



## STEP EIGHT

*Made a list of all persons we had harmed,  
and became willing to make amends to  
them all.*

**MY** first reaction to Step Eight was that I couldn't possibly make amends to anyone, and anyway, everything that went wrong was someone else's fault. It's a good thing I had a sponsor because I was insisting I couldn't make amends, which isn't even what this step says to do! In understanding that I was focusing too far in the future, I saw a character defect of mine. I get ahead of myself. I worry about things that aren't even actually in front of me. This tendency to worry about stuff that isn't happening stops me from attending to and enjoying what is currently happening.

First, my sponsor told me, for Step Eight we make a list. We don't apologize, we don't go anywhere or see anyone, we just make the list. For this alcoholic, it was a major lesson in keeping things simple, and doing first things first. The reality is that writing the list was hard enough for me. I did not want to make a list of people I had harmed, even though actually I already had a list from my 4th step inventory. I wasn't sure who should go on it, I didn't really understand what harm was and wasn't.

Once I had the list, I had another problem: I was frightened and ashamed about my behavior while drinking. I was unwilling to make amends. As a result, I couldn't imagine facing some of the people on my list. What would they say? What would I say? How

would I explain myself?

I couldn't imagine how to begin. Again, I was getting ahead of myself. Yet again, my sponsor came to my aid. She suggested I pray for willingness. She suggested that I take it easy and remember that I only needed to become willing. I didn't need to take any action yet. Just pray for willingness. I could pray to become willing to become willing if I needed to!



My sponsor also told me I needed to put myself on the list of those harmed. I harm myself without even realizing it when I put taking care of myself last. When I don't exercise regularly, feed myself properly, manage my boundaries, get enough sleep and take care of my own business, I feel exhausted and crabby after a few days. I must acknowledge that even though "self-care" sounds good and relaxing and healthy, I actually don't really like it. It is useful, by all means. I feel a lot better when I take care of my body and mind. Also, I'm definitely easier to be around, so maybe I can think of self-care as a living amends to my family.

The whole step has so much to teach me, still. I can have patience when things are complicated,

Continued on page 2

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### *The Lifeline: Purpose Statement*

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*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](mailto: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**

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

and faith that they will work out if I focus on what is really happening. Even if that is just me, right now, making a list.

I can accept discomfort, knowing that it's not permanent. Step Eight made me super uncomfortable, but it wasn't permanent, and in many ways, it led to greater things. When I'm stuck, I can discuss things with my sponsor or another trustworthy person and work out reasonable solutions. These are all lessons I learned in Step Eight, and still use, when I am working a solid program.

*Claire A.  
The POINT Newsletter  
San Francisco, CA*

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EXPERIENCE  
STRENGTH  
HOPE



I remember that I began my first step during a night that I slept on a sidewalk here in Vancouver. It was the beginning of my spiritual awakening. I was completely alone, sick, hungry, and cold. I was in the middle of making a grand scheme which I figured would either end with my arrest, or in acquiring a tent, a sleeping bag, and maybe a few other supplies to help with the cold, wet air against my terribly thin body. Either way, I knew I would be better off than I was then. I began to consider the next part of my plan which included making some new connections for buying something that would help with the withdrawal sickness.

All at once I had a thought that was completely outside of myself in a voice that I have since learned to recognize and love as that of my Higher Power. The thought was, "If you go and get loaded again, your life will only get worse. It seems so obvious now, but at the time I was dumbfounded. I couldn't imagine how life could possibly get worse. And yet, somehow I knew deep down inside that this was true.

So, I threw my hands up in the air and said, "Fine, I hear you! But what do you want me to do? I have already tried to stop drinking and using many times, and it never works. I can't do this on my own. I need help!"

After saying that desperate prayer, people from



## HOSPITALITY

### GOPHER STATE ROUNDUP

#### HOSPITALITY SUITE RESERVATIONS

Gopher State Roundup XLVII will be held at the Double Tree Bloomington September 3, 4, and 5th 2021.

Hospitality suites are available by reservation for this event.

