**

For more info: JoEllen N. 218-393-3141 or Danie-Marie 218-591-2666

## MNYPAA 2016

Radisson Hotel Duluth Harbor

505 W Superior St., Duluth, MN

**Friday April 1st - Sunday April 3rd**

For more info: [mypaa5@gmail.com](mailto:mypaa5@gmail.com)

## Group and Area News

**New Meeting:** *The 301 Club* is now holding a Thursday evening Women's meeting at 7PM. The meeting is Closed, Women Only, Big book, Step & Topic/Discussion based.

**New Group:** *The Extraordinary Possibilities* group is now meeting Tuesdays at 7PM at the Willowbrook Church, 840 Lake Street, Forest Lake, MN 55025.

**New Location:** *The Lakeland Group* is now meeting at St. Francis Catholic Church, 16770 13th St. So. In Lakeland, MN 55043.

**Groups closed:** *The EyeOpeners* group, which had been meeting Tuesday mornings in Lakeville, and the *Steps to Freedom* group, which had met Wednesday evenings in Maplewood have disbanded.

## Area 36 Southern Minnesota Delegate's Workshop/Assembly

Bethel Lutheran Church

1321 North Ave

Northfield, MN 55057

**Saturday, Apr 9th**

**9:00 am – 11:30 am**

**1:00 pm – 4:00 pm**

## Districts 19 and 24 Workshop Topic: "Prayer, Meditation & Step 11"

Shepard of the Lake Church

6311 N. Berens Rd. NW

Prior Lake, MN 55372

**Saturday, April 16—12:45 to 4:00**



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



**Upcoming Night Owl Orientations:  
Saturday, March 18th, April 16th, May 21st  
10:00 AM - 11:00 AM**

St. Paul Intergroup Office

1600 University Ave. W. - Suite #214

**To RSVP please call: 651-227-5502 (Please call by 4PM the Friday before to RSVP)**

**St. Paul Area Intergroup Representatives' Meeting Minutes January 19th, 2016**

1. Opened with the Serenity Prayer, introductions, and Grant read the Primary Purpose of Intergroup.
2. Minutes from last month were reviewed and approved, John motioned and Lesli seconded.
3. Treasurer's Report, Joe W, bank account total is \$36,065 and prudent reserve is \$45,013. Total contributions are down. Net income was \$2,288. Contact Joe W at treasurer@aastpaul.org
4. The Office Report, Manager Frank is planning to retire on April 1st. This should be enough time to hire a new manager and give them a thorough orientation to the office and job. Finished the year in the black primarily due to individual and group contributions. Please refer to website for latest updates on the closing of the Downtown Alano and Main Idea groups. 41 different groups and 25 Faithful Fivers contributed and we're grateful for their support.
5. The Website Report, 665 meetings/282 groups total. Down 5 meetings and up 2 groups from last month. Outreach committee and volunteer Fred are making great strides with cleaning up the database. Jonathan and volunteer Sergei are putting finishing touches on the mobile app. Analytics were reviewed and more the 50% of site visits are from mobile devices. Total meeting searches for year are up. Contact Jonathan at webservant@aastpaul.org
6. Outreach Program, all meetings have now been visited at least once and will continue. Contact Jestine M at outreach@aastpaul.org
7. Update from the Board, job posting now available for Office Manager w/resumes due 2/12 with start date 3/14, Jenni S
8. Night Owl Report, Lesli D, new committee member Steve B, upcoming committee meeting 1/24, see website for 2 open shifts. Night Owl Orientation is every 3rd Sa at 10 a.m. in the Office. Contact Lesli D at nightowl@aastpaul.org or Frank N at manager@aastpaul.org
9. Gopher State Roundup 43, Fr 5/27-Su 5/29, theme is Acceptance is the Key, need 600 volunteers, original purpose was to raise money for service entities and bring in out-of-state speakers to talk about recovery and service, Raz S
10. Liaison Reports, District 8, Meghan K, working on approving 2016 budget, CPC committee is working on having lunches with professionals; District 15, Julie H, no report; District 19, Dan R, continuing to maintain literature racks in guidance counselor offices in high schools, area hospitals, and area treatment centers, still looking to partner with other Districts for workshops.
11. Upcoming Intergroup Events, Volunteer Appreciation Dinner, Sa 2/20, Bethlehem Church, 6p taco bar, 7pm speaker, for all Reps, Office and Night Owl volunteers, Sandy K
12. Old Business, Night Owl Policy on 12 Step Calls, current Night Owl instructions indicate callers under 18 should call back during office hours; Board approved revising instructions to include First Call for Help (211) or 911 as additional resources
13. New Business, no new leads on new Office location, option to extend current lease for 1 year, Sandy K
14. AA Group Announcements, Al-Anon Annual potluck, Sa 1/23, Recovery Church; Como Park Big Book 20th Anniversary, Sa 1/30, 6p potluck, 7p speaker, New Life Presbyterian Church
15. Suggestions for next months's agenda, none
16. Grapevine Report, David gave report; volunteer for Feb, Paul
17. Concept 1, Lesli gave report; volunteer for Concept 2 for Feb, Kate
18. Mock Rep Report, Tim B; volunteer for Feb, Ken
19. Closed with the Responsibility Statement

