



STEP SIX

Were entirely ready to have God remove all these defects of character.

WITH the entire globe in the palm of his hand, Covid-19 banged on my front door, yelling “You think alcohol is something to be feared? You ain’t seen nothin’ yet! Clearly, he had never come face to face with a genuine, bona fide alcoholic in recovery who had somehow found the courage to choose faith instead of fear.

When I approached Step Six in my second year of sobriety, my Higher Power had already performed the miracle of curing my alcohol addiction, so I felt great relief at the prospect of giving up all the character defects that had kept me hurting myself and others. I loved the program and the progress I was making, and had already become less aggressive, calmer, more loving. The only things I felt unwilling to give up were Ben and Jerry’s Cherry Garcia Ice Cream and that flirty little mocha pastry at the Chinese buffet my husband and I normally frequented once a week. But those delicious character defects had kept fear a million miles away from my front door . . . until now.

Could I maintain my emotional sobriety as the Covid bully stood on my front step, up to his ankles in unsanitized groceries, waiting for me to let him in? This was the biggest test yet as I contemplated living in isolation 24/7, coping with the only virus in our house: FEAR. Faced with the Step Six challenge of being willing to be willing to maintain a very loose grip on my character defects while holding the hand of my Higher Power, could my faith pass the pandemic test? That ugly masked bandit was everywhere, waiting patiently to rob us all our health, our peace, our sanity.

Now, almost three months later, the Covid-19 bully has inspired me to be an even stronger warrior for peace as I fight fear, one day at a time. The first thing I did was ask my husband Tom, a news junkie, to help me maintain my emotional sobriety by keeping me informed on a need-to-know basis. Thrilled that I was no longer the anxiety riddled, panic-stricken wife of yesteryear, he agreed, and even changed our alarm clock setting from CNN to 80’s pop. And every day, instead of scary news reports, he sends me funny, heart-warming animal YouTube videos and inspiring Facebook postings. I think my attitude seems to have become contagious as Tom allows himself to loosen his grip on fear, if only for a few minutes at a time. Together, we enjoy cooking, walking in not-too-crowded parks and beaches, and Face-timing our seven grandkids. Never rushing to say goodbye, we play audience to their Tik-Tok routines, and when it all ends, we choose not to live in the sadness of waving goodbye without a real hug as the iPad goes blank.

Indeed, for this Baby Boomer, virtual is no longer a dirty word: I have become a grateful “Baby Zoomer,” jumping from meditation sessions and AA meetings to good old-fashioned phone calls with AA sisters. I get to pay all this gratitude forward, and mostly I am grateful that I am not grateful that the liquor stores are open.

My gratitude list feels like a big fat fear eraser: Blue Bloods reruns that I never had time to watch on Wednesday nights; electricity that brings my home group and hundreds of alcoholics from all over the world to my house every single day of the week; the laughter between Tom and me that doesn’t feel guilty in the midst of all the chaos; our health, and the health of family and friends who have had the virus and are now doing well; our ability to throw ourselves into nightly Rummikub games while eating homemade banana muffins and chocolate chip cookies - which, alas, come under the category of things I am not willing to give up. . .yet.

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The Lifeline: Purpose Statement

The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup, Inc. 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 St. Paul Intergroup. We welcome articles on a Step, Tradition or Concept, in addition to descriptions of personal experience. We also welcome original cartoons and drawings expressing the wry side of A.A. experience.

Please email your article to Lifeline@aastpaul.org or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 33 Wentworth Ave E, Suite 355. W. St. Paul, MN 55118-3431. 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 & Suburban Area Intergroup, Inc.

33 Wentworth Ave E, Suite 355, West St. Paul, MN 55118-3431

Website: www.aastpaul.org e-mail: lifeline@aastpaul.org Fax: 651-290-0209

Office Hours: Monday through Friday — 9:30 AM to 5:30 PM; Closed weekends and holidays

Somehow, despite all the catastrophic, heartbreaking, fear-provoking ripples of Covid-19, maintaining my emotional sobriety in a safety zone of peace and harmony has become a priority. My world has become smaller, but it can hold thousands of people in a week's worth of time, all seeking peace and sobriety. I am willing to be willing to surrender all my character flaws and trust my Higher Power. Even during the storm, with the nasty bully of a virus trying to get into my back door if he cannot get in the front, my faith has deepened into trust. This is the miracle of Step Six.