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

Jenny O. 612-209-0046 or Chase W. 206-719-5552 or by email at [hospitalitysuitescommittee@gmail.com](mailto:hospitalitysuitescommittee@gmail.com)

If you had a room last year, you will be sent this year's application form in June.

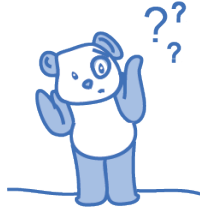
**We hope to see you there!**  
Gopher State Roundup  
Hospitality Suite Committee

A.A. started to miraculously appear on my path in the most unusual ways. With their help, I eventually I made it into an Oxford House and then a treatment program, and I continued running into people from A.A. everywhere I went. They all shared with me what I needed most and had lost long ago, HOPE.

It has now been over four years since that day and my life has completely changed in every possible way. Now I live my life according to God's will and devote much of my time to helping others who are currently where I once was. I owe everything I now have to Alcoholic Anonymous and my Higher Power. I am filled with love and gratitude for you all!

*Cassia N.  
Primary Purpose Newsletter  
Vancouver, Canada*

# DEFINING FACTORS



I am on day two of a step nine that did not go how I wanted it to. I didn't discuss this amends with my sponsor or even have any inkling I was about to set sail on an amends. My pal just kept crossing my mind though. I had agreed to take a job through the state to come and clean his house. His insurance was paying for it. As you might imagine if your insurance will pay for this type of luxury, you are physically dealing with more than enough to be sad or mad or in legit pain. All of this only heightened the angry demeanor my friend often had. The state would have found someone to do it, but he seemed very eager for me take the job. I mean I was someone who seemed pretty ok with his being snarky and would even laugh at the way he could relate disdain. Think Lewis Black.

I tried cleaning his house a few times, him giving me some cash (upon his insistence) to come over and help while I thought about taking the job. It was dirty work; I hated his mop. He tried to keep busy on his own cleaning projects as I worked and it was obvious he was overextending himself. He would moan and swear and gasp for breath but he didn't like my sighs or grunts of scrubbing up a tough job or a face that said eww. There was dust covering nearly every surface, but it was a problem if I put any of his kitchy displays back askew. The worst of the job was when I knocked a vase of fake tulips to the floor. It didn't break. They were sitting on a side table that was behind me, but this was no excuse for my clumsiness. We managed to get me home that day with our friendship intact. He didn't mean to bite my head off.

Next on the list was to actually go to do the paperwork and get set up for the job officially. In the interim my Dad ended up in the hospital and was asked to sign a DNR. I also got a part time job in my field after not working for a year during covid. I knew I never wanted to clean his house again. For fear of tulips.

I wasn't willing to be completely honest. I didn't say I don't want to do this job because you yelled at me. I explained about my Dad and how I would want to make more visits home so time wouldn't allow. My chum texted he wouldn't need my help until the end of June, this was the beginning of June,

and "we could all be dead by then."

Here was a friend that told me I was the only person who still spoke with him. He told me about how lonely he was and downright miserable. And wouldn't you know it my ego thought my companionship was something he needed.

The last time we spoke he told me it was always all about me. This coming from a man that assured me I could tell my story after he shared his better one first. I know it sounds like I feel pretty sorry for myself here and want to declare all of my innocence. Yesterday I messaged him. Apologized I had upset him. I shouldn't have ever said I would take that job when I knew in my heart I didn't want to. I said I hoped we would eventually be friends again. He asked I please do not contact him again. I had already erased his number from my phone but I sealed the deal and unfriended him on Facebook.

Here I sit on the 4th of July wondering about how my insistence to share understanding and kindness turns to a character defect. A refusal to accept the things I cannot change and how my offering of friendship isn't always worth that much when it comes to some. Why in the world were his hurt feelings my responsibility? How and why and what can I do to stop turning compassion into martyrdom?

*Heidi B.  
St. Paul*

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## DON'T LET GO!



