



Step Four: Made a searching and fearless moral inventory of ourselves.

Looking Within

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self-awareness is permanent. Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to resolve them, they become fewer and fewer.

Reprinted from Daily Reflections, p. 100, with permission of . A. A. World Services, Inc.

Tradition Four: Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Two "Magnificent Standards"

All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards.

- AS BILL SEES IT, p. 271

To acknowledge and respect the views, accomplishments and prerogatives of others and to accept being wrong shows me the way of *humility*. To practice the principles of A.A. in all my affairs guides me to be *responsible*. Honoring these precepts gives credence to Tradition Four—and to all other Traditions of the Fellowship. Alcoholics Anonymous has evolved a philosophy of life full of valid motivations, rich in highly relevant principles and ethical values, a view of life which can be extended beyond the confines of the alcoholic population. To honor these precepts I need only to pray, and care for my fellow man as if each one were my brother.

Reprinted from Daily Reflections, p.127, with permission of .A. A. World Services, Inc.

We're Moving!!!

Your St. Paul Area Intergroup Office is moving!

See page 3 for details.

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...

The spirit of service work.

Writing this article is an example of service work. Anytime you share your experience, strength and hope is a type of service work. When I started my journey some 24's ago, my first sponsor volunteered me into my first service work. I would come early to the meeting and set up chairs. Being a perfectionist, I carefully set the room to accommodate everyone. Chairs were in perfect rows, with leg space calculated to the inch for maximum leg room. People would come into the meeting and start moving the chairs! I could not believe it!! No consideration at all for my in-depth work to set the room up. Well, I eventually got over it.

The moral of the story is that the whole process got me out of myself. I took pride and I did get recognized for my service. That first type of service work opened the door. I made coffee and cleaned up after meetings. Not long after, I was trusted servant for my meeting which led to Chairman of my home group. This expanded to be a GSR at District 8, served as Finance Chair and eventually Treasurer. You see, service today is a big part of my life. Service to my community, my family, work and let's not forget God. It is my honor to be of service at Intergroup for you.

- Matt R., Alternate Treasurer

Notes From your Central Office...

Next month, your new Office Manager, Johni B., will be writing these notes, so this is my last turn at it. I have been very honored by the opportunity to serve you in this capacity, and am very grateful for all the support and assistance I have received.

Over the past four and a half years, hundreds of AA members from our community have given freely of their time and service to assist your St. Paul Area Intergroup office with its many missions. Among them have been our other staff members, our Board of Directors, our Night Owls and their Coordinating Committee, dozens and dozens of office volunteers, and the many who have helped us with our Intergroup events. There are also the many hundreds who answer our Twelve Step calls, serve as Temporary Sponsors, and speak at groups and institutions who have requested them.

These many service volunteers have met all the challenges over the past few years, and I know and trust our office will continue to receive all of this continuing service and support. Thanks to all of you!

Thank you for this wonderful opportunity to be of service to so many.

- Thanks, St. Paul Area AA!

<u>2016 Steering Board</u>		<u>Office Calls in February 2016</u>	
Chair:	Sandy K.	Meeting information	116
Alt. Chair:	Jenny S.	Inventory/hours	28
Secretary:	Scott L.	12th Step calls	3
Treasurer:	Joe W.	Temporary sponsor	32
Alt. Treasurer	Matt R.	Speaker request	16
Members at Large 2016:	Jestine M. & Mike C.	Special events	3
Members at Large 2017:	Catherine K. & J.D.	Outside issues	15
Advisor to the Board:	Tim B.	Info for professionals	2
Office Manager:	Johni B.	Administrative	81
		Other	41
		Total Calls	337
		Daily average	16.05
		Visitors	218

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

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

MNYPAA 2016

Radisson Hotel Duluth Harbor
505 W Superior St., Duluth, MN

Friday April 1st - Sunday April 3rd

For more info: mypaa5@gmail.com

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

44th Annual

Iron Range Get-Together "Subjects of King Alcohol"

Sawmill Inn
2301 S. Pokeama Ave.
Grand Rapids, MN

Friday, April 29th - Sunday, May 1st, 2015

Group and Area News

New (Old?) Group: The *Lauderdale* group had discontinued their meeting for a spell, but they are again meeting at noon on Tuesdays at the same location as before, Peace Lutheran Church, 1744 Walnut St. in Lauderdale, MN 55113.

New Location: The *Soberfish* group, which had been meeting Sunday mornings at 10 in Oakdale, has moved to the Downtown Alano, which is itself in temporary quarters at 220 S. Robert Street in St. Paul.

New Location: The *Senior Recovery* AA groups that had been meeting at the Masonic Center on St. Paul's West Side have moved to 235 Roselawn Ave. E., in Maplewood 55117

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.



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



Upcoming Night Owl Orientations

Saturdays April 16th, May 21st, June 18th 10AM—11AM
at The St. Paul Intergroup Office
To RSVP please call: 651-227-5502
(Please call by 4PM the Friday before to RSVP)

The Saint Paul Area Intergroup Office is moving!