I heard a story the other day about a medieval monk who was trying to prevent both Fear and Death from entering the city gates during a plague. Cautiously, he approached Death. "How many people are you going to take?" "A few. Maybe half," he responded nonchalantly. Then the monk turned to Fear and asked the same question. "None," replied Fear. The monk was shocked. The people were overcome by Fear during the trying months of the plague, and when the worst was over, the monk turned to Fear in disbelief. "I thought you said you wouldn't take anyone!" "I didn't," he replied nonchalantly. They chose me."

I have identified the enemy. He wants me to bark at my husband, snap at a sponsee, eat (delicious) cookies. So every evening when the only day I have is done, I pray that I will feel entirely ready to ask my Higher Power to remove my character defects, and, most especially, my fears, in the morning sun. I make a conscious choice to be a warrior for peace, no matter who is trying to huff and puff and blow my house down.

*Louise M.
Albertson Searingtown Group @Temple Judea
Reprinted from Nassau Intergroup News*

THE PRINCIPLE OF FAITH

WE learn from history so as to avoid repeating it. This concept may help in many facets of life, but it certainly did not help with my history of drinking. The embarrassing moments in high school, which had been cute or funny, became embarrassing moments in college. These ranged from dubious badges of honor to moments friends just looked the other way. After graduation this proclivity to imbibe translated into a wrecked car and arrests, more than I care to acknowledge even after over a decade sober. Like so many others, I did not arrive at the doors of AA on the Wings of Victory. My stop was the last house on the block, literally the end of the line.

Before I could believe there was a solution, I needed to cross the threshold of unmanageability and accept I was

powerless over alcohol. Lack of power was my dilemma. I was not a moral weakling. I was just suffering from a disease that was out to kill me and, while performing its treachery, was bent on telling me I was fine.

This message was like a wave breaking on the sea wall at Ocean Beach. It rolled in every morning when I showed up at my 7:00 a.m. meeting hung over. The idea receded as the day progressed and I took the oath to make this Day One of never, ever drinking again with it. As the next swell built, I consumed my daily swill and history repeated itself.

Praying alone did not work for me. The luster of swearing off had paled for those close to me. Yet the conversations I began to hear at my morning meetings were different. I was certain I was not an alcoholic and was just as sure I was more successful in business than everyone in the room (my fantasy world was in high gear). Yet they were each doing what I couldn't. They stopped drinking and stayed stopped. This was a new frontier for me.

As my days at meetings began to pile up, I had somehow been given the gift of faith. I began to believe that if these men and women could do it, then maybe, just maybe, I could too. As the days became weeks and then months I heard how they did it one day at a time. I heard the horror stories of those who slipped and managed to make it back. Sadly, I also heard the reports of those who did not. Once I experienced the miracle of a sober day, when the obsession actually vanished, I knew I was either in it for the long haul or the end would soon be upon me.

A member of our program was asked to read one day and turned to Bill's story: "But just underneath there is a deadly earnestness. Faith has to work twenty-four hours a day in and through us, or we perish" (Alcoholics Anonymous, p. 16). Faith was not only in the admission my life was unmanageable because I was powerless over alcohol, but also in the belief that I could be restored to sanity. If I was painstaking, I would comprehend the word serenity and I would know peace.

Each sober day this new frontier revealed an unexpected landscape. While I had heard these wonders described, to actually have them become a part of my life was entirely a product of my faith growing as I followed the suggestions set forth in the Big Book. My sponsor told me many times, "Faith without works is dead." (Alcoholics Anonymous, pg. 88)

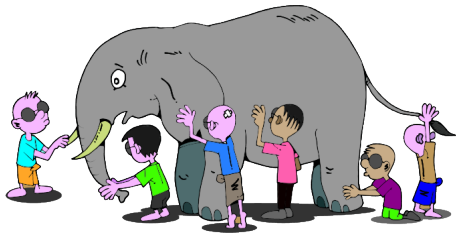
His actions and those of the other members of my group personified what it meant to lose interest in selfish things and gain interest in our fellows. I tried to follow their lead. Thankfully they asked me to focus on progress, not perfection. My faith grew. I cannot say how it happened, nor when it happened, only that it happened. I heard the words "We know that when we turn to Him, all will be well with us, here and hereafter" (Twelve and Twelve, pg. 105).

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I do not know what these words mean to others who might hear them; I can only say what they have come to mean for me. Simply, I have faith that all will be well when I turn to a higher power. Finally unwrapped, this gift of faith our program has given is something I can freely partake in.

*by John W
San Francisco Intergroup*

IT'S ALL ABOUT PRESPECTIVES!