I am not going to bore you with a long drunk-a-log but my story discloses in a general way. I was a full fledged drunk, going from soup to nuts. Speaking of nuts, there was a period where I was evaluated for mental disease because of my drinking. I went from Yale to jail without missing a step. As is the usual for a low bottom drunk, I drank daily until I passed out or I ran out of money or drinking companions (not friends). I was incapable of working or even faking a disability so as not to have to work. I was just a total mess with no hope in sight.

Burning bridges was my forte. Every time someone would reach out their hand to help me, I would bite it. It had gotten to the point where there were no more

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PLEASE POST ON BULLETIN BOARD

# “Rocketed Into a 4<sup>th</sup> Dimension!”



## GOPHER STATE ROUNDUP XLVII September 3-5, 2021

**Activities and Accommodations at:**  
DoubleTree by Hilton Hotel,  
Highway 100 & 494, Bloomington, MN

MEETINGS • SPEAKERS • FELLOWSHIP • HOSPITALITY ROOMS • A.A. FILMS

### **REGISTRATION – \$25.00 Contribution (ages 13 & over)**

Visit [www.gopherstateroundup.org](http://www.gopherstateroundup.org) for registration

Guaranteed Special Room Rates  
Register early for the best rate. Details at  
[www.gopherstateroundup.org](http://www.gopherstateroundup.org)  
or directly with DoubleTree by Hilton at  
800-222-8733.

Mention Gopher State Roundup for special rate.

Gopher State Roundup is a special A.A. conference with Al-Anon participation. Gopher State Roundup is self-supporting. No contributions from A.A. groups are used to pay for this event. Expenses such as hotel fees, travel & lodging for the speakers, and printed material are paid through registration fees. No baskets are passed during this event.

#### SPEAKERS

##### FRIDAY, SEPTEMBER 3

7:30 PM Georgia B., A.A., Los Angeles, CA

10:00 PM Jack W., A.A., Denver, CO

##### SATURDAY, SEPTEMBER 4

9:30 AM Rick J., Al-Anon, Ontario, Canada

11:30 AM Deborah K., A.A. Durham, NC (Service)

2:00 PM Lynda B., Al-Anon, Saint. Paul, MN

4:00 PM Bill D., A.A. Detroit, MI (History)

7:30 PM Bob B., A.A. Saint Paul, MN

10:00 PM Micki B., A.A. Austin, TX

##### SUNDAY, SEPTEMBER 5

10:00 AM Bill C., A.A., Naples, FL

ASL interpretation is provided for the meetings listed above.

CDs are available in the Grand Ballroom foyer.

Preregister at:

[www.gopherstateroundup.org](http://www.gopherstateroundup.org)

***For the best room rates and availability - register early!!  
Tickets (see above) — Rooms call hotel at: 800-222-8733***



# Young, Sober & Free

**GROWING** up, I never felt as if I fit in. I drank to fit in, to escape and to just shut off the loud clatter that was going on in my head. I remember the warm feeling that came at once from that first drink. I identify with other AAs when they say that they felt bigger, stronger, and better looking after taking a drink. Growing up as an alcoholic teenager, I didn't have much. I didn't think alcohol would take away the little I had left. My self-esteem, dignity, respect, and sense of self were thrown along the wayside for King Alcohol. When I finally arrived in AA, I was eighteen years old, barely passing high school, and had just beaten a manslaughter charge.

My first few months were hard. I remember being angry a lot and spending a lot of time in fear. (Hell, who am I fooling? If I weren't practicing these spiritual principles, I'd be living in fear right now.) They asked me if I was willing to go to any lengths and I said yes, if they could make the pain go away. I was so beat-up emotionally, I just wanted a way out. I would have killed myself but I didn't have the guts. I worked my Steps and got involved, then took more commitments so I would stay involved. My first year was crazy. I beat the civil suit I was involved in as a result of the manslaughter, I got a job, and attended junior college.

I spent a lot of time hanging out with people in the program. This is what I needed. We hung out until all hours of the night. I remember I never woke up before noon on a regular basis until I had a few years sober. Today I like to wake up early.