**ATTENDANCE:**

Sandy K., Board Chair	Jenni S., Alt. Chair	Tim B., Board Advisor	Joe W., Treasurer	Mike C., Member at Large	Catherine K., Member at Large
JD D., Member at Large	Frank N., Office Manager	Jonathan L, Webservant	Jill J., Como Park BB	Caleb W., Defogged Men	Dan R., District 19
Carolyn M., The Firing Line	John K., Gratitude in Ac- tion	Chris P., Happy, Joyous & Free	Ken S., Hole in the Doughnut	Carolyn M., The Firing Line	John K., Gratitude in Action
Chris P., Happy, Joyous & Free	David S., Main Idea	Shawn F., Main Idea	Shawn Y., Maplewood Groups	Rich B., New Brighton BB	Dave L., No Time Like the Present
Paul W., OMD	Kate G., OMD	Kyle H., Problem & Solu- tion	Grant F., Problem & Solution	Tony A., Rule 62	Meghan K., Stu- dents of Life
Brigid V., Summit Hill	Erica O., West End Groups	Lesli D., Night Owl Coord. Comm.			

**March 2016 MEETING: Tuesday the 15h, 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

**JANUARY CONTRIBUTIONS**

Number of Group Contributors: 41  
Total Group Contributions: \$4887  
Number of Faithful Fivers: 24  
Total from Faithful Fivers: \$556

***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 January**

Andy B., Brian V.,  
Burt K., Charles M., Dave P.,  
Devin R., Frank D., Henry O.,  
Jason S., Jean R., Jeff L.,  
Jim C., John H.,  
Lynda S., Mary H.,  
Marilyn M., Mike B.,  
Mike D., Sheryl J.,  
Steve W., Suzanne B.,  
Tammy O., Ty

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



**Thanks to the groups that  
contributed in  
January 2016**

- 11th Step Meditation
- Amigos III
- Anoka Day By Day
- Apple Valley Monday AM Women's Mtg.
- Apple Valley Monday BB
- Baffled Lot - Lake Elmo
- Basic Text
- Book Club- 'The book club'
- Como Park BB
- Dakota Alano-Sat 6PM There is A Solution
- Dakota Alano Friday 6 PM
- Dakota Alano Tues 6PM
- Easy Does It group
- Fireside Women's BB Group
- Forest Lake Alano
- Fourth Dimension
- Happy Hour 12 & 12
- Happy Hour Men's Meeting
- Happy Joyous and Free
- Happy Joyous and Free II
- Highland Park Groups
- Hugo Group
- Island Lake Group
- Live and Let Live
- Maplewood Groups
- Mendota St. Peter's Sat 1030 Group
- North Branch Community Groups
- Oasis Group - Apple Valley
- Rosemount AA
- SOS - Sharing Our Serenity - Afton
- Stepsisters of Northfield
- Summit Hill
- The Grind
- Third Tradition Northfield
- Transfiguration Group
- Una Luz en el Camino
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear Sat. AM Women's Group
- Woodbury Primary Purpose

**The Lifeline: Purpose Statement**

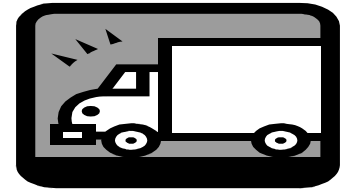
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article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