A blonde teenager, wanting to earn some extra money for the summer, decided to hire herself out as a “handy- woman”

She started canvassing a nearby well-to-do neighborhood. She went to the front door of the first house, and asked the owner if he had any odd jobs for her to do. “Well, I guess I could use somebody to paint my porch,” he said, “How much will you charge me?” Delighted, the girl quickly responded, “How about \$50?” The man agreed and told her that the paint brushes and everything she would need was in the garage. The man’s wife, hearing the conversation said to her husband, “Does she realize that our porch goes ALL the way around the house?” He responded, “That’s a bit cynical, isn’t it?” The wife replied, “You’re right. I guess I’m starting to believe all those dumb blonde jokes we’ve been getting by email lately.” Later that day, the blonde teenager came to the door to collect her money.

“You’re finished already?” the startled husband asked. “Yes, she replied, and I even had paint left over, so I gave it two coats.” Impressed, the man reached into his pocket for the \$50.00 and handed it to her along with a \$10.00 tip. “And, by the way,” the teenager added, “it’s not a Porch, it’s a Lexus.”

*By The Way
Central California Fellowship
Sacramento, CA*



THE BALANCE THAT WORKS

Things started working for me when:

1. My Desperation outweighed my Denial
2. My Conscience outweighed my Ego
3. My Compassion outweighed my Resentments
4. My Giving outweighed my Taking
5. My Faith outweighed my Fear
6. My Unselfishness outweighed my Greed
7. My Service outweighed my Neglect
8. My Acceptance outweighed my Criticism
9. My Caring outweighed my Indifference
10. My Empathy outweighed my Contempt
11. My Perspective outweighed my Opinion
12. My Smiles outweighed my Smirks
13. My Calmness outweighed my Rage
14. My Understanding outweighed my Confusion
15. My Virtues outweighed my Faults
16. My Hope outweighed my Distrust
17. My Gratitude outweighed my Dismay
18. My Kindness outweighed my Spite
19. My Principles outweighed my Delusions
20. My Happiness outweighed my Pain
21. My Confidence outweighed my Insecurity
22. My Maturity outweighed my Childishness
23. My Quiet Discipline outweighed my Gossip
24. My Understanding outweighed my Prejudice

The list is endless.

*Rick R
The COIN
Santa Clara Intergroup*

St. Paul Area Intergroup Representatives' Meeting Minutes, April 20th, 2021 7:30 pm

1. **Opened** with the Serenity Prayer, Introductions, and read the Primary Purpose of Intergroup.
2. **Approved** prior month's minutes (motion: Rosemary F, 2nd: Mike C).
3. **Treasurer's Report**, *Lisa L* – Total Contributions: \$13,265 Expenses: \$9,504 Total Revenue: \$16,724 Net Income: \$5,117
Thanks to personal contributions, more walk-in traffic, and sales from the online portal, Intergroup is doing better than last year. We anticipate depositing another \$10,000 into the Prudent Reserve by the end of April, replenishing it by the end of July.
4. **Office Report**, *Dennis B* – We are introducing the “AA Greeter Program” where an AA member can volunteer to bring a newcomer to about two meeting within a 2 - 3 week period, answer questions regarding AA, and explain how to find a temporary sponsor. This will replace our Temporary Sponsor Program. We will begin assigning Speakers in June for groups that request them. If you would like to be a Greeter or a Speaker, there is a two-year sobriety commitment and all volunteers will need to sign up again online. Please see Website for details. There are two new *Grapevines* in print: *Voices of Women in AA* in Spanish and *Free Behind the Walls* in English. Please contact the office at lifeline@aastpaul.org for more info.
5. **Night Owl Report**, *Robyn W* – There are 8 shifts open posted on the Intergroup website. One-year sobriety requirement. Orientation is offered the 3rd Saturday at 10:00 am by Paul C! Thanks! Please contact NightOwl@aastpaul.org for more info.
6. **Website Report**, *Jonathan L* – There are 784 regular weekly meetings and 293 groups served by Intergroup and listed on the website. We are looking for PHP developers and web servants. Please contact *Jonathan & Sergey* at webservant@aastpaul.org.
7. **Outreach Program**, *Lindsey D* – Outreach volunteers are needed to spread the word about Intergroup, its function, how it serves the AA community, and how groups can offer their support. Please contact outreach@aastpaul.org if you are interested in serving as there is a protocol, a script to follow, and a list of meetings from which to choose.
8. **Update from the Board**, *Robyn W* – Gopher State will be in person this fall (Sept. 3rd-5th) as opposed to in May this year.
9. **Liaison Reports**:
 - a. **District 8**: *Lindsey D*, info to come next month on new positions.
 - b. **District 15**: *Heather B*, attended workshop, new positions
 - c. **District 19**: *Brian M*, if you attend meetings in Dakota County, consider becoming a DSM or alt DSM. Contact madhouse0143@gmail.com
10. **Intergroup Events**:
 - a. Recap: *Jeremiah W*, discussed the recent Spring Fling video meeting and the discussion groups after the movie.
 - b. Upcoming: *Lindsey D*, Annual Open House on June 26th. Please see the flyer on the Intergroup Website.
11. **Old Business**: No old business.
12. **New Business**: No new business.
13. **Group AA Announcements**:
 - OMD meets either on zoom or in person on Wednesdays at 7 p.m. and has a potluck, medallion, and speaker meeting on the first Friday of the month!
 - Beginning May 17th, Widening Circle Women's meeting will meet outside at 900 Summit Ave., Mondays at 7 pm.
 - Uptown House has blended AA and Alanon Medallion Meetings on the first Saturdays at the Recovery Church at 7 pm., hosted both online and in person
14. **Suggestions for next month's agenda**: Please contact secretary@aastpaul.org
15. **Grapevine Report**, Ken S; Volunteer for *May*: Brian M
16. **Concept IV review**, Melana M; Volunteer for *Concept V*: Mandy
17. **Mock Rep Report**, Duane M; Volunteer for *May*: Lydia S
18. **Closed** with the Responsibility Statement.