When I was sober a few years, I got involved in a young people's committee called the Greater San Diego Young People's committee. Little did I know my life was about to change. The committee threw events for young people and also bid for our state conference ACYPAA every year. It was a blast! We would load up the car and travel to the Bay area just to attend meetings and conventions. We went to dances, parties, and other AA functions, dragging

newcomers wherever we went.

When I was sober five years, I went off to college. That was difficult because I had to attend new meetings, and I discovered they did AA wrong. I graduated in two years and moved back to San Diego. I got involved in Young People's again, going to meetings and all the functions, and I found the greatest thing ever—sponsorship. I started working with a lot of newcomers. I always had heard that this was the point of the program, but hadn't realized it until then. I'd spent all my time thinking about myself and how much fun I could have.

I learned so much from working with others. I got a sense of ease and comfort that I used to get from alcohol. We took homeless drunks to dinner, then tried to talk them into going to detox. This worked for a few

When I was sober eight years, I applied to grad school and was accepted. I then moved back to northern California and had to get involved in new meetings. That is where I am now. I just celebrated my ninth-year sobriety birthday and wanted to write this to share my experience, strength, and hope with those of you out there getting sober when you're young.

I have a great life today, all due to a loving and giving Higher Power. I have to remember that without him, I am nothing. He is the miracle, and I am not. I try to stay really humble. Today, I try to live a spiritual life and practice these principles in all my affairs. I spend my time giving back what I have found in AA, sponsoring, speaking, giving rides, whatever I can do. Sometimes I get bored, and what a blessing being bored in sobriety is. This is when my head stops running and I feel calm and serene. I'm excited about my future; I know that if I stay close to God I will have a magnificent one.

*Derreck L. Sacramento, California  
By The Way  
Sacramento California Newslettter*

# THOUGHTS FROM THE BOARD

## OPENING UP!

**O**h my gosh, I almost forgot to submit this in time for publication. I don't know about you, but since everything started opening back up from the COVID restrictions, my life is right back to go, go, go—and then go some more.

Don't get me wrong; I love it. I enjoy being busy and feeling productive, and I have LOVED seeing my friends again and making some new ones. Trying to get to know people one-on-one on Zoom with no real interaction time after the meetings made it nearly impossible to make new connections, so all this gathering together has been a breath of fresh air.

Granted, not everyone has made it back. We lost some members to this damn disease through this COVID battle. These losses are never easy and serve to remind us of how we must each day remain vigilant in this Spiritual battle. Others have not made it back to the rooms that may still have some health concerns around COVID. If you are one of these folks, I am saying a prayer that you remain healthy to join us very soon.

I fear some who are not yet back have become complacent in the stay-at-home groove. Heck, I liked those Zoom meetings because I could be mobile and still arrive. I'd tune into a meeting during a commute, an evening walk, or doing chores around the house. It was the bomb-digity

to get so much done and still do my AA.

Let's be honest and authentic here for a second—this sort of dial-it-in program isn't the same. AA is not a podcast or an audiobook. We cannot connect on the same level, and it is far harder to be of real help to the newcomer over Zoom. Web-based meetings worked when we needed it, and there may be times in the future it may be necessary too, but this is no substitute for the connection and healing of an in-person contact at a live meeting.

There are those too in our numbers who didn't like Zoom and fell out even going to meetings. I hope you are okay and you found ways to expand your Spiritual growth. I also hope you come on back to the meetings and tell us all about it.

We miss you, and you know what, we need you. This thing we have going here in AA only works if we show up for each other. When you first needed this, people were there for you. There is some new newcomer out there who will resonate with your story. That's how this darn thing works. Without you there, they might flounder trying to find that piece to the puzzle.

In fact, St. Paul Intergroup has a BRAND NEW service commitment called an AA Greeter that needs you. There is NO sobriety requirement. The only thing you need to do is commit to bring someone to a couple of meetings, answer a few questions, and share your experience. Just call the staff at (651) 227-5502 to get your name on the list. Easy peasy—come on back to live in-person meetings—we'll leave the light on for you.