On April 16, our office will move to a new location.
It will be:

**608 West Seventh St.
St. Paul, MN 55102**

West Seventh and Western, one block East of St. Clair

St. Paul Area Intergroup Representatives' Meeting Minutes February 16th, 2016

Opened with the Serenity Prayer, introductions, and Grant read the Primary Purpose of Intergroup. Minutes from last month were reviewed and approved, Shawn motioned and John seconded. Treasurer's Report, Joe W gave the treasurer's report. Bank account total is \$34,130 and prudent reserve is \$45,013. Total contributions are down from last month. Overall, net income was \$580. Contact Joe W at treasurer@aastpaul.org

The Office Report, office volunteers are up, 3 groups each purchased a case of Big Books (20 books). Groups are invited to participate in co-hosting the hospitality suite at Gopher State Roundup and help with the literature sales table. 41 different groups and 24 Faithful Fivers contributed and we're grateful for their support, contact Frank N at manager@aastpaul.org

The Website Report, 665 meetings and 282 groups total and is unchanged from last month. Volunteer Sergei is transitioning to maintaining current site while Jonathan continues to develop the mobile site. Stats are up this month except for meeting results. Please forward special events for posting. Contact Sergei or Jonathan at webservant@aastpaul.org

Outreach Program, database is up-to-date, Contact Jistine M at outreach@aastpaul.org

Update from the Board, Office Manager Frank N retires 4/1. HR committee will choose from the 4 qualified applications received, start date is 3/14, Jenni S

Special Report regarding office meeting, new location identified and information on possible move will be next month.

Night Owl Report, Lesli D, new committee member Steve B oriented, see website for 2 open shifts. Night Owl Orientation is every third Sa at 10 a.m. in the Office. Contact Lesli D at nightowl@aastpaul.org or Frank N at manager@aastpaul.org

Gopher State Roundup 43, Fr 5/27-Su 5/29, theme is Acceptance is the Key, need 500-600 volunteers, see website for information including registration and room rental information, Raz S

Liaison Reports, District 8, Meghan K, no report; District 15, Julie H, transcribing archives, Spring Fellowship workshop, Sa 3/19 11:30am at Christ Lutheran Church in Lake Elmo; District 19, Dan R, outreach programs continue to go well, partnering with District 24 for Prayer, Meditation and Step 11 workshop, Sa 4/16 12:45pm at Shepard of the Lake Church in Prior Lake.

Upcoming Intergroup Events

Volunteer Appreciation Dinner, Sa 2/20, Bethlehem Church, 6pm taco bar, 7pm speaker, for all Reps, Office and Night Owl volunteers, Sandy K

Spring Fling will be in April, AA and Al-Anon speakers, chicken dinner and dance, Mike C

Old Business, Night Owl instructions for 12 Step Calls instructions have been revised

New Business, none

Group AA Announcements, Maplewood Alano monthly sobriety meeting is Sa 2/20

Suggestions for next months's agenda, request for information on possible office move

Grapevine Report, Paul gave report; volunteer for Mar, Debbie

Concept II, Kate gave report; volunteer for Concept III for Mar, Michelle

Mock Rep Report, Ken; volunteer for Mar, David

Closed with the Responsibility Statement

ATTENDANCE:

Sandy K., Board Chair	Jenni S., Alt. Chair	Tim B., Board Advisor	Joe W., Treasurer	Scott L., Secretary	Matt R., Alt. Treasurer
Mike C., Member at Large	Catherine K., Member at Large	JD D., Member at Large	Frank N., Office Manager	Sergy K., Alt. Webservant	Stephanie H., Como Park BB
Julie H., District 15	Dan R., District 19	Aleksandra R., Fireside Women's Group	Carolyn M., The Firing Line	John K., Gratitude in Ac- tion	Ken S., Hole in the Doughnut
David S., Main Idea	Shawn F., Main Idea	Shawn Y., Maplewood Groups	Camille G., Midway Club	Rich B., New Brighton BB	Dave L., No Time Like the Present
Paul W., OMD	Kate G., OMD	Kaylene M., Pocketing Our Pride	Grant F., Problem & Solution	Matt R., Sober Goats	Gentry S., Rule 62
Cheryl B., St. Paul Speaker Mtg.	Brigid V., Summit Hill	Greg Z., Uptown Groups			

**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

FEBRUARY CONTRIBUTIONS

Number of Group Contributors: 34
Total Group Contributions: \$2469
Number of Faithful Fivers: 13
Total from Faithful Fivers: \$160

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 February**

Allie S., Brian V., Beck
Frank D., Henry O., Hilary J.,
Jason S., Jason W., Jean R.,
Jennifer L., Jim C., John V.,
Kailee, Mary H., Moses L.,
Marlon B., Michael G.,
Natalie S., Pat W., Rick B.,
Rob T., Suzanne B.,
Trevor G., Ty

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



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

- 12x12 By the Book
- Anoka Day By Day
- Apple Valley Daily Reflections
- Children of Chaos Plus
- Dakota AA Sat. AM
- Dakota Alano
- Dakota Alano Sun. 8 PM
- Dakota Alano Thurs 1145 AM
- Defogged Men's Group
- Forest Lake Alano
- Gratitude in Action
- Happy Joyous and Free II
- Hastings Club
- Highland Park Groups
- Just for Today Women's
- Keep It Simple group
- Mahtomedi Tuesday Step
- Mendota St. Peter's Sat 9 AM
- North Dale Group
- Pocketing Our Pride
- Ridge Runners II Sat 830 AM
- Roseville Centennial Group
- Roseville Wed Night
- Shoreview 12 x 12
- Sober Goats
- Summit Hill
- Third Edition Group
- Third Tradition Northfield
- Una Luz en el Camino
- Up In Smoke
- Uptown Club
- Valley Step Group
- White Bear Lake Redeemer
- Women's 12 x 12 Study Monday
- Woodbury Fri I Am Responsible
- 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.

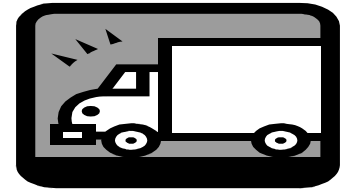


St. Paul Intergroup
Spruce Tree Center
1600 University Ave. W. Ste. 214
St. Paul, MN 55104

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 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