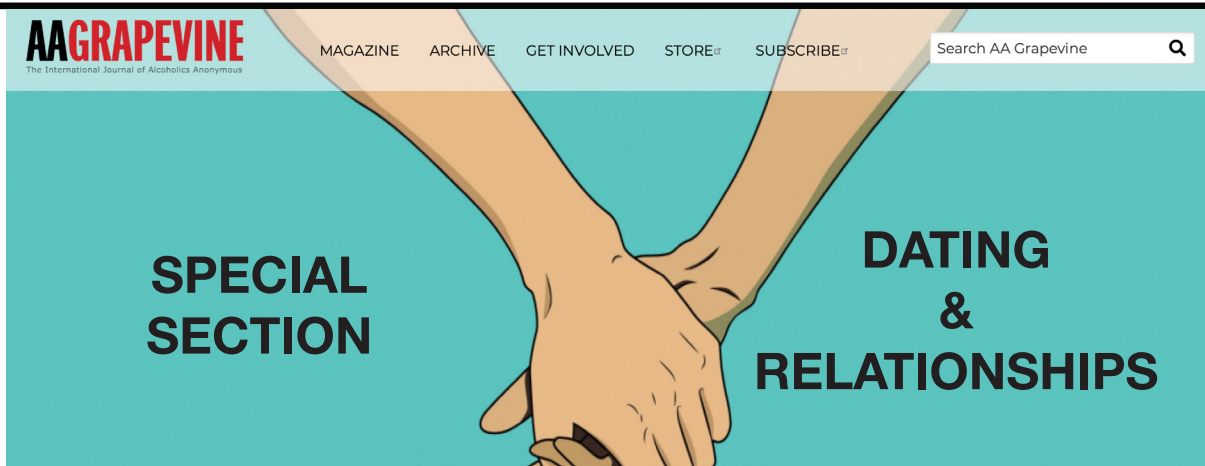
Attendance:

Lisa L - Board Treasurer
Gary - No Time Like the Present
Ryan B - One More Was Added to the Fellowship
Katherine A - Pocketing our Pride
Ken S - Como Big Book Study
Lindsey D - Advisor to the Board
Rachel P - Board chair
Brian M - Meeting of the Waters, Mendota
Jenny T - Fireside Women's Big Book
Mandy O - WBL Women's Basic Text
Jeremiah W - Member at Large
Dayna K - Day by Dei
Duane M - OMD
Jennifer G - Member-at-Large
Ryan R - Basic Text
Tom W - Firing Line

Emily H - Rule 62
Sergey K - Webservant
Jonathan L -- Webservant
Elly C - Member at Large
Jeremy L - Saturday Morning Treats
Robyn W - Alt Chair
Lydia S - Widening Circle
Jeff W - Lakeview AA Big Book
Pat M - New Brighton Big Book Meeting
Dennis B - Office Manager, Intergroup
Melana M - 12 by 12 By the Book in Mahtomedi
Rosemary F - Saturday Morning White Bear Lake Women's AA
Mike C - District 8, New Brighton
Heather B - Safe Haven Women's Meeting/Dist. 15 Liaison
Renee B - Alt Treasurer
Jodie W - Secretary

Next Meeting: May 18th, 2021 7:30pm on Zoom

SPECIAL OFFERS CELEBRATING FOUNDERS' DAY!!