Renee B.



12th Step Calls

3



Website Visits

8,115



Night Owl Calls

237



Meeting Info Calls

79



Speakers Calls

11



Literature Purchased

226 Books

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

- 112 Read This Book
- Anoka - Day by Day
- Burnsville - Primary Purpose
- Dakot Alano - TUES 6PM
- Defiant Brats East
- District 19
- Elements Group
- Forest Lake Alano
- Gratitude in Action
- Grovers Thursday Night
- Highland Park Groups
- Hope in the Wilderness Group
- Hugo Group
- Jumpstart 12 & 12
- Main Idea
- Meeting of the Waters
- Mendota 1030 AA Group
- Midway Club
- New Brighton Alano
- North Dale Group
- North Hamline
- Rosemount Groups
- Safe Have for Women Group
- Sisters of Serenity
- Stepsisters of Northfield
- Summit Hill
- The Leftovers Group
- Third Tradition - Northfield
- Thursday Night Big Book - Nfld
- Uptown Club
- WBL Sat AM Women's Grp
- Widening Circle Group

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- **30 A.A. Groups contributed \$ 4,680**
  - **6 Gratitude Contributions totaled \$ 566**
  - **27 Faithful Fivers contributed \$ 1,633**
  - **13 Digital Contributions \$ 704**
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WE WANT TO EXPRESS OUR DEEPEST THANKS TO THE GROUPS AND INDIVIDUALS WHO HAVE CONTINUED THEIR GENEROUS SUPPORT OF INTERGROUP.

IT REALLY MAKES A DIFFERENCE!

## St. Paul Area Intergroup Representatives' Meeting Minutes, June 15h, 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: Brian M, 2nd: Nancy R).
3. **Treasurer's Report**, Lisa L – Total Contributions: \$5,351 Expenses: \$8,573 Total Revenue: \$9,030 Net Income: -\$1,533. Contributions and sales are down this month, which is typical for a “summer dip” and we are about 8K from our Prudent Reserve goal of 55K. Remind groups & individuals to practice the 7th tradition; it is so convenient to purchase literature/medallions online! *See Treasurer's Report for complete financial details.*
4. **Office Report**, Dennis B – Sales are picking up both in store and online, but still lower which is typical for this time of year. The office has a steady stream of volunteers, but we can always use more. Intergroup is hosting the literature booth at Gopher State this year so that should help with finances. Volunteers are needed to staff the table. *Please see the Manager's Report for more details or contact the office at [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org) for any info.*
5. **Night Owl Report**, Robyn W – There are 2 open shifts: 1st Tues. AM & 1st Wed. overnight. Thanks Paul C. for a great job training the volunteers (3rd Sat. 10-11 a.m. on Zoom)! Moving forward, we will call Night Owl volunteers with the new password as opposed to emailing them. *Please email [NightOwl@aastpaul.org](mailto:NightOwl@aastpaul.org) to sign up!*
6. **Website Report**, Jonathan L – There are 802 regular weekly meetings and 293 groups served by Intergroup; all meetings listed are assumed to meet in person unless otherwise noted. Welcome to our new developer: **Nate J. “Jay”!** Anyone interested in PHP development/data maintenance, please reach out! You may forward any group special AA events to [webservant@aastpaul.org](mailto:webservant@aastpaul.org). *See Web Servant Report for more info & share with your group!*
7. **Outreach Program**, Lindsey D – Outreach volunteers are needed to visit meetings either online or in person and share about Intergroup, its function, how it serves the AA community, and how groups can offer their support. Find an updated script on the website. *Please contact [outreach@aastpaul.org](mailto:outreach@aastpaul.org) with questions for Lindsey!*
8. **Update from the Board**, Robyn W – Intergroup will host the Annual Open House on site June 26th, 12-3 pm.
9. **Liaison Reports:**
  - a. **District 8** (Ramsey County): Lindsey D – Looking to distribute literature into jails and institutions. The delegates will have the GSO conference in NY, with a report to come in August. Awesome opportunity for volunteers to help host the MN State Fair AA Booth, entry will be paid, two-hour shifts. *Please contact Lindsey at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) for more info!*
  - b. **District 15** (Washington County): No updates.
  - c. **District 19** (Dakota County): Brian M – District is having an Area 36 District Assembly on June 19th. *Please contact Brian M at [madhouse0143@gmail.com](mailto:madhouse0143@gmail.com) if interested in attending or handing out literature!*
10. **Intergroup Events:**
  - a. Recap: None
  - b. Upcoming: Jennifer G – Intergroup's Annual Open House will be on June 26th, noon to 3 p.m., hosted on site in the front parking area! Free food, fun, and fellowship! Check out the flyer on the Website – Masks optional!
11. **Old Business:** Just to reiterate, meetings listed on the Intergroup website are presumed to meet in person, unless noted as “suspended.” *Please contact the office at [aastpaul.org](mailto:aastpaul.org) in the event a meeting listed is MIA!*
12. **New Business:** The Intergroup Board will meet in person next month in the conference room at the office for a trial run, but the Reps Meeting will still be online for July.
13. **Group AA Announcements:** Lydia S – Uptown House's Annual Picnic will be on Saturday, July 25th at Newell Park.
14. **Suggestions for next month's agenda:** *Please contact Jodie at [secretary@aastpaul.org](mailto:secretary@aastpaul.org)*
15. **Grapevine Report**, Katherine A; **Volunteer for July:** Patti M
16. **Concept VI review**, Brian M; **Volunteer for Concept VII:** Frank N
17. **Mock Rep Report**, Tom W; **Volunteer for July:** Jeremy
18. **Closed** with the Responsibility Statement.