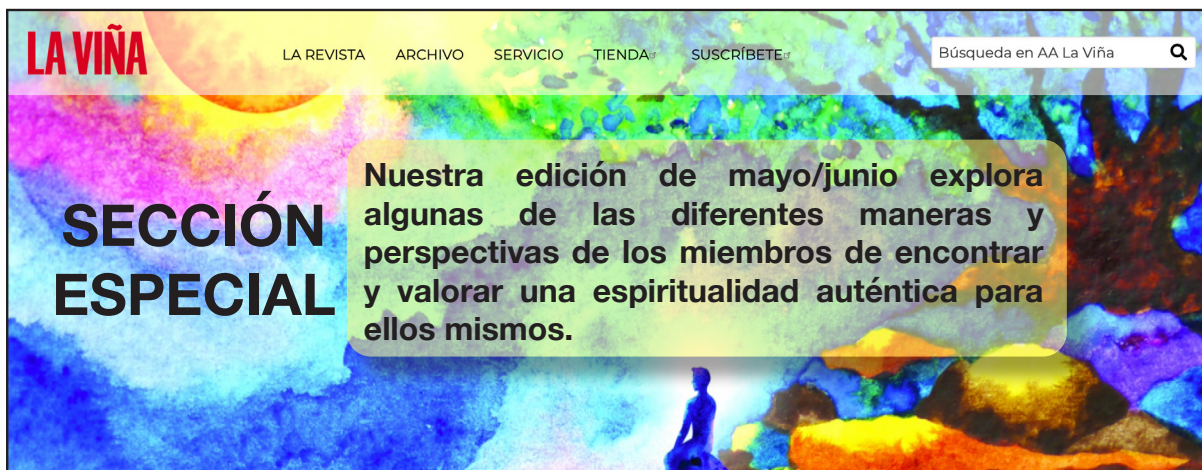


Grapevine and La Viña Celebrate Founders' Day with Free Access from May 26 through June 10, 2021. On June 10, 1935, Dr. Bob had his last drink and that day marks the founding of Alcoholics Anonymous. Since so many meetings are still closed, and groups have limited ability to celebrate our founding, Grapevine and La Viña will help mark this important date by giving everyone free access to our websites for two weeks. You will be able to read and listen to stories from current and past issues, access our sobriety calculator, read the daily quote, learn how you can contribute your story, and find ways to serve others using Grapevine and La Viña magazines.

Please share this news with other members.

—For free access from May 26 through June 10, 2021 visit—

[www.aagrapevine](http://www.aagrapevine.org) | [org aalavina.org](http://org.aalavina.org)



Grapevine y La Viña celebran el Día de los Fundadores con acceso gratuito del 26 de mayo hasta el 10 de junio de 2021. El 10 de junio de 1935, el Dr. Bob tomó su última copa y ese día marca la fundación de Alcohólicos Anónimos. Dado que muchas reuniones aún están cerradas y los grupos tienen una capacidad limitada para celebrar nuestra fundación, Grapevine y La Viña ayudarán a marcar esta fecha importante al brindarles a todos acceso gratuito a nuestros sitios web durante dos semanas. Podrá leer y escuchar historias de las ediciones actuales y pasadas, acceder a nuestra calculadora de sobriedad, leer la cita diaria, aprender cómo puede contribuir con su historia y encontrar formas de servir a otros usando las revistas Grapevine y La Viña.

Comparta esta noticia con otros miembros.

Para obtener acceso gratuito desde el 26 de mayo hasta el 10 de junio de 2021, visite:

www.aalavina.org | www.aagrapevine.org

THOUGHTS FROM THE BOARD

THINGS are finally opening back up again after this long year of COVID shutdown. AA meetings are going back in person. Sure there is still the Zoom option—and that’s great. Maybe it will never go away, and Zoom meetings will be one of the things we can appreciate about the horrible pandemic. The fact that we can meet virtually, no matter where we are a wonderful thing. I learned I liked Zoom meetings WAY more than I thought I would, BUT there is nothing like a REAL LIVE AA meeting with the feeling that God is right in our midst. Yup, I’m glad it’s back—I’m so happy we’re back!

AA meetings aren’t the only thing. Gopher State is planning its annual gathering. Granted, a little bit late—it will be Labor Day (in September) instead of the standard Memorial Day weekend (in May) but good gravy, I’m just glad it’s back. It is going to be one heck of a celebration, for sure.

Right here at Intergroup, the board is also planning several events—REAL LIVE EVENTS. Everything from the annual ice cream social to the November Gratitude meeting. Sure these things still went on during COVID,

and these events honestly went surprisingly well over Zoom, but just like everything else, we are going to pull together and see each other for real finally. I have to figure there will more than a hug or two.

Intergroup is even looking for new meeting space for the monthly rep and board meetings. We’ve still been doing the business of AA over Zoom. Helping the still suffering alcoholic cannot end during a pandemic, so we were still busy at work. Now that so many are vaccinated, we can gather in the same room and get down to some real business of staying connected and ensuring the hand of AA is always there.

You can join us. If your home group does not yet have a rep that attends the monthly meetings on the third Tuesday of each month, call the Saint Paul Intergroup office to find out how to get involved. Maybe I’ll see you there—REAL, LIVE, AND IN PERSON!

*Renee B.
Firing Line
Member-At-Large*



12th Step Calls

3



Website Visits

8,169



Night Owl Calls

205



Meeting Info Calls

73



Speakers Calls

2



Literature Purchased

212 Books

THE FOLLOWING GROUPS, MEMBERS AND FAITHFUL FIVER MEMBERS MADE THE ABOVE SERVICES POSSIBLE:

- A Baffled Lot
- Apple Valley Daily Reflections
- Bridge To Shore
- Complete Defeat
- Dakota Alano - Fri 4pm
- Day by Day Saturday
- Farmington Monday Night
- Forest Lake Alano
- Friday Nit 12x12 By the Book
- Friends in Recovery
- Gloria Dei AA
- Gratitude in Action
- Happy, Joyous & Free - Mahtomedi
- Highland Park Groups
- Joy of Living Group
- Lakeville Hope Community
- Main Idea
- Midway Club
- North Hamline
- Northfield Thurs Nite BB
- Pocketing Our Pride
- Ridge Runners II Sat 8:30 AM
- River Rats
- Rosemount Groups
- Roseville Wed Night
- Rule 62 Step & Tradition
- Saturday Morning PS Meeting
- Saturday Morning Serenity Grp
- Summitt Hill Grp
- Third Edition Grp
- Third Tradition Grp -Nfld
- Uptown Club

- Valley Creek Thursday Night
- Women’s Book Club



- **36 A.A. Groups contributed \$4,888**
- **7 Gratitude Contributions totaled \$572**
- **27 Faithful Fivers contributed \$643**
- **18 Digital Contributions \$2,887**

WE WANT TO EXPRESS OUR DEEPEST THANKS TO THE GROUPS AND INDIVIDUALS WHO HAVE CONTINUED THEIR GENEROUS SUPPORT OF INTERGROUP.

ANGELS ONE AND ALL!

Join Saint Paul Intergroup for an Open House BBQ.

Saturday, 26 June 2021

Come celebrate with us and check out our new
location in West Saint Paul.



Food and refreshments provided. We will have seating, but if you want, bring your own chair or blanket; there is a nice grassy area to relax and eat.

This is not a potluck, please do not bring any food items to share.

Masks required except while seated and eating, masks will be provided for those without. Due to Covid-19 guidelines for public gatherings, we will be practicing “social distancing”. Anyone not feeling well, please do not attend.

When: 26 June 2021, 12:00-3:00 p.m.

Where: 33 Wentworth Ave East West St. Paul, MN 55118-3431 Suite 355

****BBQ will be held in parking lot with our office open for visitors****



Founders' Day 2021

86th Anniversary of Alcoholics Anonymous

**Save the dates:
June 12th & 13th**

**The 86th annual Founders' Day celebration will
be held as a virtual event.**

**For registration and details, please refer to
Foundersday.org**

*In love and service,
The Founders' Day Committee*

DEAD BATTERY - OR



RECHARGED?

AS a sponsor in AA and other 12 step programs, I imagine that I have a virtual battery gauge -- similar to the battery gauge in my truck that lets me know if the batteries in the truck and the connected Airstream were being charged by the alternator or if they were discharging and running down.

On a 2,200-mile road trip with my Airstream trailer, I noticed that the battery was discharging as I drove. The alternator was not charging the batteries. After stopping in a remote rest area to walk my dog, I could not re-start the truck because the batteries were dead. I have since learned to pay attention to this and other gauges more closely.