### Attendance:

|                          |                                |   |
|--------------------------|--------------------------------|---|
| Lisa L - Board Treasurer | Duane - OMD                    | Jeremy L - Sat. AM Treats                     |
| Emily H - Rule 62        | Elly C - Member at Large       | Katherine A - Pocketing Our Pride             |
| Robyn W - Alt Chair      | John K - Member at Large       | Brian M - Meeting of the Waters, Mendota      |
| Laurel M - Day by Dei    | Dennis B - Manager             | Dave P - Happy, Joyous & Free                 |
| Tom W - Firing Line      | Lynn P - SPOSM                 | Mandy O - Women's Basic Text                  |
| Rachel P - Board Chair   | Ken S - Como Big Book          | Gary - No Time Like the Present               |
| Jodie W - Secretary      | Frank N - 3rd Ed. Big Book     | Rosemary F - Sat. AM Women's, White Bear Lake |
| Ryan R - Basic Text      | Paul C - Night Owl Rep         | Ryan B - One More was Added to the Fellowship |
| Sergey K - Webservant    | Mike C - Dist. 8, New Brighton | Patti M - New Brighton Big Book               |
| Jonathan L - Webservant  | Nancy R - 112 Read This Book   | Lydia S - Uptown House                        |
| Alli F - West End        | Lindsey D - Board Advisor      | Jeremiah W - Member at Large                  |
|                          | Lisa L - WBL Women's AA        |   |

Next Meeting: July 20th, 2021 7:30pm

hands reaching out. I spent many episodes in the hospital trying to get fixed but the bottom line was that I really didn't want to be fixed. I just wanted a steady stream of alcohol that would last until the day I died.

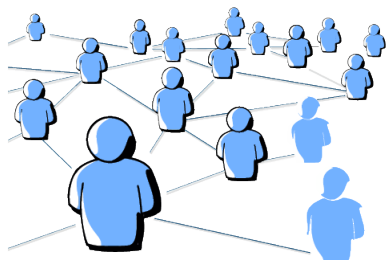
After a long bout with pancreatic cancer, I begged God to let me die but the the general outcome was I survived only to fall right back down that hill. My options were becoming few and far between. I had mustered up the courage to commit suicide. I went to some other street people and bought pills from all of them so I could swallow them and die in my bed. I had written a note saying that life was not worth living, and that I wanted to see what was on the other side.

I went home that night and swallowed a bunch of pills and washed them down with my favorite wine. I laid down on my bed and, in my mind, I was prepared to go. As I lay there going into a deep, deep sleep, I heard a voice saying, "Don't let go" over and over again, and again the voice kept saying, "Don't let go."

I started fighting the drugs and got up and walked and walked and walked. I finally came out of the stupor and realized that God was telling me that I have work to do, and that I am too valuable to waste my life. I went to a treatment center where they taught me how to live again. I went to AA where they taught me how to give back the gift that God and his wisdom gave to me.

If you don't believe in God, come to a meeting and look in the eyes of the people who now have hope. One day I will see the face of GOD, and I will thank Him for saying "DON'T LET GO!!!!!!!"

*Eric A.  
Intergrouper Newsletter  
Casselberry, FL*



## CONNECTIONS



### Step One

I walk down the street.  
There is a hole in the sidewalk.  
I fall in – I am lost...  
I am helpless – It isn't my fault.  
It takes forever to find a way out.

### Step Two

I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it. I fall in again.  
I can't believe I am in the same place.  
But, it isn't my fault.  
It still takes a long time to get out.

### Step Three

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in...Its a habit, my eyes are open.  
I know where I am. It is my fault.  
I get out immediately.

### Step Four

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

### Step Five

I walk down another street

*Anonymous  
Santa Clara County Newsletter  
San Jose, CA*



# 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:**

Mary, Lynn, Trey, Jay, Roger,  
Suzanne, David, Connie, Chris,  
Frank, Travis, Adi

# TRADITION EIGHT

**THE** long form of Tradition 8 states: *“Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. “12th Step” work is never to be paid for.”*

Tradition 8 has been an essential component in AA effectiveness for me. As a newcomer, there was very little the members of AA had to say to me that hadn't been said before: after the “don't drink” part, there was stuff like, “don't lie,” “show up when you say you will,” “be kind,” and various sundry other directives that I'd heard a thousand times.

From the mouths of people who had been there themselves, however, I could hear and act upon those directions in a way that had never before been possible. The fact that those telling me had no motive beyond helping themselves and (just maybe) helping me, too, clarified and strengthened their message.

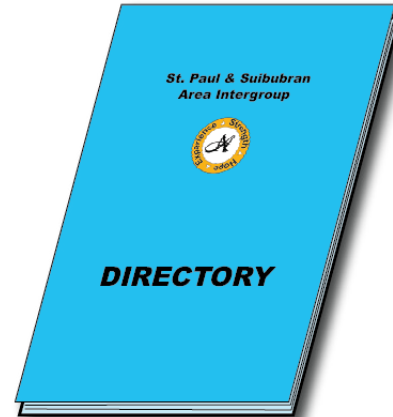
After several years of sobriety, I became employed in a profession in which, among many other things, I had frequent contact with active alcoholics. I knew that any attempt I made to Twelve Step them, regardless of the purity of my motives, would be perceived through the lens with which they viewed my profession. So I didn't try. Instead, I treated them with enough respect, dignity and empathy that many did have respect for me as a member of that profession, and then I pointed them in the direction of Alcoholics Anonymous. I gave them meeting schedules and the phone numbers of other sober members. The first time they knew I myself was a member was when I shook their hand as an equal, fellow member, when we ran into each other at an AA meeting.

AA does have special workers. We have special workers at our Intergroup, where they facilitate service work and provide literature so our vital 12 Step work can occur.

*Katie M., Principles Group  
The DIALOG Newsletter  
Dallas, TX*

## NEW ST. PAUL DIRECTORIES

NOW ON SALE!



The new directories contain all the most current meeting information. They are printed on an 'as needed' basis to keep them as current as possible. Added to the new directories are:

- ◆ Hybrid Meeting List
- ◆ Womens Meetings List
- ◆ Speaker Meeting List
- ◆ Orientation Meeting List
- ◆ List of Clubs w/Phone
- ◆ All the items from Meeting In A Pocket card!