As a member of the fellowship helping others and, especially, as a sponsor, I need to watch my internal virtual battery gauge. If I am in good shape physically and spiritually, then working with others can charge

my battery -- provided I remain detached and don't take on other people's problems as my own. It is as if the current from my higher power flows through me to them, charging my battery in the process.

If I'm not in good shape, physically and spiritually; if I take on their problems as my own; if I don't accept that I can't fix them or their problems, then my battery is running down and I'm headed for trouble. This is much harder with relatives and close friends in whom I have a lot invested.

When I was five years sober, I was spending all my AA socializing time hanging out with the small flock of newcomers I was sponsoring. I was not spending much time with my sponsor or other old timers. I got about as crazy as the newcomers were. One day when we were all a hot mess at the same time, the thought occurred to me I should load them all in my convertible and drive to the bridge so we could all jump together.

I have since learned that if I do not take care of myself, I will not be much help to anybody else. When I was a teenager and being trained to be a lifeguard, the Red Cross taught me to think of my own safety first and then do whatever I could to help

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SELF-SUPPORT SUGGESTIONS FOR GROUPS

“Every A.A. 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...

33 Wentworth Ave E.
Suite 355
West St. Paul, MN 55118-3431

30% General Service Office

P.O. Box 459
Grand Central Station
New York, NY 10163

10% Southern MN Area 36

Southern Minnesota 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

LOOKING FOR A SERVICE OPPORTUNITY?
Become a St. Paul Intergroup Night Owl

If you are interested - Contact:
Nightowl@aastpaul.org
to schedule training.

St. Paul Intergroup Office
33 Wentworth Ave E, Suite 355
West St. Paul, MN 55118-3431
To RSVP - please call 651-227-5502

2021 INTERGROUP BOARD OF DIRECTORS

WELCOME NEW BOARD MEMBERS!

Advisor to the Board (non voting)	Lindsey D.
Chairperson	Rachel P.
Alternate Chairperson	Robyn W.
Secretary	Jodie T-W.
Treasurer	Lisa L.
Alternate Treasurer	Renee B.
2022 Member-At-Large	Jennifer G.
2022 Member-At-Large	Elly C.
2021 Member-At-Large	Jeremiah W.
2021 Member-At-Large	Andrew LaB.
Manager	Dennis B.
Web Servant (non voting)	Jonathan L.
Web Servant (non voting)	Sergey K.
Night Owl Coordinator (non voting)	Robyn W.



Office Volunteers:

Lynn, Chris, Mary D., Frank D.,
Mike, Connie, Roger, Trey, Jeff

TRADITION SIX

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

WHENEVER I consider the 6th Tradition of Alcoholics Anonymous, what tends to stick out to me is the phrase, “money, property and prestige.” My thought, “How can there be anything Spiritual in all of those things for ME?” It seems so selfish, and I think our founders thought the same. If you look up the long form, the first line says, “Problems of money, property, and authority may easily divert us from our primary spiritual aim.”

I was in an AA meeting once, and a woman in the room said something very profound that resonated with me, and I don’t remind myself of it near enough, “There are just two states of being—ego or Spiritual—and you can’t be in both at the same time.” It’s true. I’m either thinking about the things I believe I deserve, or I am centered with God thinking of others. These two states of being are mutually exclusive. I am incapable of doing both at the same time.

I’ll give you an example to illustrate. I’m in the market to buy a new house. Initially, I’d planned to get myself a small single-family home, but lately, I’ve been considering duplexes or other forms of rental property. While looking at some listings, a thought occurred to me, “It would be nice to offer affordable rent to those early in recovery just getting started again.” Within seconds, another helpful thought, “Yes, maybe I could furnish them for those that don’t have many items yet.”

Whenever this sort of thing happens to me, I figure it’s God. Heck, left to my own will, I’m selfish. I’m not going just randomly to think to sacrifice and share with another person. While all settled into these good and Spiritual thoughts to help others, in pops another idea, “Yeah, but I could be sacrificing a lot of rental income on that plan.” Then along comes, “What if they trash the place? Start using? Don’t pay rent? What if I am inconvenienced or hurt by another?” Just like that, selfishness and fear jump in, bringing me back to ego, thwarting a helpful plan.

In the end, I bought a cute little 1920s craftsman house just outside the city. It’s not a mansion, but the house has everything I wanted and more. I don’t have room for a renter, but I have offered my spare room to women in the program who were in transition. It’s been a blessing to get to know these fellow alcoholics better and help someone in need. It never ceases to amaze me how God always has the exact right plan, better than what I could have envisioned.