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### Contributions



### The Anonymity of the AA Basket

The basket that we pass is the most perfectly any of us will ever practice ANONYMITY and HUMILITY



The person giving the gift in the basket—does not know who it will benefit, or its true destination...



The person receiving the gift that the basket funds provide for—does not know the origin of the funds that created the gift...



In both cases it invites the practice of the spiritual principles of LOVE & HUMILITY

# LIVING LIFE ON LIFE'S TERMS

Reprinted from the DIALog - Dallas, TX Intergroup Newsletter — 2013

## **Donna V.-ODAAT & Legacy Group**

When I got laid off, my boss had asked me if I had time to step outside so we could talk while he smoked a cigarette. He was kicking the grass and he said he didn't know how to say what he was about to have to say.

I interrupted him and said gleefully, "I'm getting laid off, right." He said, "Yes." I told him it was "God doing for me what I could not do for myself."

It turned out to be a good thing. I got to go to more meetings and acquire more sponsees. One of those sponsees told me about a job opportunity. I applied and got the job. I love it there.

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## **Steven S.-Clean Air Group**

I had to go court to see about getting my driver's license back but the bus I was riding broke down. I thought, "Oh my gosh, I'll have to wait another year to get my license." I prayed, and began to realize that if that was the worst thing that could happen, I could live with that. Not too long afterwards the bus started up. I arrived late at the courthouse but I was still able to reinstate my license.

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## **Chris F.-Clean Air North Group**

First time I came in, I got comfortable and my ego rebuilt itself. I began to try it my own way. This second time around, I accept the fact that I don't have any of the answers. I have resigned from the debating society. This has enabled me to become teachable and to gain a new experience. If I think I know, I cut myself off from the Sunlight of the Spirit.

## **Jennifer B.-Town North Group**

Sobriety is not going from bad to good but from false to real. My faith in God and giving all that I know about me over to my Higher Power and trusting in that Power, allows me to not be afraid when I don't understand something. I know that because God wants only good things for me, everything is going to work out okay.

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## **Anonymous-Downtown Nooners Group**

Acceptance is the answer. Earlier in my sobriety, I heard and met the author of the Acceptance is the Answer story in the Big Book. (In the Third Edition it is titled Doctor, Alcoholic, Addict.) The meeting changed my life. Now, whatever happens to me, I remember that it all comes down to acceptance.

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## **Lexi M.-No Hassle**

The longer I'm sober the more I ask myself, how do I keep my serenity in the midst of the chaos that can some- times be my life? I've learned that This Too Shall Pass and if I don't want to have to make amends, then I simply must do the next right thing.

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## **Reggie F.-Freedom Group**

I have to make a decision about my mom...whether to keep her alive or let her pass. Today, I call my sponsor. I allow AA support in my life. And I don't try to change other people or circumstances. I know it's going to be okay — today.

## 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](mailto: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](mailto: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](mailto:dist19@area36.org)  
Email: [dist19@area36.org](mailto: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](mailto:dist26-area36.org) (for Zoom info)

St. Paul & Suburban Area Intergroup  
33 Wentworth Ave E  
Suite 355  
West St. Paul, MN 55118-3431

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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 *Individual Contribution* Enrollment Form

Your Intergroup strives to be self-supporting, and with your personal support we can 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. Please consider becoming one of our *Faithful Fivers (\$5.00/month)*, *Terrific Tanners (\$10.00/month)*, or *Fantastic Fifteeners & \$15.00/month*.

### 1. Contact Information:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_ ZIP: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### 2. Amount & Frequency:

Amount \$ \_\_\_\_\_  
Frequency: (check one)  
 Monthly  Quarterly  Bi-Annually  Annually  
Start on: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
 Faithful Fiver (\$5.00/month)  
 Terrific Tenner (\$10.00/month)  
 Fantastic Fifteener (\$15.00/month)

### 3. Choose a Payment Method:

Credit Card/Debit  
 Visa  MasterCard  AMEX  Discover  
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**  
33 Wentworth Ave E, Suite 355  
West St. Paul, MN 55118-3431