Just consider AA’s co-founder, Bill W. By every account, an industrious and intelligent man, yet by the end of his life, he had not created the riches he’d originally desired. Many times, Bill and Lois stayed with friends, living off meager wages. Bill was focused on helping others. His passion was to save us alcoholics and while I imagine he had plenty of distractions from money, property and prestige (and he did—they are noted in several forms of AA literature) we should all be grateful it didn’t divert him from the primary spiritual aim. Just as the Spiritual steps in the program are essential for wholesome individual recovery, the Spiritual basis of the traditions are designed to keep AA healthy and thriving as well.

*Renee B.
Alternate Treasurer
Home Group: The Firing Line*

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others without putting myself at risk. Otherwise, we would both drown.

In 1995, the theme of a convention I attended in Connecticut was “Everybody has a higher power.” They gave out refrigerator magnets with the theme on them. My sponsor had me add “and it’s not you, Rob” to my magnet before I stuck it on my refrigerator.

Taking care of myself means not letting myself get too

- Hungry
- Angry
- Lonely or
- Tired

Taking care of myself means going to meetings

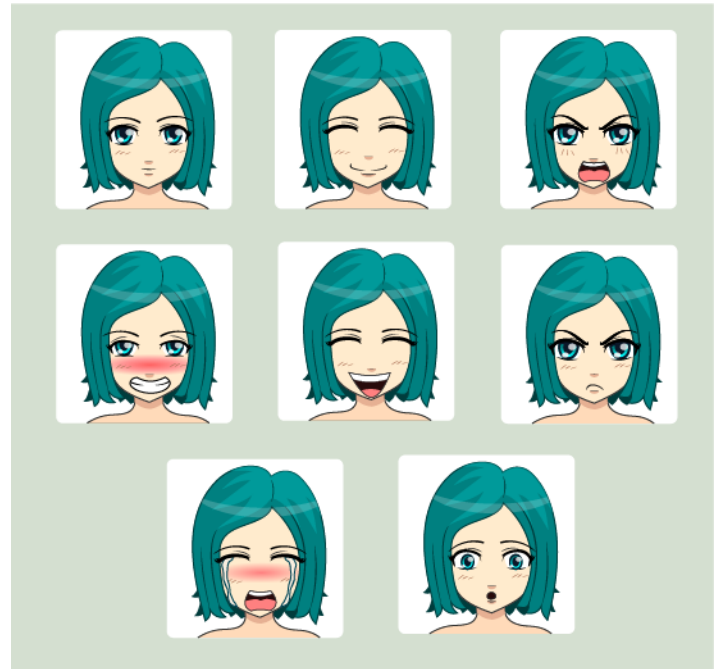
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and talking about what is going on with me. Taking care of myself means not withholding anything from my sponsor.

If I were forced to pick a single slogan as my very favorite, it would be "Do the next right thing." I use that a lot. Over the years people have frequently misquoted me. "Do the next best thing" means something entirely different.

Anything I need to do to take care of myself is a right thing. All the suggestions of the program are right things. However, if I am hungry the NEXT right thing is to eat something. If I'm angry, the NEXT right thing is to step away from the situation so I don't do or say something I will regret later and process the anger -- asking "What am I afraid of?" If I am lonely, the NEXT right thing is often to make a sober contact and talk about what is going on with me with my Sponsor or another member of the program. If I am tired, the NEXT right thing is to take a nap or go to bed early. If I am restless, irritable, and discontent and I have missed several of my regular meetings, the NEXT right thing is to go to a meeting.

*Rob M. (2.24.1985)
Weber Road Nooners Group
Corpus Christi, TX*



Remember, no matter where you go — there YOU are!

Quote: Buckaroo Bonzi

DISTRICT SERVICE MEETINGS

District 8 (Ramsey Co.)

Fairview Community Center
1910 Cty. Rd B West, Rm 108
Roseville
3rd Wed., 7:30 PM
Email: dist8@area36.org (for Zoom info)

District 15 (Wash. Co.)

Christ Lutheran Church
11194 N. 36th St.
Lake Elmo
4th Mon., 7:00 PM
Email: dist15@area36.org (for Zoom info)

District 19 (Dakota Co.)

Rosemount Community Center
13885 South Robert Trail
Rosemount
2nd Wed., 7:00 PM
dist19@area36.org
Email: dist19@area36.org (for Zoom info)

District 26 (SE Ramsey Co.)

Grace Lutheran Church
1730 Old Hudson Rd.
St. Paul
2nd Sun., 7:00PM
Email: dist26-area36.org (for Zoom info)

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